



of Cache Valley,
Preston & BoxElder

Newsletter

February Support Meeting:

Couples Grieve Differently

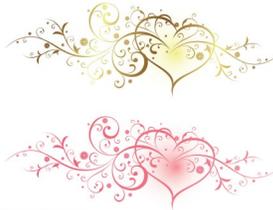
Thursday, February 9, 2017

7:00 p.m. Logan Regional Hospital Classroom #7

It is very common for mothers and fathers to grieve differently. Women have more of a tendency to want to talk through the loss and grieve more openly and men often feel pressure to "fix it" but can't so they often retreat into work or other things. These differences can cause strain on a marriage or relationship but they don't have to tear you apart. Come learn about the differences in grieving and how you can accept and support each other through your loss. Husband and wife, Spencer and Tenille Jensen, will share their experiences along with Tenille's expertise as a Licensed Marriage and Family Therapist. Please come as a couple, or individually, and learn how to continue to love and support each other through your shared loss.

Upcoming Events:

- March 9 Give Back Night
- April 13 Physician's Q & A
- May 11 Mother's Tea Party



Be Soft. Do not let the world make you hard. Do not let the pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place.

~Kurt Vonnegut

There are 3 needs of the griever:

- 1) To find the words for the loss,
- 2) To say the words aloud,
- 3) And to know that the words have been heard.

- Victoria Alexander

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The couples that are "meant to be" are the ones who go through everything that is meant to tear them apart and come out even stronger than they were before.



Tips for Bereaved Couples

- *Communication is probably the single most important tool for getting through the loss of a baby within the couple's relationship.
- *Remember that each person grieves differently. No way of grieving is wrong; refrain from judging each other.
- *Your partner may not cry but he/she does miss the baby as you do. Grief manifests itself in many different ways. Accept your partner's differences.
- *Your partner may not seem happy anymore, but, if you are supportive toward his or her current feelings, the day will come when smiles return to your lives.
- *Your partner may be very angry but that is a stage of grief, expressing anger is OK as long as safety is maintained.
- *Let each other know how you are doing. Create a code with each other. An example is, "I am having a SAD day." Your partner will then know where you're coming from.
- *If you don't want to talk when your partner does, set up a time when it is mutually acceptable. It is alright to not want to talk, just remember the first tip ... communication is very important ... mutually plan a time when you can talk.
- *Take care of each other. When you are feeling a little better, go on a date. Remember, the love between you created the child.
- *Together plan a way to memorialize your baby. For example, go to a nursery and chose a tree or plant together. Plant it in memory of your baby.
- *And remember, taking care of yourself is an important part of being successful as a couple. Take some time for yourself, nurture, yourself, and encourage your partner to do the same. Above all else, do what feels right for you and the rest will likely find a new balance.



If you have a poem or story you would like to share about your precious angel, please email it to kristi@pizzaplusutah.com

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