

Pregnancy and Infant Loss (PAIL) Network

About us:

PAIL Network is a provincial program funded by the Ministry of Health as part of the DAN Women and Babies program at Sunnybrook Health Sciences Centre. The mission of PAIL Network is to improve care and support for families in Ontario who experience the loss of a pregnancy or infant through high quality evidence-based information, peer-led support programs, education for health and service professionals, and public education and advocacy.

What do we do?

Family Support: PAIL Network's peer support programs are available at no cost to families and have been tailored to meet the specific needs of people grieving this type of loss. We are sensitive to the experiences of pregnancy and infant loss because all our trained peer support volunteers have lived through it, which reduces a sense of isolation often felt by bereaved people. Our services are delivered in a variety of ways, including mixed group peer led support, loss specific online peer led group support, and one-to-one telephone support. We can also provide service navigation for families who may need help completing paperwork, understanding next steps, or seeking information for follow up. [Families may self-refer](#), or be referred by a professional.

Education: We offer education for professionals that fosters a deeper understanding of the care and support needs of families who experience pregnancy and infant loss. We can provide a full day Compassionate Care Workshop, shorter in-service education, and have many [resources](#) on our website for professionals to watch, read, and download for distribution to families. Printed resources can be ordered in the top 6 languages spoken in Ontario, as well as 2 different Indigenous languages. We encourage professionals to become familiar with our [referral process](#), available on our website.

Awareness and Advocacy: PAIL Network offers events throughout the year to provide a space for bereaved families to join with others who share in their grief. We offer these events in person and online. Our "Walk to Remember" takes place on the first Sunday in June, and registration details are on our website. We also recognize Pregnancy and Infant Loss Awareness Day on October 15th by participating in the International Wave of Light, as well as other [awareness activities](#) for families and professionals to get involved in. Our hope is that more conversations will be had, and we will be able to reduce the stigma that surrounds pregnancy and infant loss.

How you can help:

- Make PAIL Network resources available in public areas where people can see them (we have brochures and posters available at no cost to order)
- Offer to refer a family to PAIL Network by using our Professional Referral Form on the website
- Host a Compassionate Care Workshop for professionals in your community
- Invite PAIL Network to your team meeting or arrange an information session for your team, either in-person or online
- Share information about how families can [become a volunteer](#) with PAIL Network if they are looking to get involved and make a difference for others

PAIL Network offers peer-led support in a variety of ways at no cost to families in Ontario

In Person Circles of Support

Circles of support are mixed loss groups, and are “open groups” which means there is no start date or end date, no waiting list and people can join at any time after their request for support. Circles of Support groups welcome all families who have experienced any type of a pregnancy or infant loss.

We continue to expand the number of in person support groups across Ontario. To see where we offer in person support, visit our website at pailnetwork.sunnybrook.ca/programs-for-parents/

Online Loss Specific Support

PAIL Network offers peer-led online support to all families across Ontario who have experienced a pregnancy loss or an infant death. Our team of trained volunteers provide support during scheduled online meetings that you can access from the comfort of home. These online groups connect families who share a similar experience of loss, and these discussions are moderated by a peer support volunteer who also shares that experience. We offer this support for the types of losses listed below.

Trying to Conceive	1st Trimester Loss	Infant Death
Pregnancy After Loss	2nd Trimester Loss	Experience of SIDS/SUID
Parenting Through Loss	3rd Trimester Loss	Elective Abortion
Partners in Grief	Termination of Pregnancy	Loss of a Multiple
Support for Grandparents		

Support for Indigenous Families

PAIL Network recognizes that the unique grief needs of Indigenous families who experience pregnancy and infant loss may be difficult for non-Indigenous people to understand. This group meets online and is led by Indigenous peer support volunteers with a lived experience of pregnancy and infant loss.

We continue to listen and learn from Indigenous families, knowledge keepers, and health leaders. To learn more about how PAIL Network is working to ensure we are offering support and education that is meaningful, please visit our website at pailnetwork.ca.

1:1 Telephone Support

Families are matched with a trained peer support volunteer who has had a similar type of loss. Families can receive up to four one-on-one phone calls.