

SURVIVE REVIVE *thrive*

**GUIDE TO  
SUPPORT**  
for  
Pregnancy  
and Birth  
Trauma

Miscarriage and Infant Loss,  
Premature and Sick Newborns

Jo Spicer



# GUIDE TO SUPPORT FOR PREGNANCY AND BIRTH TRAUMA

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MISCARRIAGE AND INFANT LOSS,  
PREMATURE AND SICK NEWBORNS

JO SPICER

BRIGHT  
BUTTERFLY



## INTRODUCTION

Like most things in life, you can study and research a subject until you have exhausted every speck of information you can find. But until you actually have the experience yourself, there is no way you can truly understand what it is like.

The experience of pregnancy and birth definitely fits into that category. Then there is also the complexity of each individual pregnancy and birth, the unknown of what it will be like for you.

Comparisons to other pregnancies will not accurately predict how the experience will be for you, though reading up on the subject can give you an overall knowledge of what has happened to others so you can be prepared for your personal experience.

When things go wrong, even the most extroverted among us may feel such disappointment and inadequacy that we may withdraw in our sadness and guilt, rather than sharing with those we love. We can feel like we have not only failed ourselves, but that we have also let our partner and family down.

This is the most important time to seek support. Often, because the subject of pregnancy and infant loss is still considered taboo in many cultures, you may not know anyone else who has been through a similar experience. The important thing is to know that you are not alone and that there are people and resources to help you navigate this difficult time.

In the following pages you will find a comprehensive directory of support organisations who specialise in helping women and their families through

all types of issues around pregnancy and birth. There are groups that specifically help you to cope with early miscarriage, still birth, infant loss, premature and sick babies. You'll also find organisations who can assist you with newborn challenges such as breastfeeding and settling.

These groups can not only provide a wealth of information, they can also connect you to other women who have been through similar situations as those you are experiencing. For me personally, and many of the people I have talked to, connecting with someone who has walked the same road brings a special bond of shared experiences.

One place you can connect to others who have been where you are, is the Bright Butterfly Shared Stories Forum. Here's the link to join our community: [Shared Stories Forum](#)

We have everything you need to comfort your body, mind and soul with books and resources, uplifting art quotes and homewares, plus a soothing range of Artisan handmade gifts including candles, healing stone bracelets and hand knitted blankets. You can find out more here: [Bright Butterfly](#).

If you or someone you know is dealing with any pregnancy, loss or birth challenges, please browse through the lists in this book and feel supported to reach out to these organisations. You'll be glad that you did.

The logo for JOSPICER features the letters 'JO' in a large, elegant, cursive script. To the right of 'JO', the letters 'SPICER' are written in a smaller, clean, uppercase sans-serif font.

## AUSTRALIA AND NEW ZEALAND

### **Action to Improve Maternity**

Supporting families and preventing tragedies. Counselling via telephone, email or in person.

Web: [www.aim.org.nz](http://www.aim.org.nz)

### **Angel Casts**

Creators of tangible keepsakes for bereaved parents in the form of ink prints and hand and feet stone casts.

Web: [www.angelcasts.co.nz](http://www.angelcasts.co.nz)

### **Australasian Birth Trauma Association (ABTA)**

Established in 2016 to support women and their families who are suffering postnatally from physical and/or psychological trauma resulting from the birth process as well as the education and support for the range of health professionals who work with prenatal and postnatal women.

Web: [www.birthtrauma.org.au](http://www.birthtrauma.org.au)

### **Australian Breastfeeding Association**

Resources to help you with breastfeeding and early motherhood. Access to breastfeeding education classes, counselling, the helpline and local support groups.

Web: [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### **Australian Multiple Birth Association**

To enable positive health outcomes, awareness and equality for multiple birth families through advocacy, education and community.

Web: [www.amba.org.au](http://www.amba.org.au)

### **Australian Psychological Society**

Pregnancy support counselling. Information and access to Medicare-funded psychological services under the Pregnancy Support Counselling Medicare Scheme.

Web: [www.psychology.org.au](http://www.psychology.org.au)

### **The Babes Project**

Helping families thrive by creating safe spaces and innovative avenues for vulnerable women to access vital perinatal support.

Web: [www.thebabesproject.com.au](http://www.thebabesproject.com.au)

### **Baby Center**

The world's number one digital parenting resource with information and support that reaches more than 100 million people monthly.

Web: [www.babycenter.com.au](http://www.babycenter.com.au)

### **Babyology**

An Australian parenting site that provides a supportive and trusted community for over one million parents and parents-to-be.

Web: [www.babyology.com.au](http://www.babyology.com.au)

### **Bears of Hope**

Providing leading support and exceptional care for families who experience the loss of their baby with support packs, support groups, workshops and counselling.

Web: [www.bearsofhope.org.au](http://www.bearsofhope.org.au)

### **Better Health Victoria**

Pregnancy support and resources for pregnant women in Victoria.

Web: [www.betterhealth.vic.gov.au/health/servicesandsupport/having-a-baby-in-Victoria](http://www.betterhealth.vic.gov.au/health/servicesandsupport/having-a-baby-in-Victoria)

### **Beyond Blue**

Advice and support for new and expectant parents, covering everything from bonding with your baby to anxiety and depression.

Web: [www.beyondblue.org.au/pregnancy-and-new-parents](http://www.beyondblue.org.au/pregnancy-and-new-parents)

### **Black Dog Institute**

A not-for-profit facility for diagnosis, treatment and prevention of mood disorders such as depression anxiety and bipolar disorder.

Web: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)



**Birthline Pregnancy Support**

Counselling services, maternal assistance and no-cost resources to help you with crisis accommodation, education programs, pregnancy mentoring and antenatal care.

Phone: 1300 655 156

Web: [www.birthline.org.au](http://www.birthline.org.au)

**Bounty**

A parenting community with articles, product guides, expert advice, product reviews and bounty bags.

Web: [www.bountyparents.com.au](http://www.bountyparents.com.au)

**Brave Foundation**

Support for parents to ensure they are connected to help and educational opportunities in their local communities.

Web: [www.bravefoundation.org.au](http://www.bravefoundation.org.au)

**Bub Hub**

The Bub Hub is dedicated to helping you find the information and local services you need to bring calm and success to your fertility, pregnancy and parenting journey.

Web: [www.bubhub.com.au](http://www.bubhub.com.au)

**The Bump**

Expert pregnancy and parenting advice. Includes pregnancy symptoms directory and connection to forums.

