



# Pregnancy & Infant Loss

## support centre

We support individuals and families at ALL stages of loss. Whether you have just experienced a loss, are trying to conceive again, are pregnant or have given birth after a previous loss there is a support option for you!

Our Centre serves as a safe space for you to connect to a community and to truly **know, see,** and **feel** that you are not alone.

We serve people of all faiths, ethnicities, abilities, sexual orientations and gender identities.



[www.pregnancyinfantlosssupportcentre.com](http://www.pregnancyinfantlosssupportcentre.com)



[info@pregnancyinfantlosssupportcentre.com](mailto:info@pregnancyinfantlosssupportcentre.com)



Pregnancy & Infant Loss Support Centre



[pregnancylosssupporttyyc](https://www.instagram.com/pregnancylosssupporttyyc)



1725 10 Ave Sw Suite 301, Calgary, Alberta



825-205-7918

*This is your space. We look forward to seeing you.*

We believe in the power of connection & community

The journey through loss is complex and we know that not everyone heals in the same way. We also understand that having options on the path to healing is imperative.

For this reason, we connect people who have experienced pregnancy and infant loss to community, specialized peer support groups, traditional and alternative healing, and educational opportunities.

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## OUR CENTRE PROVIDES

Grief Counselling & Mental Health Coaching  
Pregnancy Loss Support Hotline (1-888-910-1551)  
Specialized Peer Support Groups  
One on One Peer Mentoring

Workshops  
Community Events  
Yoga for Loss and Fertility  
Meditation Groups  
Trauma-Informed Massage  
Acupuncture  
Volunteer Opportunities  
Drop-In Hours

A Space for Connection

Strength. Support. Together.

