



## **Subsequent Pregnancy After a Loss (SPAL) Support Group**

This is a free support group for moms who are pregnant again after the loss of a baby through miscarriage, infant death, stillbirth and SIDS.

We address a variety of issues including fear of another loss, medical worries, the responses and expectations of friends, families, colleagues and medical professionals, what we can control and what we cannot, and any other concerns. The group offers an opportunity to both give and receive support from other expectant moms.

We usually meet once a month.

For more information, please contact Carolyn Mara by phone at (703) 629-4529 or by e-mail [CarolynMaraVa@gmail.com](mailto:CarolynMaraVa@gmail.com)