Web: [www.thebump.com](http://www.thebump.com)

**Catholic Care (Catholic Family Services)**

Helping Sydney families with relationships, parenting, aging, disabilities, addictions and mental health concerns.

Web: [www.catholiccare.org](http://www.catholiccare.org)

**Centacare (Catholic Community Services)**

Pregnancy support including accommodation and counselling.

Web: [www.centacare.org.au](http://www.centacare.org.au)

**The Centre for Perinatal Health and Parenting**

Services to support you physically and mentally through pregnancy, birth, and parenting.

Web: [www.perinatalhealth.com.au](http://www.perinatalhealth.com.au)

**Centre of Perinatal Excellence (COPE)**

Providing support for the emotional challenges of becoming a parent.

Devoted to reducing the impacts of emotional and mental health problems in the prenatal and postnatal periods.

Web: [www.cope.org.au](http://www.cope.org.au)

### **Continence Foundation of Australia**

Helpline, app and pregnancy guide to assist with incontinence, prolapse, pelvic floor and sexuality.

Web: [www.continence.org.au/pages/pregnancy.html](http://www.continence.org.au/pages/pregnancy.html)

### **Earth Shine Village**

Treatments for menstrual wellness, fertility support, pregnancy nurturing and postnatal healing. Arvigo® Therapy, Womb and Fertility Massage Therapy and Pregnancy Massage by Jess.

Web: [www.earthshinevillage.com.au](http://www.earthshinevillage.com.au)

### **Essential Baby**

Articles, information and resources on fertility, pregnancy, birth and baby development.

Web: [www.essentialbaby.com.au](http://www.essentialbaby.com.au)

### **Focus on the Family**

Provides a wide range of programs and resources to support and help families thrive at every stage of life.

Web: [www.families.org.au](http://www.families.org.au)

### **Feel the Magic**

A not-for-profit organisation creating a world where children who are experiencing grief are supported to reach their full potential.

Web: [www.feelthemagic.org.au](http://www.feelthemagic.org.au)

### **Genesis Pregnancy Support**

Counselling, resources, emotional support, education and encouragement for young mums and mums-to-be.

Web: [www.genesispregnancysupport.org.au](http://www.genesispregnancysupport.org.au)

### **Gidget Foundation Australia**

A not for profit organisation supporting the emotional wellbeing of expectant and new parents to ensure that those in need receive timely, appropriate and supportive care.

Web: [www.gidgetfoundation.org.au](http://www.gidgetfoundation.org.au)

### **Grieve Out Loud**

Helping families find their way back to life after pregnancy and infant loss.

Web: [www.grieveoutloud.org](http://www.grieveoutloud.org)

**Having a Baby in Canberra**

Brought to you by the Women's Centre for Health Matters (WCHM), a community-based non-profit organisation which works in the ACT and surrounding region. Information and resources to assist if you are having a baby in the ACT.

Web: [www.havingababyincanberra.org.au](http://www.havingababyincanberra.org.au)

**Health Direct**

A government-funded service providing quality, approved health information and advice.

Web: [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

**Hearts and Minds**

Miscarriage support for families in Auckland, New Zealand. Empathy, emotional and psychological peer support.

Web: [www.heartsandminds.org.nz](http://www.heartsandminds.org.nz)

**A Heartbreaking Choice**

Supports families who have made the heartbreaking choice to terminate a much-wanted pregnancy.

Web: [www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

**Heartfelt Photography**

A volunteer organisation of professional photographers from all over Australia and New Zealand dedicated to the gift of photographic memories to families that have experienced stillbirths, premature births or have children with serious and terminal illnesses.

Phone: 1800 583 768 (Australia)

Phone: 0800 583 768 (New Zealand)

Web: [www.heartfelt.org.au](http://www.heartfelt.org.au)

**Homebirth Australia**

The peak national body for homebirth in Australia. A group of consumers, midwives, and related health professionals committed to ensuring the survival of homebirth as a birth option for Australian women.

Web: [www.homebirthaustralia.org](http://www.homebirthaustralia.org)

**Honestly**

Good, clean fun skincare. Traditional aromatherapy with scientific research to create natural skincare that is safe and really works. Crafted by hand in Australia, Honestly products combine essential oils and minimal ingredients for maximum benefit.

Web: [www.honestlystore.com.au](http://www.honestlystore.com.au)

**Hope House**

A caring and compassionate support team for women, their partners and families when experiencing distress or hardship as a result of an unplanned pregnancy or pregnancy loss.

Web: [www.hopehouse.com.au](http://www.hopehouse.com.au)

**Hyperemesis Gravidarum Australia**

Supporting women suffering from nausea and vomiting in pregnancy (NVP) and hyperemesis gravidarum (HG).

Web: [www.hyperemesisaustralia.org.au](http://www.hyperemesisaustralia.org.au)

**Jean Hailes**

Delivering the latest scientific and medical evidence to create positive change for women's health. Includes everything from fertility and pregnancy to mental health and more.

Web: [www.jeanhailes.org.au](http://www.jeanhailes.org.au)

**Karitane**

Providing accessible, evidence-based services that support families to parent confidently. Information and resources for parents' wellbeing and the care of their new baby.

Web: [www.karitane.com.au](http://www.karitane.com.au)

**Kiddipedia**

Top tips, recipes and expert advice. Parenting blogs for every parent to achieve their life goals and to nurture their children.

Web: [www.kiddipedia.com.au](http://www.kiddipedia.com.au)

**Kids First**

Educational family and support services to help children and families overcome trauma.

Web: [www.kidsfirstaustralia.org.au](http://www.kidsfirstaustralia.org.au)

**Kidspot**

Information and advice to help mums and dads through every stage from pregnancy to parenting teens.

Web: [www.kidspot.com.au](http://www.kidspot.com.au)

**Kiwi Families**

Website, email, bulletin-board, phone and pamphlet support and information for New Zealanders.

Web: [www.kiwifamilies.co.nz](http://www.kiwifamilies.co.nz)

**Life's Little Treasures Foundation**

Support and friendship for families of premature or sick babies. The Foundation's services are available in hospitals (neonatal and special care units) and in the community when families come home.

Web: [www.lifeslittletreasures.org.au](http://www.lifeslittletreasures.org.au)

### **The Lost Ones**

A New Zealand site dedicated to the ones lost through miscarriage, stillbirth or SIDS and to the ones they leave behind.

