

# Marriage

July 2018, Volume 24, Issue 7

## Somewhere Between Better or Worse

By Jean

I don't want to write about this. It is so uncomfortable. Nothing makes me look harder at my own failings than my marriage. Nothing motivates me quite like my marriage to locate my own truth somewhere inside and express it. Most feelings take little explanation in an intimate relationship, or so I used to think. For example, Me: "I made it through a big deadline at work!"; Him: Congratulations! How should we celebrate?" or this: Me: "My best friend is moving across the country next month! Him: "I am so sorry, babe. I know how important her friendship is to you, and how much you will miss her." So, with that said, what is the deal with these early miscarriages? A month after my second loss I was sitting on a chair in the bedroom holding a small stuffed bunny with tears streaming down my face. He walks in the room and says, "Why are you crying?" I reply, "Because my baby died", he replies, "It wasn't a baby" and I stare wide-eyed back at him in shock. A few months later I found an article written by an EMT who had a similar loss as me, and she says, "I want people to say, 'I'm sorry you lost your baby'". I read the article to my husband that evening sitting in that same chair and asked him to say those words to me. "Look," I said, "she's a badass EMT and she feels the same way. PLEASE say this to me." And he did. A haze of confusion dissipated, and a wall of misunderstanding melted in that moment. I cried and gave him a hug and said, "Thank you". This infertility and loss journey has brought us closer together. I was reading a book a month ago about grieving infertility, and something finally clicked for me. It is painful to watch someone you love suffer. Even though those

*Continued on page 6*

## Brief Encounters Survey

Brief Encounters is collecting information on how we can better support loss parents and their friends/family. We want to hear from you what your thoughts are on our current support groups as well as giving us feedback on what might be most useful to offer in the future. Only ten questions. Help us envision what BE can BE. Thank you!

[www.surveymonkey.com/r/FLS3HHS](http://www.surveymonkey.com/r/FLS3HHS)

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## BRIEF ENCOUNTERS

Support for bereaved parents of pregnancy and infant loss

## Upcoming Events

**NORA MADELYN FUND**

### 10<sup>TH</sup> ANNUAL REMEMBRANCE CEREMONY

SUNDAY, JULY 15, 2018

7:30 pm with reception to follow

Healing Garden, Providence Newberg Medical Center

The ceremony will be held in the Providence Newberg Medical Center's Healing Garden. Families will be able to release a monarch butterfly in memory of their child or children. Please RSVP to [noramadelynfund@gmail.com](mailto:noramadelynfund@gmail.com) or (503) 537-1621 by July 9 with your name, how many will attend, and, if you wish to participate, the name of your baby or babies to be honored with a butterfly release.

**HAYDEN'S HELPING HANDS**

### 8<sup>TH</sup> ANNUAL HANDS ON HOPE BENEFIT

SATURDAY, OCTOBER 6, 2017

6:30 pm - 10:30 PM

Uptown Billiards Club

Portland, Oregon

Details at [HaydensHelpingHands.com](http://HaydensHelpingHands.com)

*Hayden's Helping Hands is a 501(c)3 non-profit foundation dedicated to financially assist parents with the medical expenses after the birth of a stillborn baby. It will forever be our goal to stand by families who were not able to welcome home a child due to a stillbirth.*

**NORA MADELYN FUND**

### 4<sup>TH</sup> ANNUAL REMEMBRANCE WALK

SUNDAY, OCTOBER 7, 2017

Registration at 1 pm, Walk at 2 pm

Providence Newberg Medical Center, Newberg  
All are welcome. The 1.6-mile route is stroller and wheelchair accessible. No dogs, please.

There is no fee to participate in the walk. Donations to the Nora Madelyn Fund are gratefully appreciated to help continue our outreach and community support programs, including this walk as well as the annual Remembrance Ceremony and butterfly release in July.

