



## **Calm Waters Offering Pregnancy Loss and Infertility Grief Support Group, Welcoming Those Suffering from Pregnancy Loss or Infertility Support Group Meets Every Other Monday from 6:30pm – 7:30pm**

**Oklahoma City, OK, February 9-** Calm Waters Center for Children and Families, Oklahoma’s only grief center, offers free grief support services to children and families and is currently accepting new registrations for their Pregnancy Loss and Infertility Grief Support Group . These FREE support groups are for women, men, and couples who have experienced loss due to miscarriage, stillbirth, or infertility and are offered from 6:30 to 7:30 pm every other Monday evening at the Calm Waters Center located at 501 N. Walker, Suite 140 in Oklahoma City. Participants can register on the Calm Waters [website](#).

The Mayo Clinic estimates that 10-20% of known pregnancies end in miscarriage before 20 weeks. According to the Centers for Disease Control and Prevention (CDC), 6% of women cannot conceive after a year of trying, and 8% of couples experience infertility. The CDC also found that 1 in 160 births were stillbirths, approximately 24,000 babies per year in the US.

Calm Waters’s Pregnancy Loss and Infertility grief support group was designed to help individuals understand the grief associated with their traumatic losses while connecting them with a community of people who have experienced similar losses. The group is structured into nine modules that allow participants to create attainable goals, process information, build on their strengths, and provide growth opportunities. Highly-trained Calm Waters support group facilitators lead all sessions.

“Calm Waters support groups are a safe, welcoming space for those who have lost a baby to miscarriage or who are struggling with infertility,” said Calm Waters Executive Director Erin Engelke. “As someone who has experienced multiple miscarriages and years of infertility, I know how isolating those losses can feel, but finding a community of others who have similar experiences is so important to the healing process.”

Calm Waters also offers support groups for those who are grieving the loss of a partner, the loss of a child, the loss of a significant relationship and those who are anticipating a loss. The support groups are offered to children as well as adults. For more information and to register, visit [www.calmwaters.org](http://www.calmwaters.org) .

[Read this release online.](#)

### **About Calm Waters Center for Children and Families**

Calm Waters Center for Children and Families provides FREE grief support services for children and families on their grief journey caused by death, divorce or other significant loss. Since beginning in 1992, Calm Waters has served more than 50,000 individuals across the Greater OKC Metro Area through their Center and School Support Groups. For more information about Calm Waters and their services, visit [Calmwaters.org](http://Calmwaters.org) or call 405-841-4800. Calm Waters is a proud United Way of Central Oklahoma Partner Agency.

###