



The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life.

The primary purpose is to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual, and social healing, as well as sustaining the family unit.

The secondary purpose of Share is to provide information, education, and resources on the needs and rights of bereaved parents and siblings. The objective is to aid those in the community,

including family, friends, employers, members of the congregation, caregivers, and others in their supportive role.

Utah Share Support Meetings

Utah Share would like you to know that you do not need to face the grieving process alone.

Join our online community of support by visiting our **Facebook page** "Utah Share."

Share is also available 24 hours via **telephone at 801-544-1159.**

We also have monthly **support group meetings.**

All meetings are held the first Thursday of each month from 7:30 – 9 p.m. at the Davis Hospital Classroom 1.

If you wish, please bring a memory item of your baby to share. (Pictures, stuffed animal, poem, etc.)

For more information about support meetings or other events please visit www.utahshare.org

ALWAYS REMEMBER, YOU HAVE WITHIN YOU THE STRENGTH,
THE PATIENCE, AND THE PASSION
TO REACH FOR THE STARS.



~ HARRIOT TUBMAN

Due to limited resources, Utah Share only mails out a hard-copy newsletter to parents who experienced a recent loss. For the next edition of the bi-monthly newsletter, visit www.utahshare.org/newsletter to view the online version or download and print off a copy.

Please join Utah Share for our 14th Annual

WALK TO REMEMBER

Saturday, October 13th, 2018

Registration starting @ 10 a.m.

Program @ 11 a.m.

**Ed Kenley Amphitheater, Layton Park
(437 N. Wasatch Drive, Layton, UT)**

***Memorial Service - Short Walk -
Balloon Release - Refreshments***



Each year, to commemorate Pregnancy and Infant Loss Awareness Month, Utah Share holds the Walk to Remember. This event gives parents an opportunity to remember and honor their babies who have gone too soon.

Family and friends are invited and encouraged to attend.

Seating is available on a first-come first-serve basis.

A grassy area is available for blanket seating.

***To have your baby's name read during our balloon release,
please register at our check in table the day of the Walk (starting at 10 a.m.).***

***T-shirts and Hoodies for the walk are available to purchase online until September 30
more information on how to order is available on the Utah Share Facebook Page.***

Purchase is required to submit baby names for the back of shirts.

You will see the link to submit the baby's name after purchase.

Please visit our website www.utahshare.org for more information.

**** By participating, walkers assume all risks.****



BABIES WHO HAVE TOUCHED OUR HEARTS

Baby Boy Horspool
June 20, 2018

Chase Hudson Stewart
July 4, 2018

James Thurgood
July 23, 2018

Faith Hardister
July 23, 2018

Tiffany Ann Cummings
August 10, 2018

Charity Rae Cummings
August 10, 2018

Colin Joshua Leatherow
August 10, 2018

Eden Suezann Eschler
August 19, 2018

Baby Renteria
August 20, 2018

Everett Zeke Heiner
August 22, 2018

Frankie Baltazar
August 23, 2018

Mina Grace Skinner
August 24, 2018

Hughes Allen Fisher
August 25, 2018

Wave of Light

As part of Pregnancy and Infant Loss Remembrance Day, everyone is invited to light a candle on October 15 at 7 pm in ALL time zones, ALL over the world.

If everyone lights a candle at 7 pm and keeps it burning for at least one hour, there will be a continuous WAVE OF LIGHT over the entire world.

For more information visit: www.october15th.com



The Seven Stages of Grief

It is important to interpret the stages loosely, and expect much individual variation. There is no neat progression from one stage to the next. In reality, there is much looping back, or stages can hit at the same time, or occur out of order. So why bother with stage models at all? Because they are a good general guide of what to expect.

1. SHOCK & DENIAL - You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level, in order to avoid the pain. Shock provides emotional protection from being overwhelmed all at once. This may last for weeks.

2. PAIN & GUILT - As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs.

You may have guilty feelings or remorse over things you did or didn't do with your loved one. Life feels chaotic and scary during this phase.

3. ANGER & BARGAINING - Frustration gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else. Please try to control this, as permanent damage to your relationships may result. This is a time for the release of bottled up emotion.

You may rail against fate, questioning "Why me?" You may also try to bargain in vain with the powers that be for a way out of your despair ("I will never drink again if you just bring him back")

4. "DEPRESSION," REFLECTION, LONELINESS - Just when your friends may think you should be getting on with your life, a long period of sad reflection will likely overtake you. This is a normal stage of grief, so do not be "talked out of it" by well-meaning outsiders. Encouragement from others is not helpful to you during this stage of grieving.

During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair.

5. THE UPWARD TURN - As you start to adjust to life without your dear one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your "depression" begins to lift slightly.

6. RECONSTRUCTION & WORKING THROUGH - As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her.

7. ACCEPTANCE & HOPE - During this, the last of the seven stages in this grief model, you learn to accept and deal with the reality of your situation. Acceptance does not necessarily mean instant happiness. Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled YOU that existed before this tragedy. But you will find a way forward.

You will start to look forward and actually plan things for the future. Eventually, you will be able to think about your lost loved one without pain; sadness, yes, but the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living.