

Where and when will the group take place?

Tuesday 12-1pm at The Canvas, St. Margaret's House ,27 Old Ford Road Bethnal Green London E2 9PJ.



Who will run the groups?

The group will be facilitated by a Clinical Psychologist and a Clinical Associate Psychologist in Training.

Together we will try to support members of the group to create meaning from their losses. We believe that the support you can give to each other is powerful as well as the growth and resilience that results from these unbearably painful experiences.

OCEAN: NEL Maternal Mental Health Service

*Offering Compassionate
Emotional Support for those
Living Through Birth Trauma
& Birth Loss*

East London NHS Foundation
Trust

Tel: 0203 222 8047

Email:
elft.eastlondonocean@nhs.net



OCEAN Loss Group

For women and birthing
people who have
experienced perinatal loss

Who is the Loss Group for?

We want to open the group up to all women and birthing people who are struggling with perinatal loss. We honour the fact that grief is subjective and every individual experience can not be compared to another. In this way, we welcome anyone who feels their grief experience will benefit from the support and guidance of this group.

We do ask that no one attends the group with their children as we recognise that this could be very painful for members of the group who do not have their own.

How will people talk about their experiences in the group?

The group supports women and birthing people to draw from their own resources and strengths while allowing their relationship to their deceased baby to continue in new ways as they move forward in their lives . As with all therapeutic groups, the most valuable ingredient will be the peer support and relationships developed in the process.



How to refer:

Whether you are referring yourself or a professional referring someone, you can refer by emailing Ocean at:

elft.eastlondonocean@nhs.net

Please provide the following information:

- Full name
- Address
- Contact number
- Date of birth
- Reason for the referral

How long will the group last?

This is a rolling group so will take place every week. The next session is on the 14th June. Each session will be one hour long.