



MOVING

*Time passes;
It does not heal all wounds,
But binds them in the
bandages
Of the past.*

*Time eases the pain;
But it does not erase
memories,
Only frames the special ones
Out of the attic clutter.*

*Time's forced march
Orders us to follow,
And we limp beneath
The baggage of grief.*

*Time changes,
And times change,
Forcing us to emerge
Only ourselves.*

*Mary Wallace
UNITE Notes, fall 1987*



Message From the UNITE Board Chair



Dear Members,

It is my honor to address you, the members of UNITE, as the new Board Chair. I have been a part of UNITE first, as a loss parent, in 2019 with the still birth of my first daughter Maya Dylan. As my grief softened, Denise Paul asked me to be a co-founder and co-facilitator of the Dad's Loss Group, which I have continued to do over the past three years. Last year I had the privilege of also being the Vice President of Fundraising. I am excited to continue to work with so many amazing people to help guide UNITE. It truly takes a village, and I am excited to announce ours has never been stronger.

I want to thank Cathy Plaisted who took a giant leap as our temporary Board Chair during the transition. She ensured that UNITE continued doing its most important work, providing support for loss parents in their greatest time of need. We are excited that she will continue to provide her guidance, knowledge, and love as a Board Member at Large.

We are fortunate that many members have decided to continue volunteering as Members of the Board. Denise Paul, our Director of Facilitators, Kevin Binns - Treasurer, Andrea Devenney - Secretary, Theresa Fisher - Newsletter editor, Sandy Smith - Member at Large, and Simon Hindle, not a new face but a new role, as VP of Fundraising. I am confident that this board will continue to push UNITE forward.

Our facilitators, the backbone of UNITE, continue to provide a safe and loving environment for parents to grieve and love their children who have been taken too soon. It is because of their dedication that we can have over 10 active groups.

Financially, UNITE is in a strong position, and the Board is excited to provide more resources for its members and the loss community at large.

If there is something we can do to help support you or you would like to get more involved in UNITE, please contact me at boardchair@unitegriefsupport.org.

Fondly,
Matthew Sklar
UNITE Board Chair

Spotlight on Simon Hindle

I grew up in Manchester, England. While at school, I loved football (soccer), and would play it 24/7 if I could. Even though I was fortunate to play for my college, my passion for the sport wasn't matched by my skill, so my goal to be a professional footballer, playing for Manchester United, did not come to fruition. After finishing high school, I went to Blackburn College, and graduated from Huddersfield University in Business Administration, majoring in European Law. I started work with my current company, AtkinsRéalis, in 2000, and obtained my Chartered Management Accounting credentials in 2003. I moved to the US in 2007 and worked in Princeton, NJ before moving to their Philadelphia office. In my free time, I still love watching football (I struggle to just say soccer), Formula 1, the Phillies, and the Eagles. More importantly, I love spending time with my wife, April, and our rainbow baby, Harper, who will be three years old in July.

Our first daughter, Charlotte Erika, was stillborn after 37 weeks and 2 days on June 11th, 2019. That was almost 24 hours after learning of her passing, so she came into our world already an angel. We never learned why she died, despite all efforts.

Less than a week before her birth, my wife, April, started to feel no movement. Several trips to the doctor and ER reassured us that all was ok and going well. Then, on the Monday of the 38th week, I went to work that morning, instead of accompanying April to the hospital. She said she'd be fine and would carry on to work after getting checked. We were both guilty of assuming that at this point, so late on, this would be another confirmation that all was well. I still flinch at the thought. All wasn't well, and when I got a text message saying, "You need to come now," I knew. I tried to hope, tried to persuade myself it was something else, but in my mind I really knew. All while cursing myself for not being there with her on the world's longest 40 minute Uber ride. When I saw April's face, I didn't need to be told – but nevertheless I asked the doctors and nurses just in case there was any slim glimmer of hope – but there was none. April tried to tell me through the tears, and the doctor and nurse told me there was no movement, no heartbeat. They were so sorry. It was the most painful moment of my life, and what followed were the most painful two days of our lives, and once we passed that point it didn't get any easier. We did get to spend around 24 precious hours with Charlotte which was a blessing but also emotionally hard. Then when time came, we had to say our final goodbye.



