

WNY POSTPARTUM CONNECTION INC.

Helping Mothers Through Grief



@WNY_postpartum_connection
www.wnypostpartum.com



Managing Grief and Loss

Life after loss and the impact you endure are unique to you.



However, here are some common shared experiences

- Numbness, fatigue, loss of appetite
- Sadness, depression, insomnia
- Disbelief, confusion, vivid dreams
- Withdrawal, substance misuse or abuse
- Self-harm, suicidal attempts or actions

