

## **A Practical Guide for Salt Spring Island Families of Infant Loss**

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This guide was created to provide families with practical information. It was compiled by a fellow Salt Spring Island mother who experienced a still birth of her baby girl, Robin Aliya, in April 2020. It is her hope that you feel supported and not alone on your journey. The choices ahead are your own to make and can be made in your own time. Do not feel rushed to do anything or make any decision you're not comfortable with.

The most important things are to be still and listen to your wisdom inside, ask questions, feel confident, be easy on yourself, and don't hold back or apologize. Take your time to connect. If you want, hold and touch your baby, sing to your baby, talk to your baby, celebrate your baby with others as you feel comfortable, and do all the normal things that come with a new baby.

This far too common loss is a shared experience filled with an overflowing amount of grief and sadness. It is sacred and can be equally met with love and beauty.

### **Salt Spring Island Bereavement Support**

Counselor, Monique Silverman: (250)537-1067, <https://moniquesilverman.com/grief/>

Doula, Angela Flegel: (250) 537-1067, [oceandoula@gmail.com](mailto:oceandoula@gmail.com)

Mother of Perinatal Infant Loss, Joselyn Porciuncula: (778) 229-4881, [joselyn.porciuncula@gmail.com](mailto:joselyn.porciuncula@gmail.com)

Salt Spring Island Hospice Society: (250) 537-2770

Yoga for Loss: Trauma-informed practice for those experiencing primary or vicarious grief due to loss, Sarah Jane, The Nest Hot Yoga, (250) 537-6638, [sarahjane@thenesthotyoga.com](mailto:sarahjane@thenesthotyoga.com)

### **Salt Spring Island Funeral Services**

Hayward's Funeral Services

22 - 315 Upper Ganges Road, Salt Spring Island, BC, V8K 2X4

Contact: Phone: (250) 537-1022, Fax: (250) 537-2012, Email: [contact@haywardsfuneral.com](mailto:contact@haywardsfuneral.com) , Website: <https://www.haywardsfuneral.ca/>

Hayward's Funeral Services provides compassionate guidance and unique services relating to your baby's transportation, cremation, burial, funeral, memorial, eco-conscious, home, and hybrid needs.

## **Salt Spring Island Cemeteries (7)**

### Purdy Cunningham Memorial Cemetery

Located in the 700-block of Upper Ganges Road east of Central

Anglican clergy are required for interment.

Contact: Anglican Parish of Salt Spring, Phone: (250) 537-2171, Email: [info@saltspringanglican.ca](mailto:info@saltspringanglican.ca) (preferred)

### St. Mark's I Cemetery (Quite Full)

Located at Baker Road South & Lower Ganges Road

Anglican clergy are required for interment.

Contact: Anglican Parish of Salt Spring, Phone: (250) 537-2171, Email: [info@saltspringanglican.ca](mailto:info@saltspringanglican.ca) (preferred)

### St. Mark's II Cemetery (Quite Full)

Located at Baker Road North & Lower Ganges Road

Anglican clergy are required for interment.

Contact: Anglican Parish of Salt Spring, Phone: (250) 537-2171, Email: [info@saltspringanglican.ca](mailto:info@saltspringanglican.ca) (preferred)

### St. Mary's Cemetery

Located behind St. Mary's Anglican Church, 2600 Fulford-Ganges Road in Fulford

Anglican clergy are required for interment.

Contact: Anglican Parish of Salt Spring, Phone: (250) 537-2171, Email: [info@saltspringanglican.ca](mailto:info@saltspringanglican.ca) (preferred)

## **Salt Spring Island Cemeteries (7) Continued...**

### Ganges Community Cemetery

762 Upper Ganges Road (Intersection of Upper Ganges, North End, Vesuvius Bay, and Lower Ganges Roads)

An all-inclusive cemetery

Contact: Hayward's Funeral Services (see above)

### Salt Spring Island Natural Cemetery

2100 Fulford-Ganges Road

A certified green burial cemetery serving Salt Spring Island and neighbouring communities. Salt Spring Island Natural Cemetery is a forest memorial, offering a place of peace and solace for generations of islanders.

Contact: (250) 653-9884, Email: [info@saltspringcemetery.ca](mailto:info@saltspringcemetery.ca), Website: [www.saltspringcemetery.ca](http://www.saltspringcemetery.ca)

### St. Paul's Roman Catholic Cemetery

2731 Fulford Ganges Road (Fulford Harbour)

Father Scott officiates all services.

Contact: Our Lady of Grace Parish, Phone: (250) 537-2150, Fax: (250) 537-2156

## **Salt Spring Island Legacy Programs**

### BC Parks Commemorative Gifting

<http://bcparks.ca/partnerships/sponsorship/>

There are three provincial parks on Salt Spring Island that are available for sponsorship of a park bench, picnic table, and picnic/cooking shelter.

### Partners with PARC Bench Donation Program

Contact: (250) 537-4448, Email: [saltspring@crd.bc.ca](mailto:saltspring@crd.bc.ca)

Program through the CRD that is available for gifting a park bench with commemorative plaque, which is to be placed in our community parks and public trails.