That was then followed by the grief. That was the deepest, darkest hole ever. The daily and hourly futile mental torture of "what if" and "if only" spiraling pathways that were on constant play, rewind, and replay more times than is healthy. We got counseling, we sought out loss groups, anything we could find to help with the pain and mental anguish. We eventually found one with UNITE, facilitated by Denise Paul at Holy Redeemer Hospital. It helped a lot. It helped so much more than I think we gave it credit for at the time. No one with the experience we have had needs to be told how dark it becomes, until you've experienced it firsthand.

But as my grief became softer, I was asked by Denise Paul, Group Facilitators Director, if I would co-facilitate a new group along with Matt Sklar, who had also lost his baby girl. The Dad's Loss Group started three years ago. Compared to other well-established groups, this group is still relatively new, but sadly very much in



demand. This is an opportunity for me to help other Dads carrying the same wounds. This group is for Dads who have recently gone through the shock of losing a baby, and those veteran Dads who want to have their time remembering the child or children they've lost.

But in addition to paying it forward, for me this was, and is, also an opportunity for me to honor Charlotte on a monthly basis, and hopefully show how much we miss her, and make her proud of her Daddy. It is a labor of love.

And here we are, Matt and myself, driven by a passion to honor and remember our daughters; to increase awareness and to help others.

Everyone has that feeling of wondering how their world can continue while living a nightmare. Everybody's stories are unique and different, but equally important, and equally heartbreaking. It may seem obvious to say, but it's a personal loss that brings an undisputable feeling of loneliness and isolation. It's sad to think that someone else can feel such a raw and soul destroying pain, but I've learned that there are countless others with the same feelings. That common loss eventually brings a lot of comfort if we can bring people together. It's hard to describe, but it can be a powerful source of help, and one which the facilitators of UNITE do so tirelessly, and with an energy that is inspiring in itself.



This is what UNITE does so well.

We have lived this firsthand, and in doing what Denise Paul calls our "grief work," we hope we are helping to bring hope to others, and be examples that there is life afterwards, no matter how unlikely that may seem at the time. Time will help.

I am proud to be a part of UNITE as a facilitator, member of the board, and Charlotte & Harper's Daddy. X

Professionally Speaking.....

By Denise M. Paul MA, CT, CPLC

The Juggling Act of Grief

“God gave us two hands.....one to hold our joy, and one to hold our sorrow.” Many years ago, when I first started my ministry of helping people navigate the very difficult journey of grief, a chaplain shared this thought with me. I have used this phrase hundreds of times as a tool to help mourners visualize how important it is to allow oneself to feel both joy and sorrow at the same time. Following the death of a baby, or any loved one, people often need permission to find, even the smallest amount of joy, while at the same time, needing to feel the sadness of a life lost.

In a support group last week, I asked one of the participants how she managed to celebrate her recent achievement of a graduate degree, while mourning the loss of her precious baby, who had died halfway through her pregnancy only two weeks earlier. I had prepared her prior to her graduation day, suggesting that she think about holding her joy in one hand and her sorrow in the other hand. I was giving her permission to celebrate her well-earned accomplishment. I even suggested that she spend a little time in the morning of her graduation day to remember her baby in some way. Days later, in our support group, she described that special day as feeling more like a “juggling act” than simply holding her joy in one hand, and her sorrow in the other.

The image of a juggler trying to hold up several objects at the same time felt even more appropriate than my image of someone gracefully holding their joy and their sorrow at the same time. This mom described her day as oscillating back and forth between her joy and her sorrow. One minute she felt happy, and the next minute she felt sad, as she oscillated between pride she felt in her scholastic accomplishments, and the sadness that she felt for her baby’s death. It was impossible to be happy and sad at the same time.

