

**SHARP** Mary Birch  
Hospital for Women  
3003 Health Center Drive  
San Diego, CA 92123



### **You May Have Seen Me**

You may have seen me,  
Out with my boys.  
I'm a painful reminder  
of your stolen joys.

The joy of twins,  
Something you should have had.  
I know when you see me,  
you turn away sad.

But I share in your tears,  
when you see me.

Because for us,  
There should have been three.

--Terri K.



## **Multiple Loss with Survivor Siblings Support**

**Support for parents who've lost a  
baby in a multiple pregnancy  
(twins, triplets, or higher)  
and have one or more surviving  
siblings.**

## Our Group

We are parents throughout San Diego who have experienced the death of one or more, of our twins or higher multiples at any time from conception through birth, and infancy. This group has formed from our own attempts in healing, having found support in others who've experienced similar unique losses.



At a time when the number of multiple pregnancies has increased dramatically, the risk of loss of one or more babies has also risen. Our mission is to ensure you feel support during this unique trauma.

We provide this by ensuring that bereaved multiple birth parents have opportunities:

- To read materials that relate to what we are going through
- To talk with peer support who truly understand
- To gain information that relates to our unique loss and the challenges. we are facing as people, as parents, and as families – as we raise our surviving children.

## How we can help...

We help provide peer support and resources along all aspects of this journey:

- Multiple loss issues such as “going longer” (remaining pregnant with one or more surviving baby(ies) after the loss)
- Preparing for the birth - Encompassing decisions for all babies: the surviving and the deceased.
- Through the delivery experience
- Assistance with funeral or memorial service ideas and rituals
- Help provide you with treasured keepsakes & memory ideas
- Coping and raising your surviving children in a healthy family environment

### Meetings & Family Gatherings

Our support group meetings are held on the 3rd Sunday of EVERY OTHER month  
(Jan, Mar, May, Jul, Sept, Nov)  
Location: OPP Classroom 1  
(Out Patient Pavilion right next to SMBWH)  
Time: 1-3pm

## When you're able...

Please contact us:

*for meeting locations, resources, and connections to support*

1. Via email: [mlwsss@yahoo.com](mailto:mlwsss@yahoo.com)
  2. Via phone: (858) 939-4141
  3. Or, if you prefer—return the following form to the address listed below and we will follow thru with your requests:
- Add me to your E-mail distribution list to provide me information of upcoming group meetings and resources.
- Have a support parent call me.

Name(s)

Address

Phone

E-mail address(es)



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