Web: [www.thelostones.co.nz](http://www.thelostones.co.nz)

### **Made With Love—Murrum**

Provides a little comfort to families experiencing the loss of a baby. Provides packs to families, funeral homes and hospitals with clothes, blankets and keepsakes.

Web: [www.facebook.com/helpingcreatealittlecomfort/](http://www.facebook.com/helpingcreatealittlecomfort/)

### **Mamamia**

A media company with the purpose of making a better place for women and girls. An online lifestyle hub for women's news and opinions across many subjects.

Web: [www.mamamia.com.au](http://www.mamamia.com.au)

### **Maternity Choices**

A national consumer advocacy organisation committed to the advancement of best-practice maternity care for all Australian families.

Web: [www.maternitychoices.org.au](http://www.maternitychoices.org.au)

### **Memories of an Angel**

A social enterprise to raise awareness for pregnancy and infant loss through the distribution of keepsakes to bereaved families.

Web: [www.memoriesofanangel.com.au](http://www.memoriesofanangel.com.au)

### **Miracle Babies Foundation**

Supporters of premature and sick newborns, their families and the hospitals that care for them.

Web: [www.miraclebabies.org.au](http://www.miraclebabies.org.au)

### **Miscarriage Support**

Information and support to women and families throughout New Zealand who grieve for the loss of their babies.

Web: [www.miscarriagesupport.org.nz](http://www.miscarriagesupport.org.nz)

### **Mummylink Young Mums Support Groups**

A friendship group connecting young, isolated, lonely and unsupported mums aged 25 and younger who have a child under three years old.

Phone:08 8352 4044

Email: [genesispregnancysupport@msn.com](mailto:genesispregnancysupport@msn.com)

### **Mum Central**

Premier lifestyle hub for women, parenting, lifestyle, beauty, fashion, food and travel.

Web: [www.mumcentral.com.au](http://www.mumcentral.com.au)

### **Mum's Grapevine**

A parenting website for new mums. Handy tips and tricks to make your parenting life better plus the best Australian and New Zealand baby products.

Web: [www.mumsgrapevine.com.au](http://www.mumsgrapevine.com.au)

### **MumSpace**

Support for the mental health and emotional wellbeing of pregnant women, new mums and their families.

Web: [www.mumspace.com.au](http://www.mumspace.com.au)

### **National Association for Loss and Grief (NSW)**

A leading provider of support and education for communities, families and individuals impacted by loss, grief and trauma.

Web: [www.nalag.org.au](http://www.nalag.org.au)

### **National Diabetes Services Scheme (NDSS)**

Pregnancy support and resources to support women with diabetes before, during and after pregnancy.

Web: [www.ndss.com.au](http://www.ndss.com.au)

### **National Pregnancy Support Helpline**

Free 24/7 helpline for women, their partners and families throughout Australia. Telephone support for pregnant women and new parents who have a baby up to 12 months of age.

Phone:1800 882 436

### **National Women's Health**

Comprehensive information on fertility, pregnancy and birth presented by the Auckland District Health Board in New Zealand.

Web: [www.nationalwomenshealth.adhb.govt.nz](http://www.nationalwomenshealth.adhb.govt.nz)

### **The Neonatal Trust**

Supporting families of premature or sick full-term babies as they make their journey through neonatal care, the transition home and onwards.  
Web: [www.neonataltrust.org.nz](http://www.neonataltrust.org.nz)

**Newborn Baby**

Articles and information on every aspect of pregnancy and birth from conception to newborn.  
Web: [www.newbornbaby.com.au](http://www.newbornbaby.com.au)

**New Zealand College of Midwives**

Information on pregnancy, preparing for baby, labour and birth and postnatal care.  
Web: [www.midwife.org.nz](http://www.midwife.org.nz)

**Ngala**

A community-based organisation that has been helping Western Australian families for more than 130 years, working to enhance the wellbeing and development of children and young adults.  
Web: [www.ngala.com.au](http://www.ngala.com.au)

**Northern Territory Pregnancy, Birthing and Child Health**

Services and resources for pregnant women and parents in the Northern Territory.  
Web: [www.ntgov.au/pregnancy-birthing-and-child-health](http://www.ntgov.au/pregnancy-birthing-and-child-health)

**Office of Women's Health (ONH)**

With a vision to help all women and girls achieve the best possible health, this website offers extensive information on all aspects of reproductive health.  
Web: [www.womenshealth.gov](http://www.womenshealth.gov)

**Parenting Ideas**

Resources for parents to help people successfully raise confident, happy and resilient kids.  
Web: [www.parentingideas.com.au](http://www.parentingideas.com.au)

**Parentline**

Free counselling and support for parents in Queensland and the Northern Territory.  
Web: [www.parentline.com.au](http://www.parentline.com.au)

**Parents-Guide Illawarra**

Online information regarding local services and events relevant to parents

of babies, toddlers and school-aged children right up to tweens and teens in the Illawarra.

Web: [www.parents-guide.com.au](http://www.parents-guide.com.au)

### **Parent-Infant Research Institute (PIRI)**

Information to help you understand postnatal depression and anxiety.

Web: [www.piri.org.au](http://www.piri.org.au)

### **The Perinatal Loss Centre**

Resources for anyone affected by pregnancy or infant loss.

Web: [www.theperinatallosscentre.com.au](http://www.theperinatallosscentre.com.au)

### **Pillars of Strength**

Helping men in their grief loss after losing a child at birth or at any time, through creating new communities and networks and events for bereaved dads.

Web: [www.pillarsofstrength.com.au](http://www.pillarsofstrength.com.au)

### **Pink Elephants Support Network**

Miscarriage support with trusted information, emotional support resources and peer support program.

Web: [www.miscarriagesupport.org.au](http://www.miscarriagesupport.org.au)

### **Post and Antenatal Depression Association (PANDA)**

Support for individuals and families to recover from perinatal anxiety and depression.

Web: [www.panda.org.au](http://www.panda.org.au)

### **Pregnancy Birth & Baby**

Advice on pregnancy and parenting. Supporting parents on the journey from pregnancy to preschool.

Web: [www.pregnancybirthbaby.org](http://www.pregnancybirthbaby.org)

### **Pregnancy, Birth and Baby Helpline**

Free, confidential information and counselling for women, their partners and families relating to issues of conception, pregnancy, birthing and postnatal care.

Web: [www1.health.gov.au/internet/main/publishing.nsf/Content/phd-pregnancy-helpline](http://www1.health.gov.au/internet/main/publishing.nsf/Content/phd-pregnancy-helpline)



**Pregnancy Birth & Beyond (PBB)**

A public health information website providing an extensive source of well-known and up-to-date information and support throughout pregnancy, birth and parenting.

