

# Pregnancy and Infant Loss Network: Quarterly Newsletter for Professionals

October 2022



## Compassionate Care Workshops:

PAIL Network provides full-day workshops aimed at equipping professionals in Ontario with the knowledge and skills they need to provide compassionate care to families who experience a pregnancy or infant loss.

Our workshops are hosted by organizations all around Ontario and offered at no cost for the host. If you are interested in hosting a workshop, please see our [FAQ](#) information (under 'About Our Compassionate Care Workshop') and be in touch! Currently, we are hosting our workshops over Zoom or in person, whatever the host prefers.

Please see the next page for upcoming workshops.

## Quarterly Newsletter: Who, What, Why?

At PAIL Network, we want to keep in touch with professionals who support families experiencing pregnancy and infant loss in Ontario. In an effort to capture important pieces of information for you in one place, we have put together this newsletter. Thank you for reading, and for all you do to provide compassionate care for families.

## October 15<sup>th</sup> – Pregnancy and Infant Loss Awareness Day

October 15th is Pregnancy and Infant Loss Awareness Day in Ontario. This was proclaimed in the provincial legislature as part of [Bill 141](#): Pregnancy and Infant Loss Awareness, Research, and Care Act in 2015. Buildings, bridges, fountains, and other local monuments and parks are illuminated in purple to honour the memory of these babies and infants gone too soon. There is also a candlelight “Wave of Light” that occurs at 7PM local time in cities globally, making a wave of light continuous for 24 hours. Many families affected by the loss of a pregnancy or the death of an infant participate in the [International Wave of Light](#) on this day.

PAIL Network has many local events, and is hosting a Virtual Wave of Light ceremony on Zoom, beginning at 6:45pm on October 15<sup>th</sup>. Small gatherings are also held in communities across the province to remember and honour those lives lost, together. For a full list of virtual and in-person events, please click [here](#). Please continue to visit this link as it will be updated regularly as events are confirmed.



## October 15<sup>th</sup> – Awareness Kits

PAIL Network has October 15<sup>th</sup> awareness kits for both families and professionals to order. You can find out more information, and order your kits [here](#).

## Upcoming Workshop Dates\*

**October 13<sup>th</sup>**, Brampton Civic Hospital, William Osler Health System

**October 21<sup>st</sup>**, PAIL Network hosted

**November 2<sup>nd</sup>**, Halton Healthcare

**November 25<sup>th</sup>**, PAIL Network, Emergency Room Focus (for ER professionals only)

**December 7<sup>th</sup>**, Niagara Health

**December 14<sup>th</sup>**, Brockville General Hospital

\*Approximately 2-4 weeks prior to a workshop, we will post the [link to register](#) if there are any spots not filled by the host organization.

## Health Quality Ontario – Early Pregnancy Complications and Loss

Do you work with families experiencing complications or loss in the first 13 weeks of pregnancy? A friendly reminder that HQO has created a Quality Standard with resources for professionals and families, including a patient guide, action plan and measurement tools, quality statements, and resources to get buy-in from your teams. Find these resources and more [here](#).

## PAIL Network Resource and Support Highlight

PAIL Network has resources for [professionals](#) and [families](#) that you may find useful in your practice. Please visit our website for a complete list. This month, we will be focusing on two resources:

Since April 2022, PAIL Network has been offering an online peer support group for elective abortion, called **Grief After Abortion**. The open support group is facilitated by two peer support volunteers with a lived experience of an elective abortion. We know that there isn't a timeline of structure to when individuals are ready to reach out for support, so this group is always available for drop-in once individuals are given the access link.

Since May 2022, PAIL Network has been offering an online peer support group for parenting through grief, called **Parenting Through Grief**. Grieving a pregnancy and infant loss while parenting living children can be very challenging. While the weight of grief is inevitable, talking with others about navigating grief while parenting and supporting children can be very helpful. We know that there isn't a timeline of structure to when individuals are ready to reach out for support, so this group is always available for drop-in once individuals are given the access link.

To access these and other support services, individuals must complete PAIL Network's [Request for Support form](#). If you are referring an individual or family, please complete our [Professionals Referral Form](#).

## Now Available: Indigenous Outreach Report

PAIL Network knows from earlier outreach efforts and consultations that existing support services for Indigenous families who experience the loss of their pregnancy or infant are not always adequate or culturally inclusive. As part of our efforts to fulfill our mandate given to us by the Ministry of Health to provide peer support for families and education for healthcare professionals, in 2021/22 we undertook a focused consultation with Indigenous health professionals, FNIM community members and Friendship Centres to better understand their experiences with pregnancy loss, infant death and elective abortion, explore unmet educational needs of professionals, and what can be done to improve the care and support families receive. An initial mail out to 76 Indigenous midwifery services, health centres and friendship centres across Ontario was completed and consultations were conducted. You can find the full report, including the results of the consultations and PAIL Network's action plan [here](#).

## Feedback

We would love to hear from you! Please [let us know](#) if you have any questions, comments, or suggestions for us.