Register at [noramadelyn.org](http://noramadelyn.org). All participants must register and acknowledge the waiver. Register by 9/15 to receive a walk t-shirt.

**BRIEF ENCOUNTERS REMEMBRANCE WALK**

SATURDAY, OCTOBER 13, 2017

10:00 am - 12:00 pm

The Peace House, 2116 NE 18<sup>th</sup> Avenue, Portland

Remember and honor our children with a 2-mile neighborhood walk to visit the Portland Wishing Tree. Children and infants welcome. Coffee and donuts before as we gather for the walk.

Suggested donation of \$20.00 per family.

All proceeds go directly to Brief Encounters.

## *From the editor...*

It's not news for me to tell you that marriage post loss is hard. It's messy and sad and scary. AND it's lovely and caring and a sometimes shelter in the storm. I often say it's all still there. Everything that was ugly or beautiful before is even more present, now amplified. And so in marriage too, things that were difficult before are still there and more intense. And what was good is also still present, magnified by this sacred connection. For me, it helps to hold the good tight in my heart, to help me ride through the dark moments and come out the other side.

Shannon Stemm Patel  
mother of Charlie and her big sis



## *Upcoming newsletter topics...*

August  
GRANDPARENTS

Do your parents participate in your grief process? Do they include your baby with their other grandchildren for family events? How has your relationship with your parents changed now they are grandparents to baby that has passed?

September  
MEDICAL PROFESSIONALS

How did your medical team help you in your time of loss? What could they have done differently? What did they do well? Please consider sharing your experience in the newsletter so they may learn how to better support future loss families.

## *Newsletter Submissions*

We welcome and encourage submissions to the newsletter. Submissions may be published anonymously if requested. Sharing your story can provide healing and comfort for you - and other parents. The editor reserves the right to edit and select from the materials submitted. Views and opinions expressed in this publication are not necessarily those of Brief Encounters, but those of the individual authors. Please send titled articles and submissions to: [newsletter@briefencounters.org](mailto:newsletter@briefencounters.org)

Newsletter printing provided by AnchorPointe

★ ★ ★ ★ ★ ★ ★

*There are some days when being okay  
is the same as being strong.*

*Because being okay will require  
incredible strength.*

*-An Unexpected Family Outing*

## **BRIEF ENCOUNTERS**

2116 NE 18<sup>th</sup> Ave., Portland, OR 97212

Message Phone: 503-699-8006

Web: [www.briefencounters.org](http://www.briefencounters.org)

Twitter: [twitter.com/briefencount](https://twitter.com/briefencount)

Facebook: [private/closed groups Brief Encounters  
Pregnancy and Infant Loss Support and Brief Encounters  
Parenting After Loss](https://www.facebook.com/private/closed/groups/Brief-Encounters-Pregnancy-and-Infant-Loss-Support-and-Brief-Encounters-Parenting-After-Loss)

Established in 1992 by a group of parents, Brief Encounters is a non-profit, non-sectarian support group for parents whose babies have died before, during, or after birth. At informal, mutually supportive meetings, bereaved parents and their families share their stories, discuss issues that arise from pregnancy and infant loss, and remember their children. Through talking or just listening, we learn what grief is --- and how, through understanding and caring, we heal.

### EXECUTIVE BOARD AND STEERING COMMITTEE

Co-Chairs: Rachel Murfitt & Meagan Golec

Advisor: Pat Schwiebert, RN

Treasurer: Sandy Faber

Secretary: Shafina Fazal-Gardner

Librarian: Sandy Faber

Database Manager: Megan Wright

Newsletter Editor: Shannon Stemm Patel

Hospital Liaison Coordinator: OPEN

Web Site Manager: Shafina Fazal-Gardner

### MEETING AND PHONE FACILITATORS

Daniele Riehl, Pat Schwiebert, Heather Smith, Megan Wright, Shannon Stemm Patel, Laura Klyzek

### HOSPITAL LIAISONS

Raina Dey, Fawn Harris, Cheryl Miller, Rachel Murfitt, Shannon Stemm Patel

### OTHER VOLUNTEERS

Monica Thompson (Spanish interpreter)

### LOVE GIFTS

Please send Love Gifts and messages to 2116 NE 18<sup>th</sup> Ave., Portland, OR 97212. For Love Gifts to be acknowledged in a specific newsletter issue, we must receive it by the 10<sup>th</sup> of the prior month. Please assist us in reducing the chance of errors by using the form on page 5.

