



2116 NE 18th Avenue Portland, Oregon 97212 • 503-284-7426 Phone • Fax: 503-282-8985 • www.griefwatch.com

Your resource for dealing with loss

Dear Parents,

Our hearts go out to you at this most difficult time in your lives. We want you to know that we recognize the death of your baby as the human tragedy that it is. No matter how long you were pregnant, how your baby died, or how many other children you may have, the loss of this child is painfully real, your feelings of grief are valid and the impact of your baby's death on your lives is enormous.

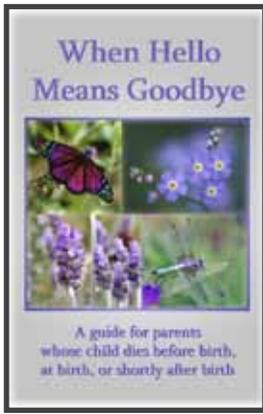
We also know how difficult it is to find literature that can help you process your loss, suitable announcement cards to send to friends and relatives to inform them about your baby's short life, or other materials that will help you in your grief work. To fill the void, Perinatal Loss has worked for nearly two decades to provide such resources.

Though our brochure appears to be specific to single births, we can adapt our personalized announcement cards and certificates of life to cover multiple births and other special situations. Please let us know if we can be helpful to you in this regard. All of the resources in this catalog are inspired by the needs of grieving parents. If you don't find what you need here, we may be able to refer you to those who can. We also have a list of support groups that may be helpful to you.

Inside you will find:

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Books



WHEN HELLO MEANS GOODBYE

A guide for parents whose child dies before birth or shortly after birth

By Pat Schwiebert, RN and Paul Kirk, MD

When Hello Means Goodbye is a help to families during the early days of their grief. This sensitive booklet helps answer questions and prepare parents for the days ahead. It can be given to parents at the first acknowledgment of their baby's death to help them best use the short time they'll have with their little one. Among topics covered are: collecting keepsakes; ways to celebrate the birth and death of a baby; reasons for seeing, holding and naming a dead baby; emotions common to bereaved parents; information about autopsies; where to find help; and the unique situation of fathers, siblings, and grandparents. Also contains beautiful poetry. Newly Revised and Reprinted June 2012. **\$ 5.95**

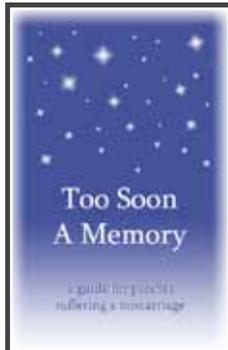
Also Available
in Spanish!
Cuando Hola
Significa Adios

TOO SOON A MEMORY

A booklet especially for parents experiencing an early pregnancy loss

By Pat Schwiebert, RN

Written in the style of *When Hello Means Goodbye*, this sensitive booklet gives practical information for the couple facing grief following a miscarriage. This booklet will validate those who will be deeply affected by the loss, as well as those who will move quickly through their grief. Helpful medical information and grieving tips are included. Newly Revised and Reprinted November 2011. **\$ 5.95**



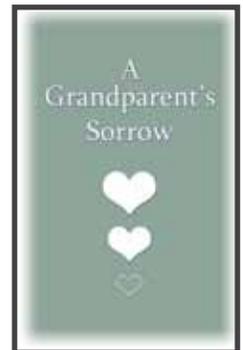
Also Available
in Spanish!
*Una Memoria
Demasiado Temprana*

A GRANDPARENT'S SORROW

Grandparents suffer a double loss

By Pat Schwiebert, RN

Your child is grieving and so are you. Included in this booklet are suggestions on how grandparents can help themselves as they grieve, how to better understand their child during this difficult time, and how to hold close the precious memory of their grandchild. Newly Revised and Reprinted March 2012. **\$ 5.95**

