Your short stay in the hospital may be quite overwhelming. Every person’s response to grief and the experience of loss is unique. Once you arrive home, you may have further questions. Please contact us any time if you would like to discuss anything further.

**Perinatal and Pediatric Social Worker:**
604-278-9711, ext 4156, Monday to Friday

If you need to speak with someone more urgently, you can call the emergency social worker at:
604-244-5138, 7 days per week, 8:00 am–8:00 pm

**Support Groups**

- **Empty Cradle** ........................................... 604-525-5349
demptycradle.bc.ca
demptycradle@telus.net

- **Pregnancy Loss Support Group** .............. 604-875-3788
  Bi-weekly meetings. Contact BC Women’s Perinatal Social Work

- **BC Bereavement Helpline** ...................... 604-738-9950
  Toll free at 1-877-779-2223
  Provides compassionate listening and grief and support referrals
  Monday to Friday: 9:00 am–5:00pm
  www.bcbh.ca

- **Recurrent Pregnancy Loss Program** ....... 604-875-3628
  *Requires a referral from a physician. Please contact your social worker to assist with this.

- **Reproductive Mental Health**
  *Requires a referral from a physician or Primary Care Provider
  Psychiatric consultation and short-term follow up is offered.

- **Still Life Canada: stillbirth & neonatal death education research and support society**
  www.still-lifecanada.ca
  getintouch@stilllifecanada.ca

**Counseling Services**

- **Chimo Community Services** .................. 604-279-7077
  www.chimoservices.com

- **Crisis Line** ........................................... 1-800-784-2433
  24 hours a day, 7 days a week

- **Delta Assist Community Services**
  North Delta .............................................. 604-594-3455
  Ladner ..................................................... 604-946-9526
  www.deltaassist.com

- **Living Through Loss Counseling** ............ 604-873-5013
  www.livingthroughloss.ca

- **Richmond Family Services** ................. 604-874.2938, ext 119
  www.fsgv.ca