### CHANGE OF ADDRESS OR REMOVAL FROM MAILING LIST

Please contact our database manager Megan Wright at 503-646-1335 or by email at [database@briefencounters.org](mailto:database@briefencounters.org).

### OUR CHILDREN REMEMBERED: INCLUSIONS OR CHANGES

Please contact our database manager Megan Wright at 503-646-1335 or by email at [megan.k.wright@comcast.net](mailto:megan.k.wright@comcast.net). For children to be remembered in a specific newsletter issue, we must receive your request by the 10<sup>th</sup> of the prior month.

### SAFE ARRIVALS

Please send Safe Arrivals to [newsletter@briefencounters.org](mailto:newsletter@briefencounters.org).

## American Girls.

*By Laura*

Before I had her, I knew I would be a single mother. I remember the drive home from work-- dreading the moment when my exit came up on the freeway. Not wanting to go home. Not wanting to enter the silence where my relationship with my husband had finally reached the point of no return. It had been hard for years. Years of isolation and loneliness. Of not telling people how things *really* were for fear of judgment and further isolation. Not wanting to admit to myself that I had already put everything I could into a relationship that could not be saved. What do you do when your husband gets up and walks out of counseling? I wasn't ready in that moment to end the marriage. I didn't yet have the strength to *know* I could do it on my own. So I put my head down and kept going. I resolved to do the absolute best self-care that I could. I would continue seeing my own counselor. I would take a million baths with a million candles. I would read a million books that would impart divine wisdom. I would walk. And drink tea. Do all the things. And I would love my two-year old daughter with everything that I had.

But it felt like something was missing. Like *someone* was missing. I didn't want my daughter to be an only child. I felt like there was another baby waiting for me. For us? As I felt her grow inside me, we prepared the house for her arrival. Rooms were painted, crib assembled, baby clothes brought out from storage. I steeled myself internally for the end of my marriage. I knew it couldn't last. I didn't know how long I'd be able to hold out once the baby came-- a few months? A year? I got through the days only by telling myself that it wouldn't last forever. "The future is a big place," my Aunt would say on the other end of the line as I sat in the Safeway parking lot. I didn't want to live it in a dead marriage where no connection could be found. In a house where love no longer grew. I knew my babies needed more than that. And so did I.

Then it all fell apart. Any concept of misery or despair that I had before we lost our daughter was wiped clean off the map. I thought it couldn't get any worse-- and then it did.

\* \* \*

For a short time after Claire's death, we became closer. We hugged each other. We cried together. We walked the path of grief. We planned her service together... And then the silence began. No longer was her name spoken by her daddy. The pain of silence compounded the pain of loss. I sought other sources of solace when there was none at home. I went to Brief Encounters and spoke in the sacred circle. I lit candles for her, made an altar, and visited her stone at the cemetery. Tried to explain to her older sister that she couldn't come home.

"I feel like if I never brought her up that we'd never talk about her again!"

"You're probably right."

We had another baby together. Our empty arms needed to be filled. She came. And she was beautiful... like her sisters.

\* \* \*

I did what felt like the impossible. I left my husband with a four year-old and a one and a half year-old. I rented a little house and saved my pennies to buy Tampax. I worked hard. More than hard.

