## **My Healing Journey**



Coretta Monroe

SHARE Atlanta Pregnancy & Newborn Loss Support

CorettaMonroe©2010-11

### **My Healing Journey Overview**

- A My Brief Story & Background
- Emergency Room Experience
- Sensitive OB Team
- Supportive Counseling Staff
- SHARE Atlanta Support Group
- Healing Outreach



# **My Brief Story**

- Renewed Relationship with First Love
- Completed Graduate School
- Intense MCAT Studying
- Begin MS Program in Biochemistry & Molecular Genetics
- Positive Pregnancy Test?!





# **ER Experience**

- Gabriel's measurements:
  4.25 inches long weight 26.5 grams
- Nurse placed him in basin
- "Do you want to see the baby again and have a moment together before we send him to the lab?
- "This is NOT your fault"





### **Sensitive OB Team**

- Follow-Up Visit 2 Days Later
- Waiting Room Trauma
- Tender Hugs and Sincere Condolences
- Listen Patiently
- Answer Endless Questions
- Caring Reassurances
- Output Distance





### **Supportive Counseling Staff**

- Pre-Marital Counseling → Grief Counseling
- Antidepressants
- Ø Months to Feel "Normal" in My Own Skin





#### **SHARE Atlanta Support Group**

- Attended Women's Group AND Southside Group
- 4B's Project
- ✤ Inservices
- MOD Walk
- Mailing Holiday Cards
- Mother's Day Celebration





# **Healing Outreach**







