



636-947-6164  
NATIONALSHARE.ORG  
INFO@NATIONALSHARE.ORG

1600 HERITAGE LANDING  
ST. PETERS, MO 63303

## ABOUT SHARE

Share Pregnancy & Infant Loss Support is a community for anyone who experiences the tragic death of a baby. **For more than 45 years, we have supported parents, grandparents, siblings, and others in the family unit, as well as the professionals who care for grieving families.** Share is a national organization with over 75 chapters in 29 states. Our services include bedside companions, phone support, face-to-face support group meetings, resource packets, private online communities, memorial events, training for caregivers, and so much more.

29,000+

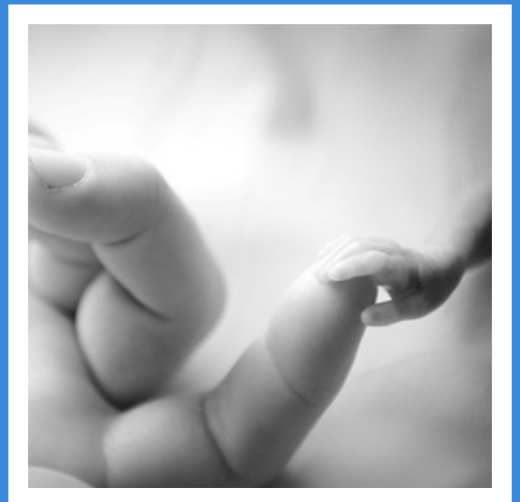
SOCIAL MEDIA  
FOLLOWERS

125,000+

ONLINE AUDIENCE

1,000+

AVERAGE EVENT  
ATTENDANCE



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MEDIA CONTACT: SARAH LAWRENZ, MA, EXECUTIVE DIRECTOR

636-947-6164 | SLAWRENZ@NATIONALSHARE.ORG

# THE FOUNDER

SISTER JANE MARIE LAMB, OSF

EST. 1977

St. John's Hospital  
Springfield, IL

## THESE PRECIOUS BABIES CHANGED MY LIFE

It is always a privilege to honor and remember the many precious babies who were real and who were loved. My time of nearly 30 years journeying with bereaved parents has been a gifted time for me in more ways than I could ever tell you. I treasure the memories of these precious babies and of their parents as I saw their courage and deep love for their child who had died. It was a privilege to share in the precious moments spent with these special babies.

It was through the life and death of one precious little girl, Anna Marie, who was stillborn in the hospital where I had recently joined the staff as chaplain. This was in 1977 when the average caregiver, including myself, had no preparation to fall back on during the crisis precipitated by an infant's death. The parents were devastated when Anna Marie was stillborn. For the first three days, the father was alone, as the mother remained in a coma with complications and was hospitalized for a month.

Though I had been a Maternity nurse, I had no preparation to deal with grief, at least I didn't think I had any insights into their pain. Looking back, I realized that I had developed sensitivity to my other's grief when my older sister died at age 18 – I was only 9 years old at the time. The parents taught me to listen with empathy, to respond to their needs and to be their advocate. They needed most an avenue to give them options and the opportunity to make their own decisions. My role became one of journeying with them, to comfort them and to listen. They became my first teachers.

Later when I moved to St. John's Hospital in Springfield, Illinois, through a series of circumstances in this large hospital, I found myself responding to other parents with a similar experience. From my beginnings with little Anne Marie, I have continued to journey with hundreds of families in the United States and other continents.

Every child's life is precious and who can be more precious to parents than their infant? The hopes and dreams for this child are filled with anticipation and joy. Suddenly, their dreams are shattered and the world around them shaken. The parents find it difficult as they try to make it alone. We as caregivers are privileged to journey with the families during this time of putting the pieces back together.

READ MORE AT  
[NationalShare.org](http://NationalShare.org)



# MISSION

Share Pregnancy & Infant Loss Support is a national nonprofit organization that serves those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life. Share serves more than 20,000 grieving families around the world each year. The national Share staff provides free bereavement resources and materials to every individual in need.

# CHAPTERS

There are currently over 75 Share Chapters throughout the United States and Canada that offer local support, group meetings, events and an extension of the National Share Office.

For additional information on the Share Chapters, please visit [nationalshare.org/find-a-share-chapter-near-you/](http://nationalshare.org/find-a-share-chapter-near-you/)

## A BRIEF HISTORY OF



*Touching lives,  
healing hearts,  
giving hope*

**1977**

**Sister Jane Marie Lamb**, OSF began the first Share group at St. John's Hospital in **Springfield, IL**

**1982**

Published **Bittersweet... Hellogoodbye**, a resource manual for planning farewell rituals when a baby dies



**1991**

Worked with national leaders to create the **Rights of Parents When a Baby Dies** and **Rights of the Baby**

**1996**

Dedicated the **Angel of Hope** monument in Saint Charles, MO

**2002**

Hosted the **1st Annual Share Walk** for Remembrance & Hope in St. Louis, MO

**2003**

Celebrated Share's 25th anniversary with the **1st Annual Angel Ball**



**2005**

Updated the **Share logo** and added the tagline "touching lives...healing hearts...giving hope"



**2013**

Expanded the **Share Companion Program** into the St. Louis metropolitan area hospitals

**2014**

Received **grant from the Missouri Foundation** for Health and launched three-year training program, **Awareness and Access to Perinatal Bereavement Care**

**2016**

Launched **Español: Esperanza** and translated all Share materials into Spanish

**2017**

Celebrated **Share's 40th Anniversary**



**2019**

Hosted the first, **Run for Share 5K**, with 500 people in attendance



**2021**

Launched **Online Training platform** for all Share training material to expand accessibility.

