

Explore the following suggestions for events and annual awareness dates that recognize the profound grief experienced by those affected by pregnancy and infant loss. Incorporating group activities can cultivate community support, offering meaningful opportunities not only for mothers and fathers but also for those who support them.

Follow Kristen Riecke for more or email [NoMatterHowSmallBook@gmail.com](mailto:NoMatterHowSmallBook@gmail.com)



## Annual Events:

- Jan-Feb—Artistic events meant as an outlet for grief.
  - Painting—wine and canvas
  - Pottery class
  - Create, destroy, recreate event
- March-April—A group fitness class or other physical activity meant as an active outlet for grief.
  - Rage Room
  - Planetarium
  - Guided Night Hike
  - Equine Group Therapy Session
  - Partner with the local YMCA or fitness center
    - bang the drum class
    - pound class
    - yoga
    - meditation
    - kickboxing
- May—Bereaved Mother's Day
  - Floral event
  - Mother's Day Tea
  - Bereaved Mother's Day Professional Photo Session
- June-Aug—Events to recognize Father's Day & Bereaved Father's Day
  - Balloon release
  - Lantern release
  - Focused events for Dads
    - fishing
    - sporting event (baseball)
    - ax throwing
    - curling
    - bowling or laser tag

- October–Pregnancy and Infant Loss Awareness Month
  - Walks
  - Fundraisers
  - Butterfly release
  - Pinwheel/sunflower garden for awareness
- December–Holiday Grief
  - Ornament making/exchange
  - Christmas candle lighting
  - Blue Christmas/Longest Night services

### **Awareness Dates:**

- March
  - National Son's Day - March 4
- May
  - International Bereaved Mother's Day - The first Sunday in May
  - Terminating For Medical Reason Awareness Day - May 4
  - Postpartum Psychosis Awareness Day - May 5
- July
  - International Bereaved Parents Month
  - Bereaved Parents Day - July 1
  - Bereaved Grandparents Month
- August
  - Ectopic Pregnancy Awareness Day - August 1
  - International Bereaved Father's Day - The last Sunday in August
- September
  - National Stillbirth Prevention Day - September 19
  - National Daughter's Day - September 25
  - World Daughter's Day - September 28
- October
  - International Pregnancy and Infant Loss Awareness Month
  - Awareness Day - October 15
  - Wave of Light - October 15
- November
  - International Bereaved Siblings Month
  - International Bereaved Siblings Day - November 1

Contact [Kristen](#) today for more ideas about supporting those in this community.