About six months later, I asked a boy to a movie. But this wasn't just any boy; this was Lucas. The boy that I had sat next to in fifth grade. The boy that had come to my birthday parties when I was just a crazy kid who was into the Beatles and Twister. The boy who I sat by during lunch almost every day in Jr. High and most of High School. And the boy who I had turned down when he asked me out (!) in seventh grade. When I moved back to this area we reconnected through mutual friends who had game night once a month. On one of these Friday nights, I remarked to his best friend that it seemed like Lucas was doing well. After a moment's hesitation he replied, "Yeah... but we sure wish he could find a nice girl."

*A nice girl.*

"*She's a good girl. Loves her mama. Loves Jesus, and America, too...*"

After that first movie, I didn't hear from Lucas. I went through my season of grief alone-- the spring hitting me like a truck. Missing my daughter. Remembering coming home with empty arms. Remembering the day we picked up her ashes and took them home in a bag. Escaping to the beach to survive her anniversary. Wondering what Lucas was doing every time a Tom Petty song came on the radio. This couldn't be the end of the story. It just couldn't. There was something there. The sweet and dorky boy who had borrowed my stapler in fifth grade and who had met my daughter in the NICU couldn't walk out of my life now. I tried one more time-- and *this* time, it was different. He listened to me. He cared for me. He took the leap with me. He went all in when I put my heart in his open hands. He cried with me. And laughed. And let me be the silly and spunky girl that I am. He did the WORK. Do you know how much heavy lifting there is to be done when one partner is a staunch Democrat and the other is far on the right and a card-carrying NRA member?

Lucas opened his heart to all three of my girls. He doesn't always know what to say and that's sometimes frustrating, but he's always there to listen. He says her name. He was with me when I spread some of her ashes near Haystack Rock. He helps me blow out the candles on her birthday cake. He held hands with me at our wedding as we stood in a circle with our living girls and Claire's weighted teddy bear and acknowledged our becoming a family.

"Do you promise to help to make your home together a loving and nurturing place for your family? Will you encourage each other, love each other, and forgive each other as you grow into the people you will become?"

"We do."

\* \* \*

There's no such thing as a "perfect marriage." We need to throw that euphemism in the garbage. A relationship, involving the exchanging of vows or not, is being willing to get down in the trenches with your partner. To do the messy and painful work of talking it out until everyone can sleep at night. Being willing to admit that you don't know it all and probably never will. Seeing your partner for who they are and not who you want them to be. Trusting that they have the best intentions. Even when that means that you're grieving in different ways. Knowing that they love your baby and they love you even if it's not apparent at the time.

*Continued on page 6*

## Love Gifts

Donations to Brief Encounters help us to maintain our outreach to bereaved families through this newsletter, support groups, and other resources. Often Love Gifts are given by a family in memory of a child who has died. Others may wish to give a general donation, or give thanks for their own living children. We acknowledge gifts here without reference to amount given.

Brief Encounters is a non-profit 501©3 organization; therefore, no gift is too small. Each donation goes a long way toward printing brochures, maintaining the Brief Encounters website, providing monthly meetings, performing outreach to healthcare providers, mailing this newsletter, and many other ways we seek to care for bereaved parents.

This month, we thank the following donors for their generosity and love:

**Ongoing Gift:** The internet service for the Brief Encounters Web site is provided by the Wedin Ohana out of love for **Marina Alyssa Wedin**, beloved daughter and sister.

## Love Gift Donation Form

Enclosed is a donation of: \$  
In memory of:

Message to be included in the newsletter with your  
donation acknowledgement:

Birth date:                      Death date:

Donated by:

**Please consider your employer's matching gift program when submitting a donation. To receive a receipt, please provide your return address:**

I wish for my gift to remain anonymous.

Name(s) of Parents:

Please assist us in reducing the chance of errors or omissions by sending your Love Gift message with this form. Please **do not** send your message separately to the editor or database manager. Thank you!

**Send form and payment to: 2116 NE 18<sup>th</sup> Avenue, Portland, OR 97212**

Checks can be made payable to Brief Encounters.