**2020**

Partnered with the **NYPD for the international Wave of Light** on Pregnancy and Infant Loss Awareness Day.

**2023**

Moved from 402 S Jackson St. to **NEW office space** to better serve bereaved families.

# SERVICES

LEARN MORE AT  
[NATIONALSHARE.ORG](https://nationalshare.org)

## **FIRST RESPONSE**

Share is the first point of contact for those experiencing pregnancy or infant loss. We receive 10,800 phone calls for support and referrals annually.

## **PRINTED RESOURCES**

Share distributes more than 5,000 free informational packets and brochures yearly and a bi-monthly Sharing Magazine, to bereaved parents around the world.

## **HOSPITAL & COMMUNITY PARTNERSHIPS**

Share provides partnering hospitals with grief resource packets in mother/baby units, emergency rooms, physicians offices, clinics, and community organizations. In addition, Share has established a Companion Program where peers offer bedside care at the time of a loss.

## **NATIONWIDE SHARE**

Share partners with hospitals and other organizations nationwide to establish perinatal bereavement programs in their communities, known as Share Chapters. There are currently more than 75 Share Chapters in the US and Canada.

## **COMPANION PROGRAM**

The Share Companion program exists to provide peer support in the hospital at the time of a loss, through phone support and attending support groups and memorial events. Companions are trained by Share staff and are fully equipped to served bereaved families in this role.

## **SUPPORT GROUPS: IN PERSON & VIRTUAL**

Share serves approximately 20,000 individuals a year through weekly support group programs dedicated to setting the standard of care for the perinatal bereavement programs.

## **ONLINE PARENT RESOURCES**

Share maintains an interactive website that generates more than 1,400 visits a week. We offer private Facebook support groups on various grief and loss issues. Share currently offers three Facebook pages for online support, including Share Bereaved Families Peer Support, Share Espanol: Esperanza, and Share Pregnancy After Loss Peer Support.

## **TRAINING & EDUCATION**

Share provides comprehensive perinatal bereavement care training for caregivers, healthcare professionals, bereaved families, Share Chapter leaders, and other caregivers. This training can be accessed both in person at local events or online for global reach.

**ALL SERVICES ARE PROVIDED FREE OF CHARGE**



## HEALTH & WELLNESS PROGRAM

The Health and Wellness program includes 1 to 2 hour workshop for families on the following topics, as well as additional Health and Wellness events and a self-care mobile app, which enables families to communicate with Share for support.

- Grief Counselor helps discover ways to recognize, accept, and cope with emotions associated the death of a baby.
- Exercise classes help parents reconnect with their bodies through encouraging the release of endorphins and positive feelings.
- Physical Pain Management helps parents discover pain that is associated with depression and anxiety due to grief.
- Create a Keepsake events are a way to honor and remember a baby who is gone too soon.
- Boxing Therapy with Dr. Jose Jones helps to reduce stress and anxiety. Journaling equips parents with grief writing exercises.
- Yoga helps explore grief through yoga techniques.
- Nutritionist educates parents on eating well which is essential to withstand the stress of grieving. Includes cooking demonstrations & mindful eating.

## SHARING MAGAZINE

Sharing Magazine is published by Share Pregnancy & Infant Loss Support, Inc. as a resource to bereaved families and the Share community. We strive to curate beneficial content to those who have suffered the tragic loss of a baby, as well as the caregivers to these families.

## SOCIAL MEDIA AMBASSADORS

The mission of the Social Media Ambassador program is to increase awareness about Share and baby loss through personal advocacy.

- Ambassadors are dedicated and willing to share their story to help elevate awareness of Share and to let other bereaved families where to find support.
- Ambassadors are passionate about Share and Pregnancy and Infant Loss.
- Ambassadors are willing to share Share content and their person stories on social media.

## COMFORT KITS

Share provides comfort kits to families who have experienced loss to provide hope and healing during the darkest days. These special boxes are available at burials, support groups and other Share events.



# MEASURING THE IMPACT

Share has been serving families across the country for more than 45 years. A few of these families have recounted their experience with Share caregivers, support groups, and life-long friendships formed with other bereaved parents.

