



Driving Directions:

Take I-40, Exit 209 at Charlotte Avenue. Drive West on Charlotte Avenue (away from downtown), turn left onto 23rd Avenue North. Proceed two blocks and turn left onto Murphy Avenue. The Women's Hospital is on your right, and free parking is available in the Murphy Avenue Parking Garage directly on your left.

"I was afraid it would be group therapy, but it was just parents sharing stories" ... a parent

"If you want to come and just listen, that's fine. Some parents come alone and others come with their spouse, and another family member or a friend" ... a social worker

Sharing is a non-profit community organization (2003)

Sharing

Support, Help and Reassurance
in Normal Grieving



What We Are

Sharing is a community organization of parents and health care providers in the Middle Tennessee Region who are interested in helping parents who have experienced a miscarriage, stillbirth, or the death of a newborn infant.

Our desire is to provide parents an avenue to receive comfort and reassurance from other parents who have experienced a similar loss; and to assist in educating the community about the intense grief felt by parents following the death of their baby.

Where We Meet

The parent support group meets the second Thursday evening of each month at 7pm in the Administrative Conference room at The Women's Hospital at Centennial located at 2221 Murphy Avenue (between 22nd and 23rd Ave). Ample parking is available across the street from The Women's Hospital in the Murphy Avenue parking garage. The Administrative Conference room is located directly inside The Women's Hospital, left past the Gift Shop, second door on the right hand side.

The group is open to all individuals who have experienced a Perinatal loss. Dialogue is facilitated by health care professionals, and the format is open discussion.

It meets for the purpose of providing a time and place for parents to come and resolve their grief by talking with other parents who are experiencing similar feelings and emotions. All meetings are conducted in an informal setting, and participation in the conversation is voluntary. No fee or registration is required. (The support group will not meet if Metro Schools are out due to inclement weather.)

For More Information

Please call *Sharing* at 342-8899
or visit our website at sharing.faithsite.com

After the loss of an infant, it is normal to:

- Feel sad, angry and lonely
- Have feelings of guilt, and questions
- Cry often
- Want to talk about your baby
- Eat too much or lose your appetite
- Become irritable with friends, family, spouse or other children
- Have heavy or aching arms
- Dread going out in public
- Cry when you see other infants

Grief may be facilitated by:

- Eating a well balanced diet
- Getting enough rest
- Exercising
- Talking to others about your feelings
- Reading books on perinatal loss
- Attending a *Sharing* meeting or other parent support group