Web: [www.pregnancy.com.au](http://www.pregnancy.com.au)

**Pregnancy Counselling Link (PCL)**

A community agency staffed by professional counsellors. Supports women on issues affecting them in the area of pregnancy, parenting, relationships, navigating life changes, fertility issues and loss and grief. Also supports partners and other family members.

Phone: 1800 777 690

Web: [www.pcl.org.au](http://www.pcl.org.au)

**Pregnancy Counselling Services**

Counselling services for New Zealanders involved with a worrying pregnancy. Face-to-face and phone support offered.

Web: [www.pregnancycounselling.org.nz](http://www.pregnancycounselling.org.nz)

**Pregnancy Help Australia**

Connects you with a judgement free community who can answer your questions and give you the support and encouragement you need if you are challenged by pregnancy or pregnancy loss. Offers 24/7 helpline, face to face counselling and text chat. Free of charge and confidential.

Helpline: 1300 139 313

Web: [www.pregnancyhelpaustralia.org.au](http://www.pregnancyhelpaustralia.org.au)

**Pregnancy Loss Australia**

Support and guidance for miscarriage.

Web: [www.pregnancylossaustralia.org.au](http://www.pregnancylossaustralia.org.au)

**Queensland Pregnancy and Family Planning**

Information and resources for pregnant and new mums in Queensland.

Web: [www.qld.gov.au/health/children/pregnancy](http://www.qld.gov.au/health/children/pregnancy)

**Radiant**

A social enterprise of Relationships Australia NSW to help you find a mental health professional that suits you. Guides you in asking the right questions when looking for professional help and connects you to the right professional.

Web: [www.myradiant.com.au](http://www.myradiant.com.au)

**Raising Children**

Provides parenting videos, articles and apps backed by Australian experts. Advice on pregnancy and children from newborn to adults.

Web: [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

### **Red Nose Grief and Loss**

Formerly SIDS and Kids, this organisation has over 40 years' experience supporting grieving individuals and families after the death of a child.

Offers a comprehensive support library and 24/7 professional help.

Web: [www.rednosegriefandloss.org.au](http://www.rednosegriefandloss.org.au)

### **Relationships NSW**

Offers resources and counselling to talk about any family issues.

Web: [www.relationshipsnsw.org.au/support-services](http://www.relationshipsnsw.org.au/support-services)

### **Remembrance Photography**

New Zealand photography of stillborn and terminally ill babies to help parents remember.

Web: [www.remembrancephotography.org](http://www.remembrancephotography.org)

### **Remember Me – Illawarra Baby and Child Loss Community**

A support group for parents who have experienced pregnancy loss, still birth and neonatal death.

Web: [www.facebook.com/remembermeillawarra](http://www.facebook.com/remembermeillawarra)

### **Sands**

A volunteer-based organisation providing individualised care from one bereaved parent to another, giving support and hope for the future, following the death of a baby. Provides miscarriage, still-birth and newborn death support.

Web: Australia: [www.sands.org.au](http://www.sands.org.au)

New Zealand: [www.sands.org.nz](http://www.sands.org.nz)

### **Services Australia**

Payments and services to help when you have a baby.

Web: [www.servicesaustralia.gov.au/individuals/subjects/having-baby](http://www.servicesaustralia.gov.au/individuals/subjects/having-baby)

### **Starting Blocks**

Information and tips for early childhood education and care.

Web: [www.startingblocks.gov.au](http://www.startingblocks.gov.au)

### **Stillbirth Foundation**

Dedicated to research and education to prevent stillbirth.

Web: [www.stillbirthfoundation.com.au](http://www.stillbirthfoundation.com.au)

**Tresillian**

Australia's largest early parenting service offering professional advice, education and guidance to families with a baby, toddler or pre-schooler. Tresillian has helped generations of parents over the last 100 years providing reassurance and support with settling babies, sleep difficulties, feeding, multiple babies, toddler behaviour and parental emotional and psychological wellbeing.

Phone: 1300 272 736

Web: [www.tresillian.org.au](http://www.tresillian.org.au)

**Twins Research Australia**

Twin-specific support and services, including psychologist and mental health advice, telephone services, online community groups and more.

Web: [www.twins.org.au](http://www.twins.org.au)

**Twin Loss NZ**

Supporting families who experience twin loss.

Web: [www.twinlossnz.wordpress.com](http://www.twinlossnz.wordpress.com)

**VeryWell Family**

A modern resource that offers a realistic and friendly approach to pregnancy and parenting. More than 5,000 pieces of content created and refined over the past 20 plus years.

Web: [www.verywellfamily.com](http://www.verywellfamily.com)

**Young Pregnant and Parenting Network**

A mission to help pregnant young women make free and informed choices about their future. Helping young parents to build great futures for themselves and their children.

Web: [www.youngpregnantandparenting.org.au](http://www.youngpregnantandparenting.org.au)

## UNITED KINGDOM AND EUROPE

### **Action on Postpartum Psychosis (APP)**

A peer support network helping women and families affected by postpartum psychosis feel understood, supported and less isolated.

Web: [www.app-network.org](http://www.app-network.org)

### **All About Fertility**

Articles, webinars and videos created by doctors, scientists and consultants in the fertility field. Includes a support forum for men.

Web: [www.all-about-fertility.com](http://www.all-about-fertility.com)

### **A Lust for Life**

Multi-award winning Irish mental health charity based in Ireland with content, resources and tools to empower people to cope with life's challenges and improve mental health.

Web: [www.alustforlife.com](http://www.alustforlife.com)

### **Antenatal Results and Choices (ARC)**

To provide parents with information and support through antenatal testing and its consequences and to help them make choices based on their individual circumstances.

Web: [www.arc-uk.org](http://www.arc-uk.org)

### **Association for Improvements in Maternity Services (AIMS)**

Providing information and support to women and their families to achieve the birth that they want through a helpline and sharing information to pregnant people and health carers.

Web: [www.aims.org.uk](http://www.aims.org.uk)

**Association for Postnatal Illness**

Offers support and information for women suffering with postnatal illness with a network of volunteers who have themselves been affected.

Web: [www.apni.org](http://www.apni.org)

**Best Beginnings**

Helping vulnerable families in the UK. Creators of the award-winning Baby Buddy App, an interactive pregnancy and parenting guide.

