

Miscarriage

Having a miscarriage can be emotionally devastating and traumatic. Women are often left to go through this experience alone with no miscarriage support available to them. I am here to support you through your miscarriage and inform you of your choices for giving birth to your baby. It doesn't matter at what gestational age your baby passed away, whether it's 4 weeks or 4 months, you need and deserve support through your loss.

I understand the many choices and options you have for your miscarriage and will help you understand the options as well as provide you with the tools you need to advocate for your care and the outcome of your baby.

Fatal Diagnosis

Families experiencing this loss may have a wide range of emotions that outsiders may not understand. The support I provide is continuous and brings continuity to your care. I can attend appointments with you, attend the birth with you, support you through the NICU experience, and support you through the death of your baby including building memories & mementos and planning the funeral service.

I am also available to assist you through the postpartum period with pumping for your NICU baby, donating your milk, or assisting you with techniques to help dry your milk. Depending on the level of service you request, I may also be available to attend follow-up appointments.

Stillbirth

Whether you just left your doctor's office and learned of your baby's passing or you are currently in labor, I can come to you and provide continuous support through your loss. Some of the services provided are physical, emotional, and informational support during labor, helping you welcome your baby, assisting with mementos and memories, building relationships and resources, and saying good-bye.



My support does not end in the delivery room but can extend for weeks and months to assist you on this life long journey of adjusting to a new "normal." I encourage you to have photographs taken as well as to plan a memorial/funeral service. Attending your first postpartum visit following your birth can be extremely emotional and I am available to attend appointments with you as needed.

You are NOT alone!

How to get support

Receiving support through *Dragonflies for Ruby* is as easy as sending a text message or email. You may also call Elizabeth at anytime although it is preferred you call between 8am - 8pm unless you are in labor. Many women and men cannot say the words so often text and email is the first contact before moving into talking on the phone or meeting in person.

Therapeutic Mentoring

This is a 12-week mentorship program where each week we email or meet in person and work on your healing journey. Each week you are given a therapeutic assignment which may help you process your grief as well as assists you in finding people around you who are supportive. This program also helps you identify resources and help you see some positivity despite living in your darkest moment.

Fees

All services are provided free of charge; however, "love tips" are encouraged in order for Elizabeth to help other families. She often has to pay for daycare and purchases items which are provided to families, such as books, bears, charms, and other items for creating memories. Donations of these items are also accepted. Donations can also be sent through PayPal.