



Mothers of Angels Society

### **After My Loss**

I need to talk about my loss.  
 I may often need to tell you what happened – or to ask you why it happened.  
 Each time I discuss my loss, I am helping myself face the reality of the death of my loved one.  
 I need to know that you care about me.  
 I need to feel your touch, your hugs.  
 I need you just to be with me.  
 (And I need to be with you.)  
 I need to know you believe in me and in my ability to get through my grief in my own way.  
 (And in my own time.)  
 Please don't judge me now – or think that I'm behaving strangely.  
 Remember that I am grieving.  
 I may even be in shock.  
 I may feel afraid. I may feel deep rage.  
 I may even feel guilty. But above all, I hurt.  
 I'm experiencing a pain unlike any I've ever felt before.

(continued)

Mothers of Angels Society

### **After My Loss**

(continued)

Don't worry if you think I'm getting better and then suddenly I seem to slip backward.  
 Grief makes me behave this way at times.  
 And please don't tell me you 'know how I feel,' or that it's time for me to get on with my life.  
 (I am probably saying this to myself.)  
 What I need now is time to grieve and time to recover.  
 Most of all, thank you for being my friend.  
 Thank you for your patience.  
 Thank you for caring.  
 Thank you for helping, for understanding.  
 Thank you for praying for me.  
 And remember, in the days or years ahead, after your loss – when you need me as I have needed you – I will understand.  
 And then I will come and be with you.

*Barbara Hills LesStrang*



**A support group  
 for Mothers who  
 have lost a  
 child or children.**



**Mothers of Angels Society**  
**A charitable organization dedicated**  
**to the support of mothers who have**  
**lost a child or children.**

The Mothers of Angels Society was started in March 2004 as a way for mothers in the community to cope with the loss of their child or children.

As a non-profit society, the Mothers of Angels society is thankful for the kind support of so many who have contributed to our library, memory garden and special projects.

Mothers meet to learn more about grief, to lend support to those new to this grief experience and to learn how to enjoy life. Everyone in our support groups has travelled along the road to recovery from the devastating loss of a child. Many times words are not needed to show support for these mothers because, within the groups, there is an unspoken understanding of the many grief stages we must travel.



**Mothers of Angels Society**  
**Some of Our Projects**

A Library of Books to provide guidance and insight to grieving Mothers and Families.

A Memory Garden, in memory of children who have died, located at Shipyards landing, King Street, Bridgewater, NS.

An outreach program whereby members of the Mothers of Angels Society connect with other mothers new to the grief of losing a child.

Annual decorating of our Memory Tree adorned with laminated photos of our children who have died. the tree is placed in the Memory Garden in Bridgewater at Christmas time.

Scrapbooking and craft making projects, which allow us to remember, speak about and share our children's lives with other

**Mothers of Angels**



**Lessons in Life for Bereaved Parents**

*Adapted by Joanne Cacciatore*

I have learned that some sorrow is so deep it has no words. But so is love.

I have learned that ignorance is no excuse for the lack of compassion.

I've learned that no matter how bad your heart is broken, the world doesn't stop for your grief.

I've learned that friends can become strangers, and strangers can become friends.

I've learned that the child who has lived just briefly can be your greatest teacher.

I've learned that your life can be changed in a matter of minutes.

Don't expect me to ever get over losing my child. With help, I can get through it and learn to live again. However a parent NEVER gets over losing a child. Please remember this when you speak to a bereaved parent.

*A bereaved mother*

**CHAPTERS**

**Bridgewater Chapter** - Lynn Roberts at 902-543-1702

**HRM Chapter** - Tanya Barnett at 902-542-9757



Mothers of Angels  
for information contact  
Lynn Roberts at 902-543-8010  
84 Glenridge Avenue, Bridgewater, NS  
Canada B4V 1T7

**info@mothersofangels.ca**  
**www.mothersofangels.ca**

- **Donations accepted**
- **Memorial cards for all occasions available**
- **Income Tax receipts available**



**All bereaved mothers welcome.**