Web: [www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk)

**Bliss**

A vision to provide every baby born premature or sick in the UK with the best chance of survival and quality of life.

Web: [www.bliss.org.uk](http://www.bliss.org.uk)

**Birth Companions**

Supporting vulnerable and disadvantaged pregnant women through pregnancy and birth.

Web: [www.birthcompanions.org.uk](http://www.birthcompanions.org.uk)

**The Birth Trauma Association (BTA)**

A charity that supports women who have suffered a traumatic birth experience.

Web: [www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk)

**British Infertility Counselling Association (BICA)**

A place to find a specialist infertility counsellor.

Web: [www.bica.net](http://www.bica.net)

**Chana**

Supports couples in the Jewish community who may feel isolated and need medical information to help them deal with the challenge of infertility.

Web: [www.chana.org.uk](http://www.chana.org.uk)

**Child Bereavement UK**

Supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Web: [www.childbereavementuk.org](http://www.childbereavementuk.org)

**The Child Death Helpline**

Provides support to anyone affected by the death of a child of any age from pre-birth to adult, under any circumstances, however recent or long ago.

Web: [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

**Childline**

Information and helpline for anything related to children.

Web: [www.childline.org.uk](http://www.childline.org.uk)

**The Compassionate Friends**

Understanding, support and comfort to bereaved siblings and parents after the death of a child in Ireland.

Web: [www.tcf.org.uk](http://www.tcf.org.uk)

**Counselling Directory**

A directory to find a local counsellor to fit your needs in the UK.

Web: [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

**Doula UK**

Comprehensive information on doulas and how they can support women through pregnancy, birth and the postnatal period. Access to more than 700 doulas in the UK, Ireland and the Channel Islands.

Web: [www.doula.org.uk](http://www.doula.org.uk)

**Endometriosis UK**

Reliable information and support for women affected by endometriosis.

Web: [www.endometriosis-uk.org](http://www.endometriosis-uk.org)

**The Ectopic Pregnancy Trust**

Supporting people who have experienced an early pregnancy complication and the health care professionals who care for them.

Web: [www.ectopic.org.uk](http://www.ectopic.org.uk)

**Emma's Diary**

Pregnancy app with gift packs, vouchers, deals and discounts.

Web: [www.emmasdiary.co.uk](http://www.emmasdiary.co.uk)

**European Foundation for the care of Newborn Infants (EFCNI)**

Dedicated to improving the situation of mothers and newborn infants in Europe. Includes preconception and maternal care, treatment and care of children, follow-up and continuing care of pre-term infants and ill newborns.

Web: [www.efcni.org](http://www.efcni.org)

**Family Lives**

Advice and support for every stage of your child from pregnancy to teens. Connect to other parents via their online forum or call their confidential helpline.

Web: [www.familylives.org.uk](http://www.familylives.org.uk)

**Fertility Friends**

A community of members at every stage of their journey from infertility, adoption, parenting after infertility and moving on.

Web: [www.fertilityfriends.co.uk](http://www.fertilityfriends.co.uk)

**Fertility Network UK**

A national charity for anyone who has ever experienced fertility problems.

Web: [www.fertilitynetworkuk.org](http://www.fertilitynetworkuk.org)

**Good Shepherd**

Child and family services for pregnant women and new parents.

Web: [www.goodshepherdstl.org](http://www.goodshepherdstl.org)

**House of Light**

Support and counselling for antenatal and postnatal depression and anxiety. Helpline, therapists and support for dads.

Web: [www.pndsupport.co.uk](http://www.pndsupport.co.uk)

**Kicks Count**

A pregnancy information guide for expectant mums and dads focussing on baby movement monitoring and a range of support options.

Web: [www.kickscount.org.au](http://www.kickscount.org.au)

**Life Charity**

Help for pregnancy-related problems. Call, text and messaging services.

Web: [www.lifecharity.org.uk](http://www.lifecharity.org.uk)

**March of Dimes**

Supporting mothers throughout their pregnancy. Tools and resources to assist conception, pregnancy, birth and postnatal care.

Web: [www.marchofdimes.org](http://www.marchofdimes.org)

**Maternity Action**

Committed to ending inequality and improving the health and wellbeing of pregnant women, partners and young children from conception through to the child's early years.

Web: [www.maternityaction.org.uk](http://www.maternityaction.org.uk)

**The Miscarriage Association**

The knowledge to help those affected by miscarriage.

Web: [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

**Miscarriage Support**

Providing counselling and support services to women and couples of Scotland who have suffered miscarriage, stillbirth or neonatal loss.

Web: [www.miscarriagesupport.org.uk](http://www.miscarriagesupport.org.uk)

**Mother to Baby**

Friendly, expert information about medication and more during pregnancy and breastfeeding.

Web: [www.movertobaby.org](http://www.movertobaby.org)

**The Multiple Births Foundation**

A national and international authority on multiple births. Employs healthcare professionals dedicated to supporting multiple birth families and educating and advising professionals about their special needs.

Web: [www.multiplebirths.org.uk](http://www.multiplebirths.org.uk)

**My Baby Manual**

Your expert companion on the health, wellbeing and upbringing of your child before, during and after pregnancy.

Web: [www.mybabymanual.co.uk](http://www.mybabymanual.co.uk)

**National Health Service (NHS)**

Your pregnancy and baby guide. Discover everything you need to know about pregnancy, labour and birth and your newborn baby.

Web: [www.nhs.uk/conditions/pregnancy-and-birth/](http://www.nhs.uk/conditions/pregnancy-and-birth/)

**New Parent Support (NCT)**

Focussed on providing information, support and connection for parents-to-be and the first 1,000 days of a newborn's life.

Web: [www.nct.org.uk](http://www.nct.org.uk)

**Pandas Foundation**

A support group network for men whose wives or partners are suffering from prenatal or postnatal depression.

Web: [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

**Parents 1<sup>st</sup>**

A space to find, connect and collaborate with parents, expectant parents, practitioners and volunteers in Essex.

Web: [www.parents1st.org.uk](http://www.parents1st.org.uk)



**Pelvic Partnership**

Supporting women with pregnancy related pelvic girdle pain (PGP).  
Enabling women to access the right treatment.

Web: [www.pelvicpartnership.org.uk](http://www.pelvicpartnership.org.uk)

**Positive Birth Movement**

A global network of antenatal groups. Connecting pregnant women together to share stories, expertise and positivity about birth.

