Pregnancy Loss
Art Therapy Workshop
Please join us. You are not alone.

Saturday, May 21 | 10 am-2 pm
The Center for Reproductive Health | 499 Illinois Street, 2nd Floor, Yerba Buena Room, SF

Losing a baby is an indescribable pain no matter how far along in your pregnancy you were. Those around you may not understand the impact your baby loss has had on you. Join a group of women who have walked in these shoes.

You will be invited to share stories of your baby/babies, connect with others who have experienced loss, create remembrance flags to honor your baby and allow yourself to be nurtured and acknowledged for this journey you are on.

We will use art materials to create remembrance flags of your babies. Engaging with art materials and using your creative mind can be a powerful way to process emotions that are difficult to articulate. Please know that no experience is necessary and art materials will be provided. The intention of the project is to express what is in your heart through a visual means rather than focus on what the finished product looks like.

Cost $140 | Lunch will be provided
To register please call (415) 476-0621. For more information, please contact michelle.ryan@ucsf.edu or visit amandahartreytherapy.com.

Sponsored by: UCSF Medical Center
Amanda Hartrey, MA, LMFT #80314 is a licensed Marriage and Family Therapist committed to helping individuals and couples navigate the emotional journey of creating a family.