

Together We'll Walk The Stepping Stones

Come take my hand, the road is long.
We must travel by stepping stones.
No, you're not alone, I'll go with you.
I know the road well, I've been there.
Don't fear the darkness, I'll be with you.

We must take one step at a time,
but remember we may have to stop a while.
It is a long way to the other side, and there are many obstacles.

We have many stones to cross, some are bigger than others.
Shock, denial and anger to start.
Then comes guilt, despair and loneliness.
It's a hard road to travel, but it must be done.
It's the only way to reach the other side.

Come, slip your hand in mine.
What? Oh yes, it's strong.
I've held so many hands like yours.
Yes, mine was one time small and weak like yours.
Once, you see, I had to take someone's hand
in order to take the first step.
Oops! You've stumbled, go ahead and cry.
Don't be ashamed, I understand,
Let's wait here awhile and get your breath.
When you're stronger we'll go on, one step at a time.
There's no need to hurry.

Say, it's nice to hear you laugh. Yes, I agree,
Look, we're half way there now, I can see the other side.
It looks so warm and sunny.
Oh, have you noticed we're nearing the last stone
and you're standing alone?
And look, your hand, you've let go of mine,
we've reached the other side.

But wait, look back, someone is standing there,
they are alone and want to cross the stepping stones.
I'd better go, they need my help.
What? Are you sure?
Why yes, go ahead I'll wait, you know the way.
You've been there.
Yes, I agree, it's your turn my friend...
To help someone else cross the stepping stones.

Healing Hearts Share



Dealing with the loss of your baby

A support group for those who have lost a baby through miscarriage, stillbirth, early infant death, or for parents who had a much wanted pregnancy but due to medical problems were unable to continue the pregnancy.

Healing Hearts

The death of a much wanted child is one of life's most devastating experiences. Support groups can assist parents working through the grief process by validating feelings and providing encouragement and hope.

Who we are...

Healing Hearts is a network of grieving families who have experienced the death of a baby through miscarriage, ectopic pregnancy, stillbirth, neonatal loss including Sudden Infant Death Syndrome and for parents who had a much wanted pregnancy but due to medical problems were unable to continue pregnancy.

Our Goal...

Our goal is to help other parents in the normal grieving process. We furnish an environment for newly bereaved parents to air their feelings with other bereaved parents.

Our Meeting...

Meetings are held twice a month, the 1st and 3rd Monday from 7:00pm to 9:00pm at Saddleback Memorial Medical Center-Women's Hospital, located in Conference Room 4 in the hospital basement. There is no charge to attend our meetings. Much of the structure and content of our meeting is based on the needs of the group. This gives us the opportunity to discuss our individual needs and feelings with others who have had similar experiences.

Miscarriage

You have the right to:

- See what your baby looks like (No matter how small)
- Have a funeral or memorial service for your baby
- Find out the gender of your baby
- Choose a name for your baby

Stillbirth or Infant Death

You can ask the hospital for:

- Footprints and handprints of your baby
- A lock of hair from your baby
- Your baby's blanket
- Your baby's bracelets

If you have a camera, you might want to take additional photos of your own. All these items may sound unimportant now, but as time passes and the pain eases we believe these things will become more precious to you.

Now you are probably feeling a myriad of feelings...shock, disbelief, and anger. You may feel you are all alone, but you are not! We have all been through it and we are here for you. If you have any questions please feel free to call us. Hope to see you soon.

"WE'VE BEEN THERE"

For more information or just to talk, feel free to call (949) 222-6604, this is a voicemail answering system. Your message will be returned by one of our Healing Hearts parents who has dealt with the loss of a child themselves.

**Or E-mail: HealingHeartsShare@cox.net
Website: www.HealingHeartsShare.net**