For credit card payments, please provide the following:

Name as it appears on card:

Credit/Debit # \_\_\_\_-\_\_\_\_-\_\_\_\_-\_\_\_\_ Exp date \_\_-\_\_ CVC# \_\_\_\_

Please note: For Love Gifts to be acknowledged in a particular newsletter issue, we must receive it by the 15<sup>th</sup> of the prior month (example: June 15<sup>th</sup> for July issue).

BRIEF ENCOUNTERS is a non-sectarian, non-profit organization recognized as tax-exempt under Internal Revenue Code section 501(c)(3), Federal ID #45-4822283.

## Not the Enemy

By Chris

A recent post on *Glow In The Woods* reminded me of how easy it is to get caught up in the bullshit of everyday life and how difficult it is for couples in our situations to communicate well. Taxes, taxing situations, too many to-dos and no desire to do them can turn a simple afternoon sour. Suddenly we're sniping and sneering.

Slamming doors. Seething rage. Eventually I realize that I'm not mad at her at all. Well, maybe a little, but the quiver and clench, they are not her doing.

That tension and anger, it's a force that fills me when I realize how impotent I am to change the past I hate, or alter the immovable fact I cannot stand.

All I can control is my perspective and my response.

I attempt to embrace calmness despite adrenaline and energy. Over and over, every day of my life now, it is an exercise in calmness. There are too many triggers that click and spark the gunpowder in my soul. There are too many holes that should be filled with moments with my son. I fall into those voids suddenly so I've tried to learn how to fly.

Most of the time I fall.

That's the pit in my stomach. It is the sensation of endlessly falling into another day that is filled with the absence of what I want most.

I fill those voids with anything I can think of and I try to stay calm even when I'm falling and all I can do is yell for help. Luckily Lu is strong enough to pull me back when I start to shout because she knows all I'm really doing is looking for Silas. Even when I'm yelling at her.

Inside I'm panicking because I can't find him and then I remember that I have to try and stay calm. Lu helps me like I help her when it's the other way around because quietly, silently, and straight out loud shouting we both know that Death is the enemy.

Worst of all: it is nothing we can fight or do anything about. This immovable fact. This hole that is a wall that is our son that is impossible.

That impenetrable barrier silences me when I get too pissed off about the daily bullshit that's easy to fight about. We'll argue about some dumb thing, some mis-communication and then that spirals deeper, past our petty disagreement to the true source of our sadness and anger.

Suddenly I see that we are sharing that space and my anger is gone. I'm not mad at her. She's my rock and my partner. Lu is my biggest fan and best friend. Whatever fight we're having it has nothing to do with what is really going on.

The problem is that what is really going on is nothing we can fight, not even together. There is us, here. There is Silas beyond reach. And there is his death between us all.

I fight against that every day, even without realizing it. By getting up and going out. By facing the day and whatever it brings. By attempting to excel at whatever is before me, in each action and step I am battling the enemy that could all too easily consume me. The Void, his absence. Death. I feel it in my stomach, in my heart, in my skin. But I brush it off, again and again, determined to live bright and true.

Still, sometimes I have to shout. I need to shout to get it out of my throat and still it sticks there, his death lodged in my soul like a vein coal. I trace it like a labyrinth, round and round, all the way down, calmer by the moment as I see that it spells his name and that I will never be without him, even though I will always be without him.

Originally posted on *GlowInTheWoods.com*

*Chris's son Silas died the day he was born. There are two halves to his life, now. The words he writes on *GlowInTheWoods.com* are an attempt to reconcile who he was with who he has become, and to keep his missing son close. There are so few ways to hold him. *GlowInTheWoods* is one of them.*

## Somewhere Between Better or Worse

Continued from page 1

babies we lost at 8 weeks were not physically connected to him, or emotionally connected, he has still watched me grieve and rage at the world. My perspective shifted, and I told him that. I had compassion and empathy for him. It took a lot of work to find my own emotional bearings. Through time and lots of effort I got to a place where I don't feel like I have to justify my grief and all the feelings that come with it for me. I saw an opening to look at him differently, and he felt acknowledged too. This is not what I had in mind when I said, "for better or for worse", but I think it fits in that category. It feels really good to understand and be understood by my husband, my love, my friend.

