

MiSAnon is a free eight-week healing program offered to those who have walked through the emotional trauma of a miscarriage or stillbirth. Our group curriculum is designed to bring healing and restoration. These groups are led by experienced, trained facilitators who empathize with the grief caused by this trauma.



For more information go to: www.srtservices.org/MiSAnon

SRT

MiSAnon™

MISCARRIAGE / STILLBIRTH ANONYMOUS

MISCARRIAGE OR STILLBIRTH?

Millions of women have experienced:



Anger



Fear



Grief



Shame



Guilt

Other Symptoms May Include:

- Nightmares/trouble sleeping
- Loss of appetite
- Persistent fatigue
- Long-term health effects
- Depression/suicidal thoughts
- Flashbacks
- Triggered by events
- Self-blame
- Withdrawing from life
- Addictions
- Engaging in high-risk behaviors
- Struggles around significant dates



To join a group go to: www.srtservices.org/MiSAnon