While our family members were wonderful sources of love and encouragement following our loss, only Share offered us a common bond of support. In addition to [former director] Cathi and Chuck Lammert, the parents we met at the support group had firsthand experience with loss and we needed to lean on each other. We have discovered ways of coping and ways of celebrating our babies. We have gained lifelong friend of strong character. Share has given us a positive outlet for our grief and we are eternally grateful.

BY: LAURA

What an empowering revelation... There are others out there who know! Share welcomed me into it's arms, took me by the hand and led me to other moms who understood what I was feeling. Share support group is always a place that we can share our deepest feelings.... I have made some lifelong friends through Share. The death of my daughter has forever changed me and I feel so fortunate to have such wonderful friends to walk side by side with down this path. Our angels led us to each other . . . to help each other. When one is weak, the other is strong.

BY: KRISTA

I have been fortunate enough to never have lost a child, so I was very unprepared to help my daughter when our granddaughter Skye died right after she was born. I felt so helpless until a friend told me about Share. I called them, and what a Godsend! I kept in touch with one of the women who work there, and she was always so comforting. She is probably the only person who understood that grandparent's grief is twofold—you want to help your child, but this is a hurt you cannot fix for them. You are also deeply saddened by the loss of your grandchild. I don't know how I would ever have made it through this terrible and heartbreaking experience if not for Share.

BY: CHARLOTTE

The night I came home from the hospital without my son Sammy was the worst day of my life. Worse than finding out he had died. Worse than the quiet delivery room when he was born. Walking into our house that was so ready for a new baby was excruciating. I couldn't sleep that night, so I opened my computer and scoured the internet for anything I could find. What I found was Share, and I called the next day. The woman I talked to was so kind. She listened to me cry; she was genuinely interested in hearing everything about my little boy. For over an hour, she gave me her undivided attention and I will forever be grateful for that angel who answered the phone that day. I feel like that was the beginning of my healing because I knew I wasn't alone.

BY: MICHELLE

# SHARE WALK FOR REMEMBRANCE & HOPE

Nearly 3,000 bereaved families, friends and caregivers gather each year at Frontier Park in St. Charles, Missouri, located along the Missouri River and near the historic streets of downtown St. Charles. This annual event provides families who have experienced the death of a baby an opportunity to openly acknowledge and remember their babies amongst family, friends and the bereavement community. Over \$114,000 annually is raised and used to ensure that Share's programs and support continue to be offered at no cost to bereaved families.



## OTHER ANNUAL SHARE EVENTS

- Sunset Sips Annual Fundraiser
- Bracelets and Brunch
- Wave of Light
- New Brick Dedication at Angel of Hope
- Special Gathering for Bereaved Grandparents
- Angel of Hope Candlelight Vigil
- Light of Hope Holiday Candlelight Service
- Free Monthly Self-Care Events





# OCTOBER: PREGNANCY & INFANT LOSS AWARENESS MONTH

In 1988, President Ronald Reagan proclaimed October as Pregnancy and Infant Loss Awareness Month [Proclamation 5890]. Tragically approximately a million pregnancies yearly in the United States end in early pregnancy loss, stillbirth, or the death of the newborn child. In October, Share Pregnancy and Infant Loss Support will host several events to honor and remember all of the sweet babies that have gone far too soon. These events include the Wave of Light Remembrance Service, and the annual Share Walk for Remembrance & Hope in St. Louis, MO, along with chapter walks across the nation.

The loss of a child stays with parents, friends, and family members forever, but it can be challenging for others to truly understand the emotional and physical impact. Events across the country take place each October and help people to better empathize and support parents on their journey to hope. Pregnancy and Infant Loss Awareness Month enables us to consider how, as individuals and communities, we can meet the needs of bereaved parents and family members and work to prevent causes of these tragedies.

**#PregnancyandInfantLossAwareness**

**#ShareWalk2023**

**#IHaveFootprintsOnMyHeart**

**#WaveOfLight**

**#BreaktheSilence**

**#IAm1In4**

**AWARENESS  
HASHTAGS**

## 1 IN 4 PREGNANCIES ENDS IN LOSS

Early Pregnancy Loss. Stillbirth. Infant Loss. Sadly, these are deeply painful experiences that many families face daily, but they receive little attention. It may be hard to talk about, but the more open we are, the better we can serve bereaved parents. Early pregnancy loss is the most common type of loss. According to the American College of Obstetricians and Gynecologists (ACOG), studies reveal that anywhere from 10-25% of all clinically recognized pregnancies will end in early pregnancy loss. When fetal death occurs after 20 weeks of pregnancy, it is called stillbirth. These tragic deaths occur in about 1 in 160 pregnancies.

Millions of mothers and fathers do not know where to turn for grieving support after losing a child. Bereaved families long for ways to honor their deceased babies and October is nationally-recognized as Pregnancy & Infant Loss Awareness Month. While child loss may be a more common occurrence than people think, there are still far too many families that face the devastating moments alone, desperate for support before, during or after the loss of a baby. Who is there to help? Who is there to offer support? Share is.

