

## Have you experienced the loss of your child?

**Lancashire Women are here to support you.**

Our Family Wellbeing Team provide professional bereavement support & therapy to those who have experienced baby loss; whether through miscarriage, loss of pregnancy following birth or medical termination.

We work in various locations across Lancashire, including Preston, Blackpool, Lancaster, and Burnley hospitals.



*Where can I get extra support?*

**Lancashire Women offer a range of services across Lancashire to ensure you are supported and feel empowered!**

### **Therapy**

(get in touch to see what's available in your area)

### **Wellbeing & Confidence Groups**

### **Money Advice**

(budgeting, energy, benefits, debt)

### **Employment Advice**

(CVs, job search, finding courses, interviews, etc.)

**& more!**



*Follow us!*



[www.lancashirewomen.org](http://www.lancashirewomen.org)

0300 330 1354

[TalkToUs@lancashirewomen.org](mailto:TalkToUs@lancashirewomen.org)

**Family** LANCASHIRE WOMEN  
*Wellbeing*

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**Supporting you with your Baby Loss...**

**Professional bereavement support & therapy**

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## Who are we?

**Lancashire Women** are a leading charity working towards creating a Lancashire where all women are valued and treated as equals.

We have **centres** for women across Lancashire (Accrington, Burnley, Blackpool, Blackburn) as well as several **outreach venues** pan-Lancashire.

We specialise in **trauma-informed services** across 4 core programme areas, and we employ 90+ members of staff and a team of registered volunteers.

## What is Family Wellbeing?

**Family Wellbeing** is a programme led by Lancashire Women's Community & Wellbeing Team.

We offer 1-1 therapy and group **support** for new parents & their relatives across Lancashire addressing bereavement, bonding, trauma and more.

Our team of **trauma-informed therapists** can help you process your experience of pregnancy/birth.

## Supporting you with your Baby Loss...

This supportive group looks at grief and the impact on it has on all aspects of your life, including:

- **Relationships:**  
the impact grief and loss can have on your relationship with yourself and with others
- **Health:**  
how loss can impact health and wellbeing
- **Work:**  
returning to work, coping with work while dealing with loss
- **Loss and living with grief:**  
the day-to-day process of dealing with loss
- **Identifying and managing stressors:**  
impact of internal and external stressors on loss and the grieving process
- **Self-Care:**  
identify the importance of self-nourishment

**To find out more about Family Wellbeing, or any of our other services, please get in touch.**

*We are*  
**LANCASHIRE WOMEN**

**To book an appointment with us, please get in touch...**

**0300 330 1354**

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