

To have your hopes and dreams regarding your pregnancy dashed can cause many emotions.

To experience a baby loss through a miscarriage or further on in a pregnancy can be a frightening experience to go through. There can be many different emotions you may experience throughout.

You might feel you had little control over what was happening.

Unsure what was going to happen next?

You may have felt very alone.

You may find it hard to talk about what has happened.

When you have experienced a baby loss, you may feel an overwhelming amount of emotions you are trying to make sense of. The Grief Process Diagram may help you.

These feelings can take many forms.

It could be that you feel lost – confused – not able to cope.

You may feel upset and depressed.

You may be wondering whether it is normal for you to feel like this.

The important thing is to be patient with your self, give yourself time – to recover from the physical affects and emotional affects.

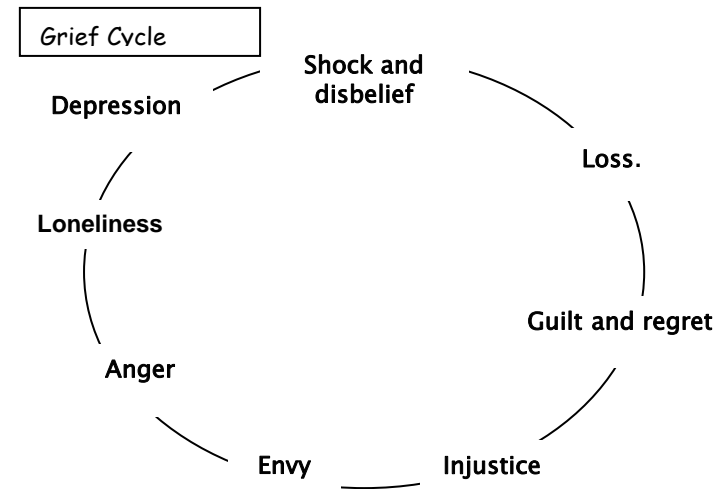
Give yourself time to understand what has happened and how that has affected you. You are unique, how you react and feel will not be the same as other people.

Try and be guided by yourself.

Sometimes feelings can take a while to emerge, this is okay, and it does not mean there is something wrong,

You may be asking yourself, would it help if I spoke to someone and if so who?

At the Acorn Centre we can provide space to enable you to think about how you are feeling.



Space to enable you to talk about your baby loss and what this can mean to you and your family

Space to make sense of the emotions you may be feeling.

The counselling / listening we provide are confidential.

In the past we have offered our services free of charge, however we have had to now alter this although we have tried to make our services still accessible, the donation scheme works in the following ways. If you are employed we ask that you give the hourly rate you earn, so if you earn £6.50 an hour this would be your donation, if you are un-employed we ask you donate between £3.00 –£5.00 per session. However please do not let this stop you from contacting us as we are able to sometimes access funding which allows us to offer within defined remits free counselling.

We try to arrange appointments to suit you, if you would like more information or would like to talk to someone on the phone, then call us on...024 76381878

## Services offered

- ◆ Pregnancy testing
- ◆ Counselling around the results of tests
  - Adoption
  - Abortion
  - Parenting
  - Family support and counselling following all of the above
  - Access to contraception (where)
  - Sexual Infections (where to access to help)
  - Support and counselling around a negative test
  
- ◆ Post abortion counselling
- ◆ Miscarriage counselling
- ◆ Still birth counselling
- ◆ Traumatic birth counselling
- ◆ Termination for foetal abnormality
- ◆ Post natal depression counselling
- ◆ Infertility counselling
- ◆ Parenting skills (young parents)
- ◆ Adoption support both for birth mother
- ◆ Couples going through adoption process
- ◆ Relationship work for couples affected by either baby loss or infertility
- ◆ Counselling services for young people

Where are we?

We are at

The Acorn Centre

Riverside

1 Bond Street

Nuneaton

CV11 4DA

Tel no: 02476381878

We are open on

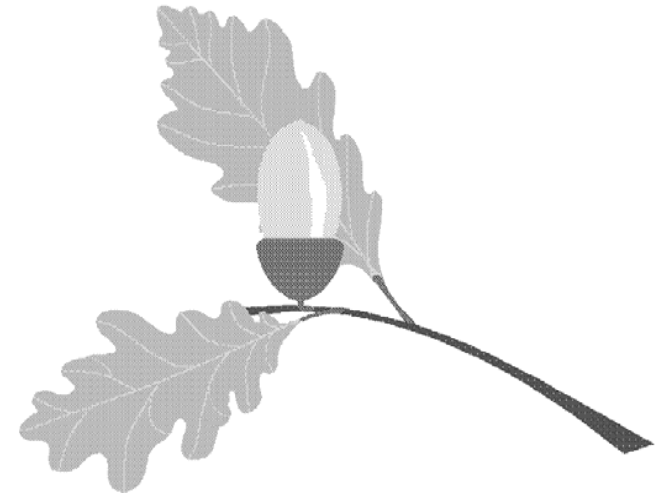
Monday 10 am – 2 p.m.

Wednesday 10 am – 2 p.m.

Friday 10 am – 2 p.m.

*Other times can be arranged by appointment*

# ACORN CENTRE



## BABY LOSS

e-mail [acorncentrenun@btconnect.com](mailto:acorncentrenun@btconnect.com)

[www.acorncentrenuneaton.co.uk](http://www.acorncentrenuneaton.co.uk)

*The Acorn Centre  
Registered Charity Number 1136087*