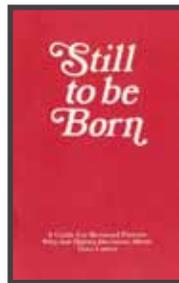


STRONG AND TENDER

A book especially for fathers

By Pat Schwiebert, RN

A collection of insights, helpful hints and tender thoughts to give the father strength during the dark times of grief following his baby's death. For too long fathers have been the forgotten grievers. By giving him this special book you tell him you also recognize his loss. **\$ 3.50**



STILL TO BE BORN

A guide for bereaved parents who are making decisions about their future

By Pat Schwiebert, RN and Paul Kirk, MD

Still to be Born begins where *When Hello Means Goodbye* ends. The couple is still grieving, still longing for a baby, but afraid of being hurt again by another loss. Among the many topics covered in this 120 page book are: Why mourn the loss of someone you never knew? How soon should you attempt another pregnancy? What are the chances of the same thing happening again? What tests will help assess and promote fetal well-being? **\$ 6.00**



We were Gonna have a Baby, but We had an Angel Instead

By Pat Schwiebert

Illustrated by Taylor Bills

From the creators of *Tear Soup* comes a children's book told from a young child's perspective about the excitement and dreams of a coming baby, and the disappointment and sadness when the baby dies. Beautiful ink and watercolor illustrations. 22 pages. **\$ 8.95**



Someone Came Before You

By Pat Schwiebert

Illustrated by Taylor Bills

A sweet story for siblings who come "after" a loss and want to learn more about who came before them. 14 pages. **\$ 8.95**

Books

THE SECRET OF THE DRAGONFLY

By Gayle Shaw Cramer
Illustrated by Jan Jones



A grandmother finds a beautiful, yet simple way to explain what will happen when she dies to her worried grandchild. By following the journey of a water bug as it fulfills its calling to become a dragonfly, the grandmother creates an enduring memory that the grandchild, along with all who read this book, will carry with them throughout their life. The final four words of the book, "The End never comes," serve as a final reminder of the message that death is not an end, just a transition.

\$ 14.95

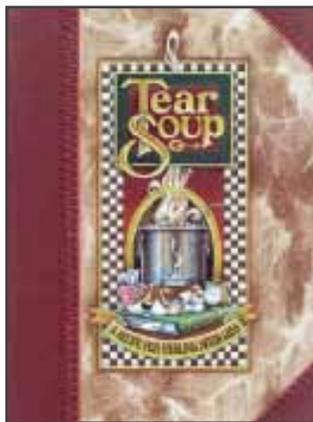
THOUGHTS ALONG THE WAY...

Compiled by Pat Schwiebert



A single sentence can sometimes lodge itself in one's consciousness, providing continuing nourishment for the mind and heart. *Thoughts Along the Way* is filled with kernels of awareness and wisdom that have come from the rich sharing of persons struggling to find hope after tragedy. This collection, spiral-bound with a saying on each page, will validate your journey, challenge your point of view, and cause you to smile.

\$ 5.00



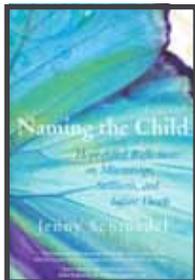
TEAR SOUP- a recipe for healing after loss

By Pat Schwiebert & Chuck DeKlyen
Illustrated by Taylor Bills

One of the most unique aspects of *Tear Soup* is that it speaks to every generation while demonstrating the universality of grief. If you haven't experienced deep grief, *Tear Soup* will help you begin to more fully understand the issues that grief presents. If you are bereaved, you will feel understood. The "tips" section in the back of the book is rich with wisdom and concrete recommendations. *56 pages of beautiful, illustrations.*

Tear Soup Book		
# of copies	Price Ea.	Disc.
1 - 3	\$ 19.95	
4 - 9	\$ 14.96	25%
10 +	\$ 11.97	40%

also available in Spanish, Softbound for \$14.95 each



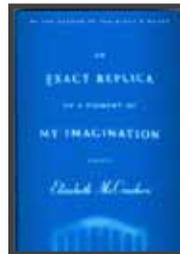
NAMING THE CHILD

Hope-filled reflections on Miscarriage, Stillbirth, and Infant Death

By Jenny Schroedel

Stories of hope and wisdom; practical advice and guidance, based on the experience of many; comfort and ways to honor and remember.

