

Miscarriage Hope

Our Goals

- ◆ To know that we are not alone
- ◆ To share one another's pain
- ◆ To help others through our insights and ideas
- ◆ To perhaps find healing through sharing



Hope from our despair.

Long Distance Meeting Opportunity

If you don't live in Oklahoma City, we have the capability of holding meetings through Google Hangout along with our in-person meetings. If you are interested in this option, please email us at nshaffer2@cox.net or call 405-602-1590 for more information or to register. You may also go to our website at www.miscarriagehope.com and then click on the send email option about Google Hangout meetings.

Leading Your Own Group

Have you thought about leading a miscarriage support group in your community? Perhaps you would like to work with Miscarriage Hope. We can train and equip you for leading your own group. Please contact us at 405-602-1590 or nshaffer2@cox.net for more information. Maybe you have the qualification we are looking for.

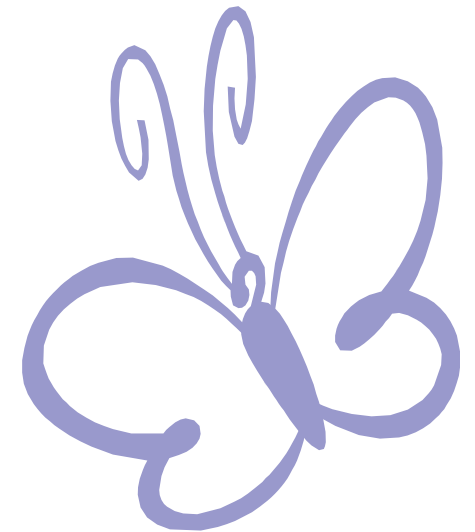


Miscarriage Hope

3rd Thursday of the Month
7:00 p.m.
www.miscarriagehope.com
Call or email to register

Leaders: Nick & Charla Shaffer
Phone: 405-602-1590
Email: nshaffer2@cox.net
Sponsored by OKC First Friends Church

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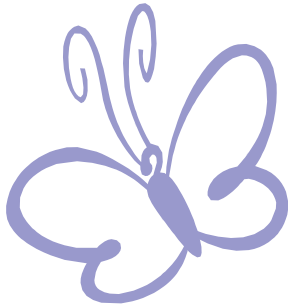


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Miscarriage Hope

We come together with a common bond, a shared experience of losing a child through miscarriage. Whether you have miscarried recently or years ago, this group is for you.



Our Purpose

Our purpose is to provide a safe place where we can share our miscarriage experiences with one another and share ideas about what is helping us on our journey to healing. Our aim is to bring hope from despair.

Who May Attend

All who have been touched by miscarriage may attend including both the mother and father of the miscarried baby.

Cost

There is no cost to be a part of the group.

The Series

The *Hope from our despair.* series

will consist of a series of six meetings. You are welcome to attend the whole series or just part. You may begin attending at any time and you may attend as long as you wish. A series will be completed in six months. The series includes:

- Part 1: Our Stories, Our Grief
- Part 2: The Emotions of Grief
- Part 3: The Baby's Mother & Father
- Part 4: Dealing with Other People
- Part 5: Honoring your Baby
- Part 6: Moving On

Our Pledge

We will strive as a group to:

- ◆ Offer empathy and words of comfort and understanding
- ◆ Acknowledge each person's uniqueness in grieving
- ◆ Understand that what helps one person may not be helpful to another
- ◆ Recognize that we may not all be at the same place in our grief—some people's pain may be fresh while others may be well on the journey to finding a measure of healing
- ◆ Share our stories without monopolizing time
- ◆ Listen to other's stories without judgment
- ◆ Respect a person's wish not to share
- ◆ Keep confidences

Your Leaders

Nick and Charla Shaffer

Our Experience

We have had three miscarriages—one in 1999, one in 2002 and one in 2003. The grief for each was different and sometimes we felt alone or that not many understood our loss. From sharing our experience with others, we have found that we are, in fact, not alone and that many people have had experience with miscarriage. We have been on a journey to find meaning and healing.

Our Vision

Since we have met many who have shared with us their experience of miscarriage, we know that there is a need for people to come together in a group setting to share and learn from one another. We want to provide a safe place where people may grieve in their own way and find empathy and understanding. In this way, we will honor the lives of all of our children lost through miscarriage.



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