



MISCARRIAGE, STILLBIRTH, AND INFANT LOSS SUPPORT SERVICES

You Are Not Alone

Parents who lose a child before birth or shortly after often mourn the ability to physically embrace that child. If you have experienced such a loss, know that you are *not alone*. We embrace you as a supportive community during this time of grief.

Project Embrace offers you resources and support, whether you experienced your loss many years ago or just yesterday.

Volunteer with Project Embrace

Project Embrace invites you to participate in our efforts to offer resources and support for families grieving the loss of life through miscarriage, stillbirth, or early infant death. Some ways you can help include:

- ◆ Work to maintain the garden area.
- ◆ Help to spread the word in the community.
- ◆ Make a financial donation that will be used to offer resources and support.
- ◆ Embrace and pray for families in the community who have experienced this loss.

How Can We Help?

We know this time in your life leaves you with many questions.

How can I remember my child?

We encourage families to find ways to remember the children they have lost.

Project Embrace offers:

- ◆ Memorial lapel pins for parents and prayer card as symbols of remembrance.
- ◆ A stained glass cross for each grieving family as a memorial for the child.
- ◆ The *Wings of Hope* miscarriage memorial and common burial site at Calvary Cemetery. <http://wingsofhopemankato.weebly.com/>



Other ways to remember your child include planting a tree, donating to a charity, or selecting a Christmas ornament each year in your child's name.

Do I want a place to go for reflection or prayer?

Visit the Project Embrace garden on the grounds of St. John the Baptist Catholic Church behind the Parish Life Center.

Can I name my baby, even if I don't know if it was a boy or girl?

Yes. Many parents find that naming their children gives them comfort. We invite you to name your child and enter this name in our *Book of Remembrance*, located in the Adoration Chapel.

Do I want books and literature to help me through this time?

Project Embrace has a lending library of support materials for mothers, fathers, and siblings.

Can I have a memorial service?

Yes. Many families find comfort in a celebrating the lives of their children through prayers and reflection. Contact us at Project Embrace if you are looking for ways to have a service.

Do I want to speak with someone about my loss?

Call 625-3131 to be connected with someone who can offer support. or email stjohnch@stjohnsmankato.net

PROJECT EMBRACE

*I fell in love with you when you
were forming in my womb.*

*Now I carry you in my heart
instead of my arms.*

~ Author Unknown

Project Embrace

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Phone: 507-625-3131

<http://www.stjohnscatholicchurch.com/>

Support for families who lose
or have lost a child through
miscarriage, stillbirth,
or early infant death