Web: [www.positivebirthmovement.org](http://www.positivebirthmovement.org)

**Pregnancy and Parents Centre**

A friendly and welcoming not-for-profit organisation that works with parents-to-be and families in Edinburgh.

Web: [www.pregnancyandparents.org.uk](http://www.pregnancyandparents.org.uk)

**Pregnancy Sickness Support**

Information and resources for women with hyperemesis gravidarum.

Web: [www.pregnancysicknesssupport.org.uk](http://www.pregnancysicknesssupport.org.uk)

**Sands**

Stillbirth & neonatal death charity working to reduce the number of babies dying and to improve care and support for anyone affected by the death of a baby.

Web: [www.sands.org.uk](http://www.sands.org.uk)

**Tiny Tickers**

Improving the early detection and care of babies with serious heart conditions.

Web: [www.tinytickers.org](http://www.tinytickers.org)

**Tommy's**

Information and support to empower parents during pregnancy. Evidence-based, expert and user-led information to help expectant parents in understanding what they can do to support a safe and healthy pregnancy.

Web: [www.tommys.org](http://www.tommys.org)

**Turn2Us**

Assistance to couples expecting a child with benefits, grants or other financial support.

Web: [www.turn.2.us.org.uk](http://www.turn.2.us.org.uk)

**Twins Trust**

Support and resources for multiple births from pregnancy onwards. Information and community forum.

Web: [www.twinstrust.org](http://www.twinstrust.org)

### **UK Government**

Information about maternity and paternity leave, registering births, childcare, schools and education, fostering, adoption and surrogacy.

Web: [www.gov.uk/browse/childcare-parenting/pregnancy-birth](http://www.gov.uk/browse/childcare-parenting/pregnancy-birth)

### **Verity**

A self-help group for women with polycystic ovary syndrome (PCOS).

Established to share the truth and improve the lives of women living with PCOS.

Web: [www.verity-pcos.orgb.uk](http://www.verity-pcos.orgb.uk)

### **Winston's Wish**

Practical services and guidance for bereaved families.

Web: [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

## UNITED STATES AND CANADA

### **Abigail's Hope**

Blessing families through pregnancy and infant loss.

Web: [www.abigailshope.net](http://www.abigailshope.net)

### **A Heartbreaking Choice**

Support for those who have terminated a much-wanted pregnancy.

Web: [www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

### **American Pregnancy Association**

Resources and helpline for everything from fertility to pregnancy wellness.

Web: [www.americanpregnancy.org](http://www.americanpregnancy.org)

### **Angel Names Association**

A non-profit organisation that eases the financial burden imposed by stillbirth. Services for families enduring the trauma of stillbirth.

Web: [www.angelnames.org](http://www.angelnames.org)

### **Angel Whispers Baby Loss Support Program**

A non-denominational service for parents who have lost a baby shortly after birth, or during pregnancy, through miscarriage, molar or ectopic pregnancy or stillbirth.

Web: [www.angelwhispers.ca](http://www.angelwhispers.ca)

### **Association for Pelvic Organ Prolapse Support (APOPS)**

A non-profit advocacy agency with global arms, founded in September 2010 to generate awareness of pelvic organ prolapse (POP), to provide

support and guidance to women navigating the physical, emotional, social, sexual, fitness and employment quality of life impact of POP.

Web: [www.pelvicorganprolapsesupport.org](http://www.pelvicorganprolapsesupport.org)

### **Babycenter**

Answers, tips and information to guide you on the pregnancy journey.

Web: [www.babycenter.ca](http://www.babycenter.ca)

### **Bereaved Parents USA**

A safe place where grieving parents can connect, share stories and find what they need to rebuild their lives.

Web: [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

### **Birthright International**

Based in Canada, Birthright is a safe place to get the information and friendly support to create the right birth plan for each person's pregnancy.

Web: [www.birthright.org](http://www.birthright.org)

### **Birthwaves**

A non-profit organisation that provides doula services to families to experience pregnancy and infant losses.

Web: [www.birthwaves.org](http://www.birthwaves.org)

### **Centre for Grief & Healing**

Fostering hope and healing for people grieving the loss of a loved one. Peer support and resources.

Web: [www.bereavedfamilies.ca](http://www.bereavedfamilies.ca)

### **Centre for Reproductive Loss**

Professional support services to support the healing of the mind, body and spirit through a holistic approach.

Web: [www.crl-rho.org](http://www.crl-rho.org)

### **Childbirth Connection**

Information, tools and resources to become an active member of your maternity care team.

Web: [www.childbirthconnection.org](http://www.childbirthconnection.org)

### **Faces of Loss, Faces of Hope**

Putting a face on miscarriage, stillbirth and infant loss. Share stories with others who may be looking for reassurance that they are not alone.

Web: [www.facesofloss.com](http://www.facesofloss.com)

### **Family Education**

Content on everything from choosing baby names, pregnancy, babies and parenting needs to help parents to make the most informed decisions possible.

Web: [www.familyeducation.com](http://www.familyeducation.com)

### **First Candle**

Committed to ending Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths while providing bereavement support to families who have experienced a loss.

Web: [www.firstcandle.org](http://www.firstcandle.org)

### **Government of Canada**

Pregnancy and baby resources including nutrition, maternity and parental leave, security and benefits.

Web: [www.canada.ca](http://www.canada.ca)

### **Hand**

Helping parents, their families and healthcare providers to cope with the loss of a baby before, during or after birth.

Web: [www.handonline.org](http://www.handonline.org)

### **Healthy Children**

Site powered by the American Academy of Paediatrics. Offers English and Spanish information on a wide range of topics including child development, nutrition, immunisations, mental health and more.

Web: [www.healthychildren.org](http://www.healthychildren.org)

### **H.E.A.R.T.S.**

Baby loss support program helping empty arms recover through sharing. Compassionate care for grieving Families.

Web: [www.heartsbabyloss.ca](http://www.heartsbabyloss.ca)

### **Hope Xchange**

Shining light on pregnancy loss and grief. Resources to help those coping with miscarriage, stillbirth or infant death.

Web: [www.hopexchange.com](http://www.hopexchange.com)

### **International Stillbirth Alliance**

Connecting people around the world to prevent stillbirth and newborn death and supporting affected families. A membership organisation uniting bereaved parents and other family members, health professionals and researchers to drive global change for the prevention of stillbirth and neonatal death.

Web: [www.stillbirthalliance.org](http://www.stillbirthalliance.org)

**Infants Remembered in Silence (IRIS)**

Dedicated to offering support, education and resources to parents, families and friends and professionals on the death of a child in early pregnancy or after birth.