In a perfect grief world, a mourner would hold these opposing feelings at the same time and go about their day honoring all their feelings. However, this mom taught me that it doesn’t always work that way. The happiness that she felt in receiving her diploma was quickly shattered when she turned her attention to the fact that she expected to be pregnant with her first baby on this momentous occasion. Her dream was that her baby would be part of the day’s celebrations. I can picture her juggling the moment when she received her diploma, followed by a griefburst, as she thought about her baby. The ceremony was probably followed by a celebratory meal, at which time she oscillated between the joy of the moment with her family, and the memory of her baby. I can imagine how every day is like a juggling act. There is nothing graceful about it. A trip to the ice cream store for a simple pleasure might be sabotaged by a pregnant woman in line. The list goes on and on. One learns to navigate the grief journey with much trepidation, not knowing when a land mine might erupt in the form of a newborn baby or the diaper aisle in a grocery store.

One cannot prepare for a sudden griefburst, which often happens at the most inopportune time. But it is helpful to know that they exist, and that they are a normal part of the grieving process. Bursts of grief remind us that our heart aches for our precious baby, and rightfully so! At first, griefbursts may be plentiful, but as the weeks and months go by, the sudden surges of grief will soften and lessen in frequency. However, don’t be surprised if a griefburst happens spontaneously, when you least expect it. A sight, or a sound, may bring you right back to

your intense pain, only to remind you that your baby will never be forgotten.

Imagine a juggler tossing several balls in the air at the same time. Let's name these balls: joy, sorrow, anger, guilt, lonely, shock. On another day, the juggler may be tossing balls that say: joy, vulnerable, hopeless, ashamed, and isolated. The goal is to navigate the day while keeping all of the balls in the air. It is a very difficult task to accomplish, while trying to look and act like a normal person. (grieving people have a "new normal")

Whether you carefully hold your joy in one hand and your sorrow in the other, or you skillfully juggle many feelings throughout the day, know that you are strong. This is not easy. Honor all your feelings, but try to make time for a little bit of joy.



Josh

Your face so peaceful
the closed eyes revealing beautiful long lashes
the button nose
the sweet gentle lips
seemed to curve upward slightly
a smile of contentment?
The rest of your body wrapped snugly in a blanket

Why do I ache for you so?
Never having known you
as a mother knows a child she's cared for
Yet so much were you a part of me, growing
and moving within me all those months

Why do I love you so?
Can love exist when no relationship has
developed?
I love you
for who you could have been,
for what we could have shared,
and for the dimensions you've added to
my life

Why am I so grateful to you?
For making me appreciate, more than ever,
the good in people—
the giving, caring, comforting, and sharing.
For forcing me to REALLY feel—
sorrow, hurt, anger, and love
For teaching me
the immeasurable value of life,
the importance of health,
the beauty of true friendship,
and the priceless gift of love



Marni

Marni Beth,
My sweet, warm, cuddly child
So small, yet growing stronger and bigger each day

You are alive
You breathe, suck, cry, and smile
My love,
Soon you will be home with me,
A gift from Josh

*Written by Laurie Holper on the Birth of Her Two Children.....
Josh, Her Firstborn Son, and
Marni, Her Rainbow Baby*

Six

Reflections on Abby's 6th Birthday
By Abby's Mom, Kristin Naylor

Wow, six. Six makes me think "we've done it!" We've endured six whole years of missing you. Six years with an Abby sized hole in our lives. No photos of toothless Abby. No photos at all. No back to school list for you, no ballet shoes. No pictures walking along the beach with your sister. No play dates with your friends.

We are also six years closer to holding you again. Today, I see you've been gone 2191 days -- we are here missing you every day, thinking, "oh she would have loved this!" Or, I sure wish she was here for that. The Bible says a day in eternity is like a thousand years and a thousand years is like a day. You aren't counting the days you've been without us, I'm glad for that. You sure haven't been missing us all that time, you've been basking in the glory of heaven and being in the presence of your maker. Way better than anything you're "missing" down here.

Heaven used to be a far-off idea, a dream almost. But when you have a real daughter who really lives there it's not something fantastical. Your death, sweet Abby, has set a longing in my heart for heaven -- and now I see, that this square peg wasn't made for this world, but for something so much more. We love Randy Alcorn's words about heaven...

