

# Surviving the Death of an Infant

When you lose a baby due to miscarriage, stillbirth, SIDS, premature birth or any other cause, often the loss is invisible to others. Depending on the circumstances, you and your partner may have been the only people who knew your baby.

Even when you lose an infant after birth, your sorrow can be overlooked because we live in a culture that is impatient with grievers, one in which infant loss is still the unspeakable.



## BIRTH WRITE: The “Write” Way to Grieve

This workshop will help you:

- Acknowledge the relationship you had with your baby while you and your spouse were expecting.
- Write your story as a loving tribute to his or her life. You will find writing to be a powerful, empowering and healing tool; you don't have to be a writer to benefit from this exercise. You will be guided every step of the way.
- Open a dialogue, giving you many opportunities to ask whatever questions you may have that are specific to your particular circumstance.
- Explore how your spiritual understandings have evolved as a result of this relationship and loss.

The relationship you have with your baby begins the moment you find out you are pregnant. It is the same for fathers and partners, too.

Effectively moving through grief must include taking action. I am convinced, as a parent who has lost an infant, and as a Minister, Spiritual Counselor and Grief Recovery Specialist, that the missing piece in healing is honoring the living relationship we had with our child, NOT in the story of his or her death. Writing and talking about the very real relationship you had with your baby is where the healing lies.



My name is Gabrielle Michel, and I am a Minister, Spiritual Counselor and Grief Recovery Specialist. I was able to find my way through the darkness after losing three babies by honoring the relationships I had with each of them. It is my mission to create a safe space for everyone to grieve with grace and dignity, to make as full and complete a recovery as possible, and find their own way back to a more joyful, productive life.

**Bring this profound and deeply moving workshop to your event or organization.**

**Call 828.505.2491 for more information.**