### Salt Spring Island Conservancy

<https://saltspringconservancy.ca/donate-2/planned-giving/>

Salt Spring Island Foundation: <https://ssifoundation.ca/planning-your-gift/>

## **BC Bereavement Support and Program Offerings**

### BC Bereavement Support Helpline

*We are a non-profit, free, and confidential service that connects the public to grief support services within the province of BC.*

*Call the Helpline at 604-738-9950, Monday - Friday 9am - 5pm*

*Toll free 1-877-779-2223 or email [contact@bcbh.ca](mailto:contact@bcbh.ca)*

BC Reproductive Mental Health Program, BC Children's Hospital and BC Women's Hospital + Health, Vancouver, BC (Requires a Referral)

<https://www.reproductivementalhealth.ca>

*The BC Reproductive Mental Health Program is committed to providing expert and specialized information, services and resources to this group of women across the whole of BC, to their partners and families and also to the professionals that work with them so that mental health challenges and disorders can be recognized and early treatment can be offered.*

### Butterfly Run Vancouver

<https://www.butterflyrunvancouver.com/>

*An in-person and virtual memorial 3K/5K Run/Walk.*

*Supporting individuals and families in Greater Vancouver who have experienced a loss during pregnancy, the loss of a child, pregnancy after loss, or are unable to conceive. .*

Empty Arms Support Group, Victoria, BC

<https://www.facebook.com/groups/VIEmptyArms>

*Empty Arms is a support group in Victoria, B.C. supporting families who have experienced a pregnancy or birth loss. Our aim is to provide a gentle, relaxing place for parents to join together to grieve, cry, laugh and find support.*

## **BC Bereavement Support and Program Offerings - Continued**

Empty Cradle, New Westminster, BC

<http://www.emptycradle.bc.ca/>

Offers support by phone, online, and in a group setting.

*Empty Cradle is a peer support group offering friendship and understanding to parents who have experienced the loss of an infant or failed pregnancy. Empty Cradle's main goal is to listen and provide support in a safe, caring environment. Patty Lou, a bereaved parent who found no means of support for her losses, founded Empty Cradle in 1991.*

Phone: 604-525-4347

Email: [emptycradle@telus.net](mailto:emptycradle@telus.net)

Facebook: [www.facebook.com/groups/177363769028163](http://www.facebook.com/groups/177363769028163)

Pacific Postpartum Society, Vancouver, BC

<http://postpartum.org>

Offers support by phone, text, online, as well as in a group setting.

*Pacific Post Partum Support Society has been supporting mothers and their families experiencing postpartum/perinatal distress, depression and anxiety for over 45 years.*

604-255-7999 | Toll-Free (855) 255-7999 | Texting 604-255-7999

Sea to Sky Perinatal and Infant Loss Support Group, Squamish, BC

Offered once a month online by Kazuko Hiroe, [kazukohiroe@gmail.com](mailto:kazukohiroe@gmail.com)

*A grass-roots support group for perinatal and infant loss which is facilitated by a mother, 12 year seasoned birth and bereavement doula and student midwife. Participants may be in all stages of grief: for some, the grief is acute and new and for others, their grief journey has shifted and changed through time. Most importantly, this group is meant to be a safe space, and a place to connect, learn, support and to share your experience with those who may understand.*

## **BC Bereavement Support and Program Offerings - Continued**

### The Compassionate Friends of Canada

[www.tcfcanada.net](http://www.tcfcanada.net)

*The Compassionate Friends is an international, non-profit, self-help organization, offering friendship, understanding, grief education and HOPE for the future to all families who have experienced the death of a child at any age, from any cause.*

## **A Mix of Some Online Resources Out There**

<https://www.tommys.org> (UK)

*Tommy's provides accredited midwife-led pregnancy health information for parents-to-be, and funds research into the causes of pregnancy loss.*

### BC Women's Hospital + Health Centre (Vancouver, BC)

A resource to help cope with taking care, grief, and lactation after loss.

<http://www.bcwomens.ca/health-info/pregnancy-parenting/stillbirth-newborn-loss>

### The Elizabeth Ministry (Vancouver, BC)

<https://rccav.org/content/elizabeth-ministry>

*There are currently three Elizabeth Ministry chapters within the Catholic Archdiocese of Vancouver. Elizabeth Ministry is an international movement designed to offer hope and healing for women and their families on issues related to bereavement, childbearing, sexuality and relationships.*

### Kidsgrief.ca

A resource for parents and educators to better understand grief of children ages 0-18 years of age.

<https://kidsgrief.ca/>

## **A Mix of Some Online Resources Out There - Continued**

### Still Birth Day

<https://stillbirthday.com/>

A resource for mothers, fathers, friends, families, and caregivers. It is one of Christian Childbirth Services LLC provided services.

### Still Standing Magazine

<https://stillstandingmag.com>

*Founded in 2012, Still Standing Magazine, LLC, shares stories from around the world of writers surviving the aftermath of loss, infertility - and includes information on how others can help. This is a page for all grieving parents. If you grieve the loss of your child, no matter the circumstances, you are welcome here.*