



A safe space for sharing, support and healing

Coping with miscarriage, stillbirth and infant death is extremely difficult. Aspirus St. Luke's Perinatal Loss Grief Support Group offers a supportive, confidential environment where you can share your story and meet others who are walking through the grieving process. The group meets once a month and participants are welcome to join at any point in their grief journey.



Perinatal Loss Grief Support Group

Grieving from a miscarriage, stillbirth or infant death in a safe and supportive environment.



What is the purpose of the grief group?

This group helps people cope with miscarriage, stillbirth and infant death. The group is coordinated by one of Aspirus St. Luke's experienced Maternal Child Health nurses and facilitated by local families experienced in perinatal loss grief. This group offers a safe, confidential space for participants to talk about their grief, learn from one another, and develop a strong support network.

What happens at the group?

The structure is relaxed, guided by the needs of the group. Some participants choose to share their personal stories—how the death happened, how it affected them, and how they're doing today—while others find reassurance and comfort in simply listening. One of the group's most important messages is that the bereavement process is both normal and highly individual.

Who can attend?

We welcome anyone who has experienced miscarriage, stillbirth or infant death, regardless of where they received care. This includes both patients and their adult family members.



Aspirus St. Luke's Perinatal Loss Grief Support Group meets the **fourth Thursday of each month from 6 – 7 p.m.**

Northland Medical Center
1000 E 1st Street
Duluth, MN 55805

There is no charge, but registration is required.
To register, call **218.249.4797**.