"no death, no suffering. No funeral homes, no abortion clinics or psychiatric wards. No rape, missing children, or drug rehabilitation centers or killings. No worry or depression or economic downturns. No wars, no unemployment. No anguish over failure and miscommunication. No death. No mourning. No pain. No cancer, no drunkenness, no mental illness. Close

friendships but no cliques, laughter but no put-downs, mealtimes full of stories, laughter and joy without fear of insensitivity, inappropriate behavior, anger, gossip, lust, jealousy, hurt feelings or anything that eclipses joy..."

Amanda Kloots wrote about her husband, Nick, "grief has changed every part of me. I've become a new person in every way. Its changed how I love, how I look, what I feel, how I walk, how I think, how I parent, how I work. It has taught me a lot about anxiety, fear, depression, and stress. It has made me weaker and stronger at the same time, it has made me honest, vulnerable, and fearless in how I live my life."

God is putting our shattered pieces back together in a way that is more beautiful in His eyes. Oh, the process is anything but easy and I still miss the me I was six years ago -- but I'm learning that my greatest victory lies in trusting that there is incredible purpose in everything. He cares about the sparrows and the wildflowers that burst to life after the long winter and so, He must care for the big things too -- I'm confident there is incredible purpose in pain and death. I don't have to understand it to trust it and that truly the greatest prize will be meeting Jesus on the streets of gold and holding you again one day.

Happy birthday, sweet girl.

Love,
Mom



Dad's Response to Grief

Laurie Holper, Assistant Editor

(Please note – in the article below, “mom” refers to the birth mom and “dad” refers to her partner.)

Losing a baby is devastating. Following the loss, people tend to be most concerned and supportive of the mom. The emotional trauma of miscarriage, preterm delivery, or infant death on dads is often overlooked. People seem to ask the mom how she is doing, often neglecting to ask the same question of the dad.

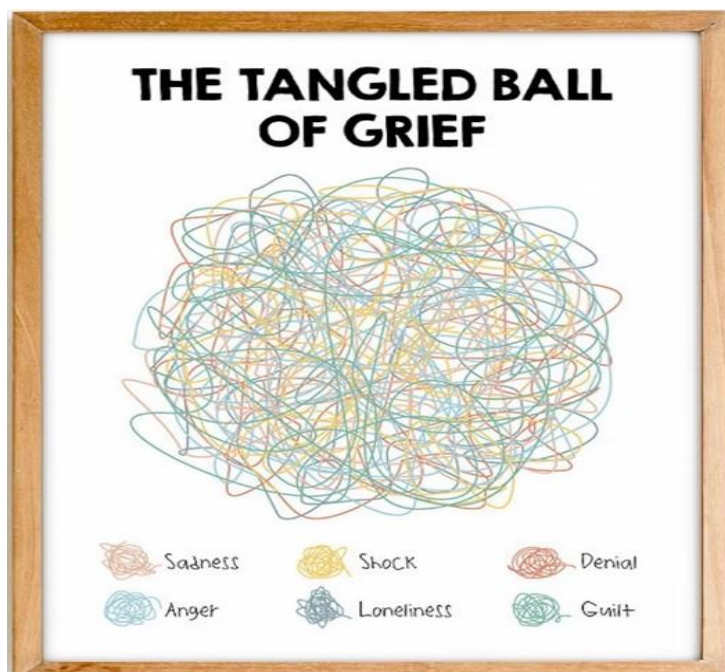
Dads may try to control their emotions and cope alone. They may also believe that they should be strong and supportive of the mom, and so they suppress their emotions by “shutting down”. This may be difficult for the mom to understand if she wants to share and talk about these emotions with him. And yet, when asked, dads often report similar feelings to those of the mom. These include sadness, grief, anxiety, stress, and depression, although dads may experience these emotions less intensely and for shorter periods of time.

What are some ways for the mom to support the dad? She is there to listen, to accept his feelings, and to talk about the baby with him. Even sitting together in silence may be comforting for him. However, she should not press the dad to talk if he does not feel like talking.

It has been found that what has helped many dads is spending time with family and friends, being able to cry and feel their emotions, and being able to talk about their feelings.