This sensitive book creates a community of love and support for bereaving parents and siblings. **\$ 16.99**



AN EXACT REPLICA OF A FIGMENT OF MY IMAGINATION

By Elizabeth McCracken

A prize-winning, successful novelist in her 30s, McCracken was happy to be an itinerant writer and self-proclaimed spinster. But suddenly she fell in love, got married, and two years ago was living in a remote part of France, working on her novel, and waiting for the birth of her first child. This book is about what happened next. In her ninth month of pregnancy, she learned that her baby boy had died. How do you deal with and recover from this kind of loss?

\$ 19.99



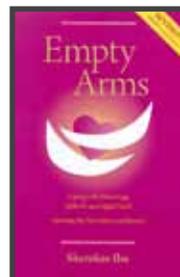
MISCARRIAGE

A Shattered Dream

By Sherokee Isle and Linda Hammer Burns

Miscarriage offers a sensitive, comprehensive, and insightful perspective on possible causes, medical terminology, choices and

decisions, emotional aspects, coping suggestions, choices for the future, and resources for families experiencing a miscarriage. **\$ 12.95**



EMPTY ARMS

Coping With Miscarriage, Stillbirth and Death

By Sherokee Isle

With compassion and sensitivity, the author, who has been there herself, offers practical suggestions and support for the decision-making at the time of the loss and in the days and months that follow. Contains an excellent bibliography and resource section.

Also available in Spanish: Bravos Vacios. **\$ 12.95**

Personalized Products

Personalized Birth Announcements

\$ 15.00 PER PACK

When words don't come easily....

The birth of your child is important, even if your child died too soon. You may still want to send a birth announcement that lets people know of your child's brief life. These cards are a special way to help your friends and relatives know about and share your sorrow. Choose from a variety of options for the front quote and inside message. Visit our website at www.griefwatch.com/personalized-birth-announcements.html to view the entire selection of options.

Please note that the minimum number of packs you can order is two, each pack contains 10 announcements with envelopes.



front

We are sad to announce the short life of our daughter, (name).
She came and went in an instant on (date),
taking with her a lifetime of hopes and dreams we had for her.
We will hold her in our hearts forever.

(parents' names)

inside

(Parents' names)
sadly announce the birth and death of their son, (name),
on (date and time)
(weight and length).

We will love him always.

Dear Family and Friends,

Acknowledgement of our baby's short life may be upsetting to you. You may think the less said, the better. Until now, we did not know how important it would be for us to tell you of our baby even though our baby died. You can help us through this difficult time by letting us talk about our sorrow when we feel the need, allowing us to cry when we want, and not pretending everything's okay...when it's not. It will take time, but with your support we will make it.