Web: [www.irisremembers.com](http://www.irisremembers.com)

**KellyMom**

A website developed to provide evidence-based information on breastfeeding and parenting.

Web: [www.kellymom.com](http://www.kellymom.com)

**Korie and Kacie**

A mission to assist families who have experienced child loss in practical ways including medical bills and funeral arrangements, living expenses, care packages and access to online support groups.

Web: [www.korieandkacie.org](http://www.korieandkacie.org)

**Miss Foundation**

A community of compassion and hope for grieving families. Providing counselling, advocacy, research and education services to families experiencing the death of a child.

Web: [www.missfoundation.org](http://www.missfoundation.org)

**The Mothers Program**

Resources, information and apps for Canadian women before and during pregnancy and after birth.

Web: [www.themothersprogram.ca](http://www.themothersprogram.ca)

**Multiple Births Canada**

A community of families, educators, researchers and health professionals in Canada with a personal or professional interest in the well-being of multiple birth children and those who care for them.

Web: [www.multiplebirths.ca](http://www.multiplebirths.ca)

**My Miscarriage Matters**

A web-based community offering support to the survivors of miscarriage, stillbirth and early infant loss. Connection to peers for tailored guidance.

Web: [www.mymiscarriagematters.org](http://www.mymiscarriagematters.org)

**Nationalshare**

A community for anyone who experiences the tragic death of a baby. For parents, grandparents, siblings, family and the healthcare professionals who care for grieving families.

Web: [www.nationalshare.org](http://www.nationalshare.org)

**Now I Lay Me Down to Sleep (NILMDTS)**

Offering families experiencing the death of a baby the healing power of remembrance. Volunteer photographers provide the free gift of professional portraiture.

Web: [www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org)

**October 15**

A site created by bereaved parents. An event directory to showcase the fantastic initiatives that happen every year across Canada to support bereaved families and remember their babies who died.

Web: [www.october15.ca](http://www.october15.ca)

**Open to Hope**

Resources, stories and community for those who have lost a child.

Web: [www.opentohope.com](http://www.opentohope.com)

**Orphan Parents**

Helping parents experiencing perinatal grief to get through the difficult ordeal. A French language site based in Quebec.

Web: [www.parentorphelins.org](http://www.parentorphelins.org)

**Our Little Angels in Paradise**

An online, French-language discussion forum for parents who have lost a child. Offers access to additional French-language resources.

Web: [www.nospetitsangesauparadis.com](http://www.nospetitsangesauparadis.com)

**PANDAS Foundation**

Advising and supporting parents and their networks affected by perinatal mental illness. Free helpline, email support and Facebook groups.

Web: [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

**Parents**

Created to help mums and dads raise happy and healthy kids.

Web: [www.parents.com](http://www.parents.com)

**Parents Canada**

Find out everything you need to know about expecting a baby and beyond.

Web: [www.parentscanada.com](http://www.parentscanada.com)

**Postpartum Support International (PSI)**

Support, education, advocacy and research for people affected by depression and anxiety during pregnancy and after birth.

Web: [www.postpartum.net](http://www.postpartum.net)

**Pregnancy After Loss Support (PALS)**

Online support groups and in-person meet-ups to support you through trying to conceive, pregnancy and parenting after loss.

Web: [www.pregnancyafterlosssupport.org](http://www.pregnancyafterlosssupport.org)

**Pregnancy and Infant Loss Network**

Dedicated to improving bereavement care and providing support to families who have suffered the loss of pregnancy or the death of their baby/babies.

Web: [www.pailnetwork.sunnybrook.ca](http://www.pailnetwork.sunnybrook.ca)

**Pregnancy After Loss Support (PALS)**

Non-profit organisation and community support resource for women experiencing the confusing and conflicting emotions of grief mixed with joy during the journey through pregnancy after loss.

Web: [www.pregnancyafterlosssupport.org](http://www.pregnancyafterlosssupport.org)

**Pregnancy Loss Support Program (PLSP)**

Free counselling and support for parents who have experienced miscarriage, stillbirth, newborn death or termination for foetal anomalies as well as women who are pregnant following a loss.

Web: [www.pregnancyloss.org](http://www.pregnancyloss.org)

**Project Sweet Peas**

Empowering and supporting families of fragile infants. Inspiring hope through remembrance for those affected by pregnancy and infant loss.

Web: [www.projectsweetpeas.com](http://www.projectsweetpeas.com)

**Remembering Our Babies**

Support, education and awareness for those who are suffering or may know someone who has suffered a miscarriage, an ectopic pregnancy, a stillbirth or the loss of an infant.

Web: [www.october15.com](http://www.october15.com)

**Return to Zero: H.O.P.E**

A community of bereaved families and their health providers who are transforming the culture of pregnancy and infant loss through awareness, education and support.

Web: [www.rtzhope.org](http://www.rtzhope.org)

**Sidelines**

Materials, resources and trained volunteers to assist women and families involved with a high-risk pregnancy.

Web: [www.sidelines.org](http://www.sidelines.org)



**The Society of Obstetricians and Gynaecologists of Canada**

Extensive information on pregnancy, birth and postpartum.

Web: [www.pregnancyinfo.ca](http://www.pregnancyinfo.ca)

**Spinning Babies**

Videos and information to improved foetal position (breech, transverse, posterior) and birth to reduce the chance of a caesarean.

Web: [www.spinningbabies.com](http://www.spinningbabies.com)

**Star Legacy Foundation**

Dedicated to reducing pregnancy loss and neonatal death and improving care for families who experience such tragedies. Involved in stillbirth research, education and awareness.

Web: [www.starlegacyfoundation.org](http://www.starlegacyfoundation.org)

**Still Birthday**

Providing support for those affected by miscarriage.

Web: [www.stillbirthday.com](http://www.stillbirthday.com)

**Still Standing Magazine**

An online magazine for all who are grieving child loss and infertility.

Web: [www.stillstandingmag.com](http://www.stillstandingmag.com)

**SUDC Foundation**

Promotes awareness, advocates for research and supports those affected by sudden unexpected or unexplained death in childhood.

Web: [www.sudc.org](http://www.sudc.org)

**Supporting Mamas**

A peer-run non-profit organisation who mission is to provide information, resources, support and hope to women and families coping with pregnancy and postpartum anxiety and mood disorders.