Understanding that both partners are grieving will, hopefully, result in supporting one another.

UNITE hosts a support group for Dads who have experienced the loss of their baby. As Laurie states above, sometimes Dads are overlooked while grieving their baby because all eyes are typically on the Mom. This group deals with the grief Dads are going through and offers a safe place for them to share their thoughts and feelings. If interested in attending their meetings, refer to the info on page 16 under Supports Groups.



Butterfly Release

Susan McAndrew

Steve and Margaret Montgomery experienced the devastating loss of their son, Josiah Charles, on December 8, 2022. They joined UNITE to connect with other parents who had a similar experience. UNITE is a safe place to share stories and offers comfort and support by connecting with others on the grief journey.

On July 11th at Wilson Farm Park in Wayne, Steve and Margaret invited UNITE parents and their loved ones to join in a Butterfly Release to remember and honor all our babies gone too soon. Those who were able to join spoke about how meaningful this time together had been on their healing journey. Steve and Margaret hope to do another Butterfly Release next summer. All are welcome to join!



Little Butterfly

Read at the Butterfly Release

I lived my life inside you
Cocooned in all your love
So mama, papa, please don't cry
I'm still with you, just up above

I felt your every heartbeat
It's my sweetest melody
And for every heavenly bedtime
The Angels play it back to me

I know how much that I am wanted
I feel so very blessed
Of all the mummies in all the world
I got the very best!

You think of me in all your waking hours,
And on those sleepless nights
Just look out the window and you'll find me
The brightest star, the most dazzling light

I'm that little breeze in the summer
And I'm that unexpected white feather
I plucked it from my downy wings
So that you remember we are always together

I know how much it hurt your soul
When we had to say goodbye
But I'm not gone, I'm always here
I'm your sweet little butterfly.

*Written By Amy Farquhar
In memory of Alfie James Farquhar*



The After Loss Credo

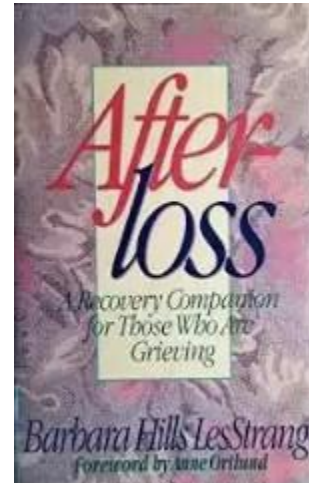
The After Loss Credo is lovingly lifted from the book,
After Loss, A Recovery Companion for Those Who Are Grieving,

I need to talk about my loss.
I may often need to tell you what happened –
or to ask you *why* it happened.
Each time I discuss my loss, I am helping myself
face the reality of the death of my loved one.

I need to know that you care about me.
I need to feel your touch, your hugs.
I need you just to be *with* me.
(And I need to be with you.)
I need to know you believe in me and in my
ability to get through my grief in my own way.
(And in my own time.)

Please don't judge me now –
or think that I'm behaving strangely.
Remember I am grieving.
I may even be in shock.
I may feel afraid. I may feel deep rage.
I may even feel guilty. But, above all, I hurt.
I'm experiencing a pain unlike any I've felt before.

Don't worry if you think I'm getting better
and then suddenly I seem to slip backward.
Grief makes me behave this way at times.
And please don't tell me you "know how I feel,"
or that it's time for me to get on with my life.
(I am probably already saying this to myself.)
What I need now is time to grieve and recover.



Most of all, thank you for being my friend.
Thank you for your patience.
Thank you for caring.
Thank you for helping, for understanding.
Thank you for praying for me.
And remember, in the days or years ahead,
After your loss – when you need me
as I have needed you – I will understand.
And then I will come and be with you.