*Jean Chase is a Portland accountant, wife, and animal lover. Her two babies, each lost at 8 weeks, are lovingly remembered by their mom.*

## American Girls.

Continued from page 3

Some time ago, Lucas and I discussed giving each other the benefit of the doubt. Trusting that the other person genuinely isn't trying to hurt the other. And being willing to admit that we F'd up. Because we do. ALL. THE. TIME.

I heard somewhere that a good marriage is made up of two people who are really good at forgiving each other. I'm pretty sure they nailed it.

\* \* \*

*"Well it was kinda cold that night,  
She stood alone on her balcony  
Yeah, she could hear the cars roll by,  
Out on 441 like waves crashin' on the beach  
And for one desperate moment  
There he crept back in her memory  
God it's so painful when something that's so close  
Is still so far out of reach*

*Oh yeah, all right  
Take it easy, baby  
Make it last all night  
She was an American girl"*

*Laura found Brief Encounters six years ago after losing her daughter Claire. She mothers her two living children with a heart that is both broken and full.*

## BRIEF ENCOUNTERS MEETINGS

Our support group meetings are a safe place to talk about your child, your loss, and your grief. You are welcome to share, or just listen. A facilitator guides the meetings.

For more information or directions, please call 503-699-8006.

### **PARENTS OF INFANT LOSS & PREGNANCY LOSS, INCLUDING EARLY PREGNANCY LOSS**

Out of consideration for other bereaved parents, we ask that children not attend these meetings. Thank you.

Meets the second Monday of each month, 7:00pm

**July 9, August 13**

Contact: Rachel Murfitt (RachelM@briefencounters.org)

This group also meets the fourth Tuesday of each month, 7:00pm

**July 24, August 28**

Contact: Daniele (DanieleR@briefencounters.org)

### **PARENTS OF PREGNANCY INTERRUPTION DUE TO MEDICAL REASONS**

Out of consideration for other bereaved parents, we ask that children not attend these meetings. Thank you. Meets the fourth Thursday of each month, 7:00pm

**July 26, August 23**

Contact: Heather (HeatherS@briefencounters.org)

### **PARENTS OF SUBSEQUENT PREGNANCIES, ADOPTIONS, & PARENTS TRYING TO CONCEIVE**

Babies welcome. Meets the fourth Monday of each month, 7:00pm

**July 23, August 27**

Contact: Heather (HeatherS@briefencounters.org)

All meetings held at The Peace House, 2116 NE 18<sup>th</sup> Avenue, Portland

## RESOURCES

### *Brief Encounters Online*

#### WEBSITE

The Brief Encounters website [www.briefencounters.org](http://www.briefencounters.org) is a great resource, including past newsletter issues, upcoming events and announcements, helpful links, numerous resources, support meeting information, etc.

#### TWITTER

**@briefencount** ([twitter.com/briefencount](https://twitter.com/briefencount)) is the Twitter handle to follow for news and helpful links and information about pregnancy loss, infant death, and grief resources.

#### FACEBOOK

*Brief Encounters Pregnancy and Infant Loss Support* and *Brief Encounters Parenting After Loss* are the names of our private/closed Facebook mutual support groups. Because they are private, each group requires approval to join, and posts are hidden from anyone who is not a group member.