Web: [www.supportingmamas.org](http://www.supportingmamas.org)

**Through the Heart**

A key resource for those experiencing pregnancy loss. A comfort kit program and connection to resources.

Web: [www.throughtheheart.org](http://www.throughtheheart.org)

**Tiny Hands of Hope**

Founded by a small group of people whose lives have been touched by the loss of a child. Dedicated to helping families who have suffered from all types of infant loss.

Web: [www.tinyhandsofhope.ca](http://www.tinyhandsofhope.ca)

**Today's Parent**

Canada's leading source for parenting content that informs, inspires and builds a sense of community.

Web: [www.todaysparent.com](http://www.todaysparent.com)

**WebMD**

A great range of information about caring for your baby, including development, nutrition, breastfeeding, bottle feeding and sleep.

Web: [www.webmd.com/parenting/baby](http://www.webmd.com/parenting/baby)

**What to Expect**

Based on the best-selling book series, "What to Expect," this is an independent pregnancy and parenting site providing expert, authoritative and trustworthy evidence-based information on pregnancy and birth.

Web: [www.whattoexpect.com](http://www.whattoexpect.com)

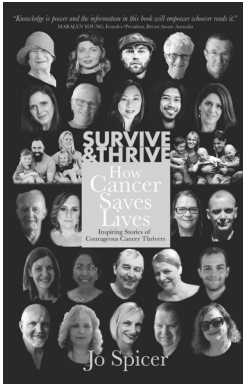
**Yoga for Grief Support**

Designed for individuals grieving from the death of a loved one in Edmonton, Alberta.

Web: [www.yogaforgriefsupport.com](http://www.yogaforgriefsupport.com)

## THE SURVIVE-REVIVE-THRIVE SERIES

**These books and all free resources are available at:  
[www.brightbutterfly.com.au](http://www.brightbutterfly.com.au)**



### ***Survive and Thrive: How Cancer Saves Lives.***

A book filled with the stories of 30 cancer survivors aged from 3 to 76 years of age. Learn from their first-hand knowledge on how they coped with all different types of cancers including breast, lung, prostate and lymphoma.

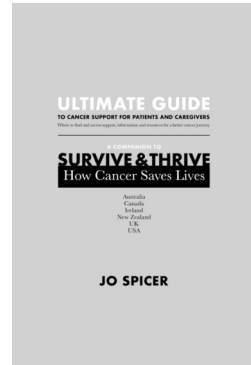
Includes chapters dealing with diagnosis and treatments well as survivorship. Offers practical help for caregivers, family and friends, plus information on where to find seek support.

**Get it here: *Survive and Thrive: How Cancer Saves Lives***

### ***Ultimate Guide to Cancer Support for Patients and Caregivers***

Everything you need for a better cancer journey. Includes **My Cancer Journey Workbook** to help you every step of the way through your treatment.

There's also a comprehensive directory of support organisations for patients, carers and their families. An essential resource for every cancer patient.



**Get it here: *Ultimate Guide to Cancer Support for Patients and Caregivers***



### ***My Cancer Journey Workbook***

A step-by-step guide to record every appointment, consultation and medication prescribed in your treatment protocol.

Now there's no need to remember dates of tests and results. Note it in your Workbook and keep all your vital information in the one place for easy reference.

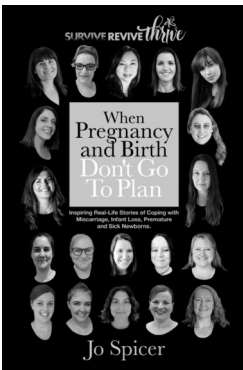
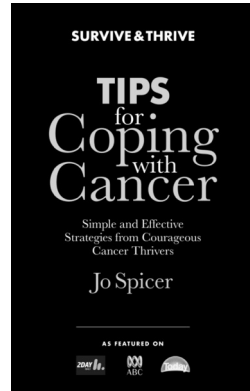
**Get it here for FREE: My Cancer Journey Workbook**

### ***Top Tips for Coping with Cancer***

An easy, short read outlining useful tips for anyone affected by cancer. Perfect for women, their partners, family and friends, discover the secrets to surviving and moving forward.

Filled with practical strategies from cancer survivors who have revived, striving every day to live well.

**Get it for FREE: Tips on Coping with Cancer**



### ***When Pregnancy and Birth Don't Go To Plan***

Stories from brave women who have overcome pregnancy and infant loss, and the emotional trauma of premature and sick newborns.

Find the help you need to from their personal experiences of recovering from loss, anxiety and postnatal depression. Tips for partners and families on supporting their loved ones.

**Get it here: When Pregnancy and Birth Don't Go To Plan**

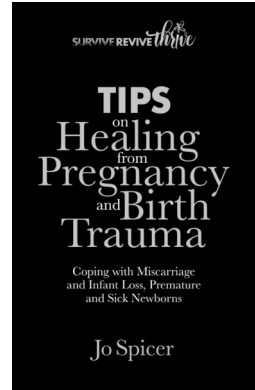
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## **Tips on Healing from Pregnancy and Birth Trauma**

An easy, short read outlining useful tips for anyone affected by miscarriage and infant loss, premature and sick newborns.

Perfect for women, their partners, family and friends. Discover how to processing your emotion and move forward.

**Get it for FREE: Tips on Healing from Pregnancy and Birth Trauma**





## ABOUT THE AUTHOR



**Jo Spicer** is an author, speaker and advocate who uses her own lived experience to help others overcome the devastating effects of trauma. A survivor of two cancers, the traumatic pregnancy and births of her two children, debilitating migraines, financial crisis, two divorces and PTSD, Jo had to find ways to deal with both physical and emotional wounds.

Through her personal journey and her research with other survivors, Jo has discovered the secrets to processing and overcoming trauma. She has developed strategies that resonate strongly with others. She has learnt to thrive and now lives with the purpose of helping those who are struggling, offering practical guidance and real hope to light their way forward.

Jo is the Co-Founder of Bright Butterfly with her sister Kerri, an award-winning calligrapher and designer. Bright Butterfly is a platform connecting you to inspiration for the body, mind and soul with books and resources to calm your mind, an Artisan handmade collection to soothe your body, and beautiful quote art and cards to uplift your soul. Find it all here at:

[www.brightbutterfly.com.au](http://www.brightbutterfly.com.au)

 [facebook.com/brightbfly](https://facebook.com/brightbfly)

 [twitter.com/brightbfly](https://twitter.com/brightbfly)

 [instagram.com/brightbfly](https://instagram.com/brightbfly)