



CALM WATERS

Center for Children and Families

Pregnancy and Infant Loss Support Group

"The hurt I felt after someone said to me, 'thank goodness you miscarried so early,' will stick with me for the rest of my life. I felt my baby move, he was no bigger than an avocado but he was there and he was my baby. If I could give anyone advice for what to say and how to help a loved one grieve a pregnancy, it would be: **allow the hurting to grieve and just offer your support**. Ask them how you can help them - sometimes, that is all you can do." - Christine

October is Pregnancy and Infant Loss Awareness Month. While the stigma surrounding miscarriage and infant loss is slowly lowering, hundreds of women and men grieve silently after losing their baby for fear that those around them won't understand their sadness.

Pregnancy and Infant Loss affects all socioeconomic classes, races and ethnicities. **One in four women will experience a miscarriage.** Each year, **24,000 women will experience a stillbirth.** and **23,000 babies died in 2016 before their first birthday** according to the Centers for Disease Control.

If you, or someone you know is grieving the loss of a pregnancy or infant, please click [here](#) for information on our Pregnancy and Infant Loss Support Group. This group is free of charge and held each Monday evening.



Calm Waters & New York Life Presents a Free Financial Literacy Class

DEVELOPING *a plan for* FINANCIAL SECURITY

understanding the basic fundamentals
of financial planning



learning the importance of planning &
saving for your future - and how to start

how insurance plays a role in the
foundational elements of your plan



CALM WATERS CENTER FOR CHILDREN AND FAMILIES,
IN PARTNERSHIP WITH NEW YORK LIFE,
PRESENTS A FINANCIAL LITERACY CLASS

Thursday | November 8 | 6 - 7:30 p.m.

4334 NW Expressway, Suite 101
OKC, OK 73116



TO REGISTER, PLEASE VISIT WWW.CALMWATERS.ORG AND
CLICK ON THE GET INVOLVED TAB

[Click Here to Register for This Free Class!](#)

Calm Waters School Counselor & Educator Grief Workshop



This workshop is designed for Counselors and Educators to help children on their grief journey caused by death, divorce or other significant loss.

This workshop will enable participants to:
Identify behaviors associated with grief
and implement empirically based
interventions in the classroom

Date & Time:

Friday, November 9, 2018 | 4-6 p.m.

Location:

Calm Waters Center for Children and Families
4334 NW Expressway, Suite 101 OKC, OK 73116

Cost:

Free to school educators and counselors
\$25 for all non-educators.

To Register:

Visit our website at www.calmwaters.org.
Hover over "Get Involved" and click
School Counselor and Educator Workshop

...helping children and families in their grief journey caused by death, divorce or other significant loss.

[Click Here to Enroll For the Counselor & Educator Workshop](#)

Calm Waters Center for Children and Families | 405-841-4800 | www.calmwaters.org

STAY CONNECTED



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