

Hello,

My name is Karen Riley and I am part of the group I never wanted to join. I'm sorry you are here, yet, relieved you found me. You are probably here because you or someone you know has suffered from reproductive loss or losses. If that is the case, I understand the hurt and heartache you are experiencing.



On March 1, 2002 I unexpectedly went into preterm labor with my third child. After unknowingly laboring at home for most of the evening and into the late night, I drove myself to the hospital. I shockingly found out I was dilating and effacing. I was only 24 weeks along. There was a scurry of activity to keep me from delivering and to get me transported to a larger city hospital, in the event my baby was born. My husband arrived just in time to see me into the ambulance. That was the most surreal experience of my life, watching the clock in the ambulance. I felt the urge to push but knew if I delivered at that moment there would be no hope for my baby to survive. About 10 minutes after arrival I pushed twice and my micro-preemie daughter, Emma Mae was born. She weighed 1 pound 10 ounces and was 12 and a half inches long. Emma put up a good fight for life but succumbed to a series of pulmonary hemorrhages on March 2, 2002. My life and our family was forever changed.

Have you walked down a similar path? Have you made the exciting announcement that you are expecting only to find out there is no heartbeat? Did you carry your baby to term only to find out she is still? Whether your baby was ectopic, stillborn, premature, or a miscarriage, it is still a loss. Our hopes and dreams have been shattered. The grief is almost unbearable and heavy. How can we move forward? Will we be able to have more? Grief is hard but you don't have to go through it alone.

Hope After Loss exists because we have been there. We have experienced that hole in the heart that feels like it will never heal. Know that forgetfulness, sadness, despair, and guilt are all normal. It is normal to feel like you are on a roller coaster of emotions. The purpose of our group is to have a private place to talk about your loss, work through a study, and feel supported as you begin healing. I do hope you allow me or one of our other facilitators to join you on this journey. You are not alone.

Please contact me if you would like to join our Hope After Loss group. All emails are kept confidential.

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Hearts Restored: Hope After Loss