

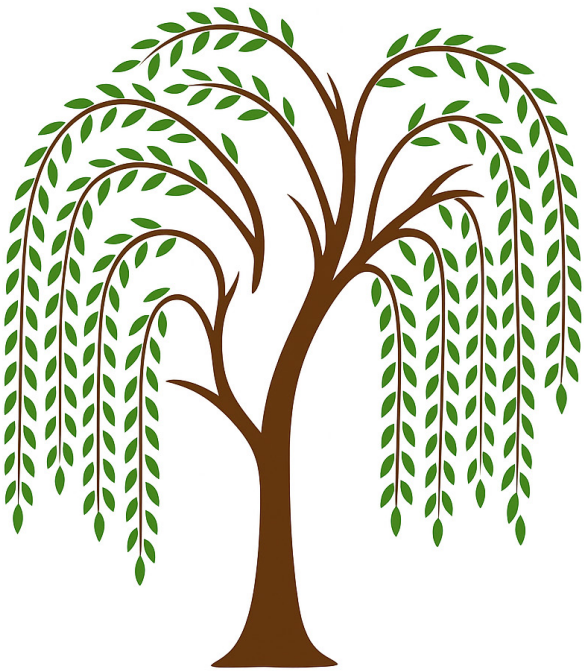
# Shared Journeys

## Perinatal Bereavement Support Group

Last Wednesday of Each Month | 5:30-7:00 PM

This group is sponsored by Littleton Regional Healthcare, and provides a safe, compassionate space for individuals and families who have experienced the loss of a baby during pregnancy, at birth, or shortly after. This support group is led by an obstetrics nurse facilitator to support the group and ensure meaningful conversations.

With the hope of providing emotional support, connection, and understanding, this group offers a comforting space for shared experiences and open dialogue to reduce feelings of isolation and honor every participant's grief journey.



### About Your Host: Tina Keach, RN, RTSCBC, OB Manager



Tina recently became a Resolve Through Sharing (RTS) Certified Bereavement Coordinator to support families and individuals in our community. This certification signifies specialized training in providing compassionate and evidence-based bereavement care.

Held the last Wednesday of each month, 5:30 to 7:00 PM  
in Conference Room 3 at Littleton Regional Healthcare  
(located near cafeteria, use Urgent Care entrance)  
600 St. Johnsbury Road  
Littleton, NH 03561