Save the Date

Perinatal Loss Service of Remembrance

*All loved ones who have experienced a perinatal loss are welcome,
regardless of how long ago, or where your loss occurred.
Please join us.*



**Main Line Health
240 Radnor Chester Road
Radnor, PA**

**Sunday October 13, 2024
2:00 - 4:00**

*The service will include a time for Open Sharing if you or loved one
would like to share part of your journey.
Children are welcome to attend.*



Please reach out with any questions:
Call Susan McAndrew at 484-565-1641 or email
Perinatal Loss@mlhs.org



UNITE'S 13TH ANNUAL WALK TO REMEMBER

SUNDAY, OCTOBER 20, 2024
12:00-3:00PM

RIDLEY CREEK STATE, PICNIC SITE #17

Support UNITE while Walking to Remember

Ways to Remember your Children:

LUMINARIA

FOR \$10, WRITE A PERSONALIZED MESSAGE TO YOUR CHILD(REN). LUMINARIES WILL BE PLACED ALONG THE PATH TO THE WALKING TRAIL.

YARD SIGNS

FOR \$30, GET YOUR BABY'S NAME ON AN INDIVIDUALIZED, YARD SIGN ALONG THE WALK ROUTE (MULTIPLE NAMES CAN BE INCLUDED!). AT THE END OF THE WALK, TAKE HOME YOUR SIGN!

T-SHIRTS

UNITE WALK TO REMEMBER T-SHIRTS ARE AVAILABLE FOR PURCHASE. FOR \$25, YOU CAN BUY YOUR T-SHIRTS & YOU CAN ADD YOUR BABY(IES) NAME(S) TO THE BACK.

DEADLINE TO ORDER IS OCTOBER 1, 2024.

CHECKS CAN BE MADE OUT &
SENT TO:

UNITE INC.
PO BOX 21715
PHILADELPHIA, PA 19146

TO PAY WITH A CREDIT CARD,
PAYPAL, OR VENMO, VISIT:

UNITEGRIEFSUPPORT.ORG

***PLEASE BE SURE TO WRITE LUMINARIA OR YARD SIGN,
AND YOUR BABY'S NAME(S) IN THE MEMO SECTION!**

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Spring/Summer 2024 Donations

We Are So Grateful for Donations Given Throughout the Year

UNITE Donations

Anthony Guilardi – in memory of UNITE

Nancy and Steven Sklar – in memory of Maya Dylan Sklar

The Flock - in memory of Maya Dylan Sklar

Debbie and Stephen Bernstein - in memory of Maya Dylan Sklar

Progressive Insurance Foundation

Nancy Sklar - in memory of Maya Dylan Sklar

Kevin Binns – in memory of Anthony Manus Devenney

Dennis and Leslie Boyle - in memory of Anthony Manus Devenney

Andrea and Bill Devenney - in memory of Anthony Manus Devenney

Mary Cushing Doherty – in memory of Thomas Reid Doherty

Merck Match – in memory of Scott Nolan Woolf

Butterfly Wall

Melissa Gallagher – in memory of Quinn Harper Gallagher

Linda Clark – in memory of Thomas Edward Clark

Nancy and Steven Sklar – in memory of Maya Dylan Sklar

Grants

The James K. and Denise M. Paul Family Charitable Fund, a Donor Advised Fund of Renaissance Charitable Foundation Inc.



UNITE offers a number of services to grieving parents and their caregivers including the following:

Peer to Peer Grief Support Groups

- * Literature
- * Educational Programs
- * Training Workshops
- * Group Development Assistance

Without Your Most Generous Donations, UNITE Would Not Be Able To Continue These Services

News

Mailing Address and Phone Number

Please note our new mailing address:
P.O. Box 21715, Philadelphia, PA 19346

Phone Number

Please note our new phone number:
484-758-0002

Safe Arrivals

We would love to hear about your safe arrival so we all can celebrate in your joy. So we can put it in the newsletter, please send information on your new bundle of joy to newsletter@unitegriefsupport.org.

Home Page Info

www.unitegriefsupport.org

Virtual Butterflies: The donation cost for placing one of these virtual items on the page is \$25 and will be in memory of your baby. You may donate through PayPal by clicking on the Buy Now icon. Note: On the PayPal page, where it states, "Instructions to the Merchant," type in your baby's name, etc.

