

Dear Friends of Share,

Thank you for being a part of the Share Pregnancy and Infant Loss Support family. It is an organization that has become very dear to my partner, Charlie, and I over the past year. When we experienced our first miscarriage in the Fall of 2020, I asked a nurse assisting me, "What is that symbol on the window to my room?" It was a soft pink heart with hands folded under it, resembling butterfly wings or two doves flying past one another.

"That lets everyone know why you're here, so you'll receive extra tender care," she told me. It was Share's logo, and we have received just that from them. My partner was there for me, but this was unknown territory for him as well, not to mention his own heartache. Our family and friends often didn't know what to do or say, and who does at a time like that? This is when the expertise of their caring team stepped in. We received Share pamphlets in a folder while at the hospital, with the first literature I had ever read on pregnancy loss. As I began to heal, these small tokens felt like love letters written just for me during my deepest moments of sorrow. Their staff were some of the first to call when we were going through our early days of mourning and they thoughtfully sent Mother's Day, Father's Day, holiday, and even due date cards since we were newly bereaved. These touching gestures meant the world to us—someone remembered. Then they were once again our shoulder to cry on as we endured our second miscarriage this Spring.

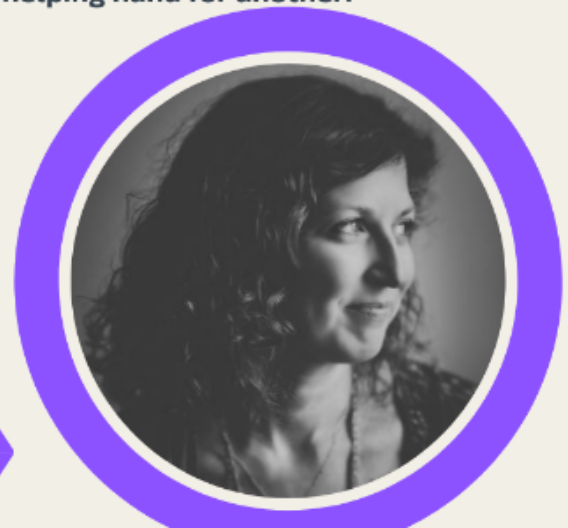
In a world that often leaves pregnancy and infant loss unrecognized because it's an uncomfortable subject, the arms of Share have reached out wide as they comforted us in many ways. This incredible non-profit has given us a safe place to feel heard, has provided a community of other families who have also gone through this kind of loss and has given us creative ways to honor our babies through volunteer opportunities and our Angel of Hope Memorial Brick. We have not had to weather our darkest days and nights alone.

I hope you will consider offering a donation to Share Pregnancy and Infant Loss Support to help families just like mine. They provided the tools we needed to process our grief, and I feel it is crucial to make this care available to as many people as possible. Your gift will provide so much for grieving families. Pregnancy loss is not uncommon, affecting one in every four pregnancies. My angel babies, Adolyn, Harmony, and Roland, unfortunately fell into this category as many have before and since. Losses such as these are forever in our hearts and give us reason to reach out to be the helping hand for another.

With Love and Deepest Gratitude,

Rachel Helden

WWW.RACHELHELDEN.COM



Where does my donation go?

PHONE SUPPORT

WHEN YOU CALL SHARE YOU HAVE THE COMFORT OF KNOWING YOU HAVE A TRAINED AND COMPASSIONATE PROFESSIONAL ON THE OTHER END.



OPERATIONAL SUPPORT

IT COSTS \$1,400 A DAY TO OPERATE THE NATIONAL OFFICE AND ENSURE FAMILIES CONTINUE TO RECEIVE SUPPORT FREE OF CHARGE.



SHARING MAGAZINE

SHARE HAS A BEAUTIFUL ONLINE MAGAZINE THAT COVERS A WIDE ARRAY OF PREGNANCY AND INFANT LOSS TOPICS.

SOCIAL EVENTS

JUST BY BEING AROUND PEERS GOING THROUGH SIMILAR EXPERIENCES CAN STRENGTHEN US BOTH MENTALLY AND PHYSICALLY. SHARE PROVIDES OPPORTUNITIES TO GATHER WITH OTHER SHARE FAMILIES.



MEMORIAL EVENTS

SHARE HOSTS OVER ELEVEN EVENTS EVERY YEAR TO HONOR AND REMEMBER OUR PRECIOUS BABIES WHO ARE NO LONGER WITH US.

TRAINING PLATFORMS & COMPANION TRAINING

SHARE PROVIDES SEVERAL ONLINE & IN-PERSON TRAININGS.



CREATING A SAFE SPACE FOR GRIEVING FAMILIES

THE NATIONAL SHARE OFFICE IN ST. CHARLES IS A PLACE WHERE FAMILIES ARE WELCOME TO COME AND TELL THEIR STORY, VISIT THE SHARE STAFF AND REMEMBER THEIR BABY.

ONLINE SUPPORT

SHARE HOSTS A STAFF MONITORED FACEBOOK PAGE AND PRIVATE FACEBOOK GROUPS, INSTAGRAM PAGE, TIKTOK AND MORE!



SHARE CHAPTERS

THE NATIONAL SHARE OFFICE SUPPORTS OVER 75 CHAPTERS.

SELF-CARE PROGRAM

SHARE IS CURRENTLY WORKING ON A SELF CARE PROGRAM THAT WOULD INCLUDE VARIOUS CLASSES, TALKS AND ITEMS THAT PROMOTE WELLNESS DURING THE GRIEVING PROCESS.

SELF-CARE BOXES

YOUR DONATIONS CAN PROVIDE A SELF-CARE BOX TO A GRIEVING FAMILY.

ONLINE SUPPORT GROUPS

SHARE HOLDS WEEKLY ONLINE SUPPORT GROUPS MONITORED BY TRAINED PROFESSIONALS ON AN EASY TO USE PLATFORM

IN-PERSON SUPPORT GROUPS

SHARE PROVIDES IN-PERSON SUPPORT GROUPS WITH TRAINED PROFESSIONALS.

RESOURCE MATERIALS & SHARE BROCHURES

SHARE SENDS OVER 5,000 PACKETS TO BEREAVED FAMILIES EACH YEAR.