*Please remember to take the usual precautions to protect yourself when using any social media outlets, keeping in mind that online communication is never completely private or secure. And remember that everyone who posts or reads will be in different places in their grief, so let's all be mindful and considerate. You can find articles about online safety with a quick online search. Be safe.*

### *Counselor Referrals*

Not all counselors are familiar with the issues that parents face after the death of their baby or during infertility treatment. If you feel like you would like to talk with a counselor, listed below are individuals who have been recommended to us by parents in the BE community.:

- ♥ Gaby Donnell, LCSW, Inner NE Portland  
503-287-2295 [www.mootherootscounseling.com](http://www.mootherootscounseling.com)
- ♥ Teni Davoudian, Ph.D., OHSU  
503-418-4500 [www.ohsu.edu](http://www.ohsu.edu)
- ♥ Britta Dinsmore, PhD, SW Portland  
503-913-4791 [www.brittadinsmore.com](http://www.brittadinsmore.com)
- ♥ Adria Goodness, CNW, PMHNP, SE Portland  
503-224-3438 [www.adriagoodness.com](http://www.adriagoodness.com)
- ♥ Rachel Starck, LPC, North Portland  
503.929.2773 [www.thethrivingmama.com](http://www.thethrivingmama.com)
- ♥ Laurie Cox, LCSW, NE Portland  
503-819-6354 [mootherootscounseling.com/laurie-cox](http://mootherootscounseling.com/laurie-cox)
- ♥ Lauren Marie Barthelemy, LPC, SE Portland  
412-715-2391
- ♥ Debbie Bensching, MSW, LCSW, SW Portland  
503-944-5032 [DebbieBensching.com](http://DebbieBensching.com)

- ♥ Tina Lilly, MS, Inner SE Portland  
503-380-0424 [www.foryouaremadeofstars.com](http://www.foryouaremadeofstars.com)
- ♥ Ava M. Stone, Ph.D., PC, SE Portland  
503-279-8160 [www.pacificcenter.org](http://www.pacificcenter.org)
- ♥ Tara May, PhD, Vancouver  
360-904-1008 [www.taramay.com](http://www.taramay.com)
- ♥ Nalini Kuruppu MSW, LCSW, North Portland  
503-753-9157
- ♥ Kari Maljai, LPC, SE Portland  
503.936.7658 [www.pnwbh.com](http://www.pnwbh.com)
- ♥ Brooke Noli, MFT, Inner NE Portland  
971-645-1180 [portlandbirthcounseling.com](http://portlandbirthcounseling.com)
- ♥ Brynna Sibilla, LCSW, Inner NE  
503-280-1101 [www.psychotherapyportland.com](http://www.psychotherapyportland.com)
- ♥ Jennifer Singleton, PhD, PC, Downtown,  
503-242-1558
- ♥ Lynne Phillips-Werbel, LCSW, Beaverton  
503-690-9119 [www.wildwoodpsych.com](http://www.wildwoodpsych.com)
- ♥ The Dougy Center (for bereaved siblings)  
503-775-5683 [www.dougy.org](http://www.dougy.org)

*Editor's note: We would appreciate receiving suggestions, changes, or corrections to any of these resource listings; please send them to the editor at [newsletter@briefencounters.org](mailto:newsletter@briefencounters.org)*

# BRIEF ENCOUNTERS

Support for bereaved parents of pregnancy  
and infant loss

2116 NE 18<sup>th</sup> Ave.  
Portland, OR 97212

**Message Phone:** 503-699-8006

**Web:** [briefencounters.org](http://briefencounters.org)

**Twitter:** [twitter.com/briefencount](https://twitter.com/briefencount)

Find us on Facebook

Nonprofit  
Organization  
US POSTAGE PAID  
Permit No. 546  
Portland, OR

**Return Service  
Requested**

Postmaster: Dated material, please do not delay

*Marriage*

## **Change of Address or Removal from Mailing List**

Please contact our database manager Megan Wright at 503-646-1335 or by email at [database@briefencounters.org](mailto:database@briefencounters.org).

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See page 7 for a detailed schedule

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