Newsletter Submissions

Please send your original poetry, short stories, articles, and letters to *UNITE Notes* at newsletter@unitegriefsupport.org. The beautiful

writings that we receive from UNITE's bereaved parents are what make our newsletter so special. If you have written poems, articles, etc. that you would like to share with other parents, please send them soon. Note that the newsletter is now being uploaded to the UNITE website which allows all who are searching for comfort and support due to the loss of their child(ren) to see your written story.

Acknowledgments

If anyone has not received an acknowledgment for their donation, please contact the boardchair@unitegriefsupport.org, or call the UNITE line at 484-758-0002. Please leave your name, phone number, and the best time to return your call.

Fundraisers Wanted

We are looking for some fresh ideas in fund raising! Do you have an idea to share? We'd love to hear about it. Please contact UNITE at boardchair@unitegriefsupport.org.

Support Groups

For information about the group nearest you, please contact UNITE, Inc. at 484-758-0002 (leave a message), write to UNITE Inc. at P.O. Box 21715, Philadelphia, PA 19346, or email boardchair@unitegriefsupport.org. New members must contact the group coordinator before attending their first meeting. **All UNITE Meetings, except for Riddle Memorial Hospital, are virtual and are by invitation only. Please call 484-758-0002 if you would like to attend a UNITE Support Group.** UNITE, Inc. does not discriminate on the basis of gender, age, marital status, religious belief, race, sexual orientation or economic status.

Pennsylvania

UNITE Redeemer Health (Formerly Holy Redeemer Hospital)

Huntingdon Valley, PA

Meets 3rd Thursday, 7:00 PM – 8:30 PM

Facilitators:

Denise Paul

UNITE, Lankenau Hospital

Wynnewood, PA

Meets 3rd Tuesday, 8:00 PM - 9:30 PM

Facilitators:

Paris Margaritis

Michele Rafferty

UNITE, Riddle Memorial Hospital - IN PERSON

Media, PA

Meets 2nd Thursday, 7:00 PM – 8:30 PM

Facilitators:

Regina Fazio

Sheila McCabe

UNITE, Paoli

Meets 2nd Monday, 7:00 PM - 8:30 PM

Facilitators:

Sue McAndrew

Lisa Natalizio

UNITE, Pennsylvania Hospital

Philadelphia, PA

Meets 1st Tuesday, 7:00 PM - 8:00 PM

Facilitators:

Karen Donnelly

Kelly Colby

UNITE, Chester County Hospital

West Chester, PA

Meets 2nd Monday, 7:00 PM – 8:30 PM

Facilitator:

Ryan Oliver

New Jersey

UNITE, Penn Medicine Princeton Health

Meets 1st Wednesday, 7:00 PM - 8:00 PM

Facilitator:

Bernadette Flynn-Kelton BSN, RN

UNITE, Virtua at Voorhees

Barry D. Brown Health Education Center

Meets 1st & 3rd Monday 8:30 PM -10:00 PM

Facilitator:

Ann Coyle, RN

Specialty Groups

Subsequent Pregnancy Group

Meets 1st Monday 7:00 PM – 8:00 PM

Facilitators:

Denise Paul

Sandy Smith

Father's Group, Dads Only

Meets 2nd Tuesday, 7:00 PM – 8:30 PM

Facilitators:

Matthew Sklar

Simon Hindle

Grieving Grandparents Group

Meets 2nd Tuesday of Each Month, 7:00 PM – 8:00 PM

Facilitators:

Nancy and Steven Sklar

UNITE Parenting After Loss Group

Meets 2nd Wednesday, 7:30 PM – 9:00 PM

Facilitators:

Cathy Plaisted

Hali Sklar

UNITE, Loving Choices (Termination for Medical Reasons)

Meets 4th Monday, 8:00 PM – 9:30 PM

Facilitator:

Ann Coyle

UNITE Notes Staff

Editor: Theresa Fisher
Co-Editor: Laurie Holper

Submissions: We welcome your original poetry and articles. Your contributions are important to UNITE's work of reaching out to bereaved parents. We reserve the right to edit and select from submissions. Please send all submissions to:

UNITE Inc.

P.O. Box 21715

Philadelphia, PA 19346

484-758-0002

or email boardchair@unitegriefsupport.org

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