

What is SHARING?

SHARING is a support group for parents who have experienced miscarriage, stillbirth, or early infant loss. Our meetings are designed to help a parent sort through the grief process in a safe environment among others who have experienced similar losses. Each meeting is facilitated by a parent who has experienced loss and a professional (nurse, doctor, social worker, or chaplain).



**SUPPORT
HELP
AND
REASSURANCE
IN
NORMAL
GRIEVING**



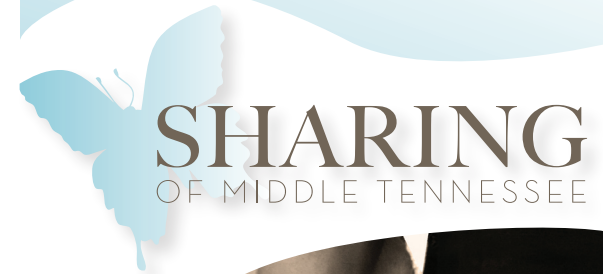
SHARING of Middle Tennessee
P.O. Box 681233
Franklin, TN 37068

www.sharingmiddletn.org

SHARING of Middle Tennessee is a
chapter of NationalShare.org



Support, Help, and Reassurance
in Normal Grieving



How can SHARING Help?

Parents who experience the death of a baby often seek to validate their feelings - is what they feel normal and legitimate, or have they responded in an inappropriate manner? They often have many difficult decisions to make without previous experience to guide them.

Often, the grief and loss felt by parents when a baby dies during the pregnancy or in the first few months of life is not understood and/or accepted by society. Even friends and family members sometime have difficult understanding the depth of emotion and grief bereaved parents may be experiencing. Parents are often expected to just pick up the pieces and move on.

Others, who have not seen or touched the baby, do not understand that a very real member of the family has died. Often the grief and loss felt by the parents is not understood. The baby is quickly forgotten by others, leaving parents alone in their grief. The subsequent isolation may create difficulties in the expression of feelings, which can unnecessarily prolong the time of grieving.

SHARING, through mutual-help groups, provides a strong, supportive atmosphere where members can share their experiences, thoughts, and feelings. Parents learn that the deeply felt, long-lasting feelings are normal. They gain

a sense of wholeness when they realize that their pain and grief is not unique, but rather is something which nearly all bereaved parents feel.

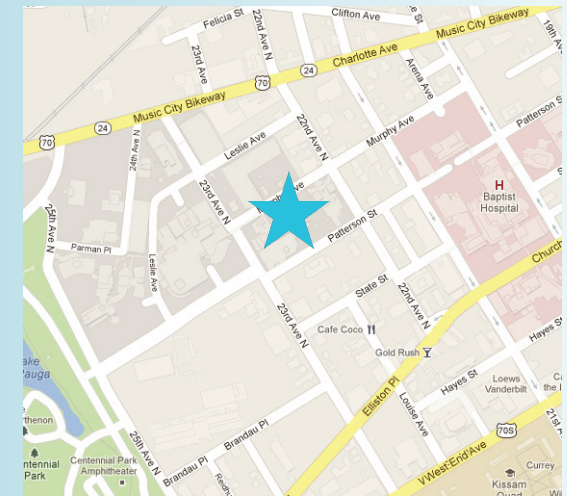
When/Where does SHARING meet?

SHARING meets at TriStar Centennial Women's & Children's Hospital in the Administrative Board Room on the first floor at 7:00 p.m. on the second Thursday evenings in the month (except November and December).

Walk in the front door of TriStar Centennial Women's & Children's Hospital and turn left before the elevators to the Administrative office. There will be SHARING signs posted.

The group is free and open to all individuals who have experienced a perinatal loss. All meetings are informal and participation in the conversation is voluntary. No registration is required. The group will not meet if Metro schools are out due to inclement weather.

Directions to TriStar Centennial Women's & Children's Hospital:



Take I-40, Exit 209 at Charlotte Avenue. Drive West on Charlotte Avenue (away from downtown), turn left onto 23rd Avenue North. Proceed two blocks and turn left onto Murphy Avenue. TriStar Centennial Women's & Children's Hospital is on the right, and free parking is available on the left.

TriStar Centennial Women's & Children's Hospital street address:

**2221 Murphy Ave
Nashville, TN 37201**