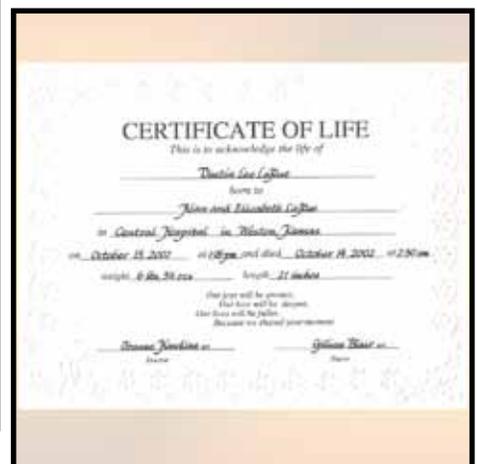
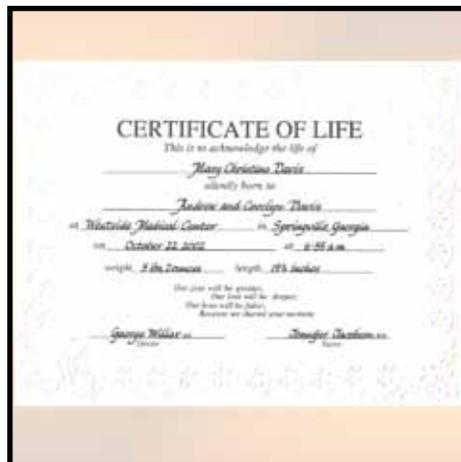
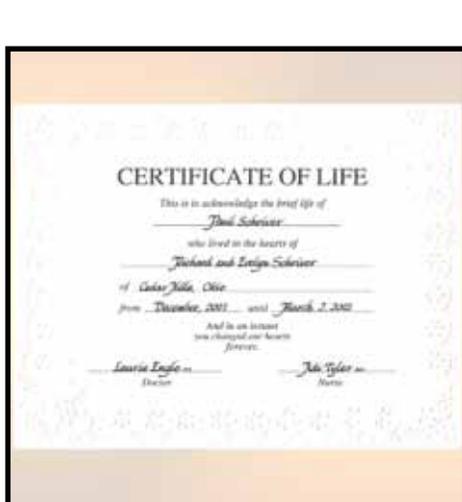
back

Personalized Certificate of Life

A beautiful acknowledgement of your child's life. Delicately embossed, with iridescent stars, flowers and a weeping teddy bear, these cream colored certificates acknowledge both the death and life of your baby. Lovely hand calligraphy with your baby's personal information make these certificates perfect for framing.

Available styles include miscarriage, stillborn and neonatal death.

\$ 8.75 EA.



For more about the titles and resources we offer, please visit our website at www.griefwatch.com

Personalized Products



COMFEE DOLLS

Soothing friends to hug

Whether the bereaved is a child or an adult, they will find comfort in holding a warm comfee doll, particularly when their arms ache to hold on. Contains calming lavender. These comfees can also be embroidered with a loved one's name over the heart for

an additional \$5 per name (looks best on solid colored comfees). *Choice of colors: Red, Blue, Green, Purple, Yellow, Pink & a variety of Multi-colored patterns.*

\$ 12.00 EA.



COMFEE HEART

Soothing hearts for support groups

Sometimes in a group it's hard to know when someone is finished talking. The *Comfee Heart* can help. Whoever is holding the heart gets to talk without being interrupted by others. When that person is finished they pass it to the next person. Contains calming lavender. *Choice of colors: Red, Purple, Maroon, Blue, Green, Pink and Yellow.*

Blank
\$ 12.00 EA.

With embroidered word
\$ 15.00 EA.

Comfees can be heated in the microwave for three minutes to bring comfort when you need to hold on to something. They will stay warm for up to an hour.



SINGING ORNAMENTS

You hold your loved ones who have died close to your heart, and these ornaments are the perfect acknowledgement of that feeling. A small heart or star is suspended in the center of the ornament, illustrating how you carry your loved ones with you, wherever you are. They make a beautiful chiming sound, and can be used as a holiday ornament, a wind-chime, or as a remembering gift to loved ones. Personalize your

ornament by having a birthstone placed in the center of the suspended heart or star for an additional \$3.25. *Available styles: Heart, Star, Angel, Butterfly, Dragonfly, Tree, or Bell.*

\$ 6.75 EA.



THE ANGEL T-SHIRT

The saying "Some People Only Dream Of Angels. I Held One In My Arms." surrounded by gold stars, is silk-screened onto a 100% cotton T-shirt. These shirts can also be embroidered with a loved one's name by the topmost star for an additional \$5 per name. *Choice of t-shirt color: Black, Navy Blue, Purple or Red.*

\$ 15.00 EA.



Quotemarks

Each Quotemark contains at least 10 quotes about one of several topics suitable for discussion in support groups. Choose one of the topics for a meeting. Pass the quotemark around and invite each person to read one of the quotes out loud so that the group can then discuss how that particular thought resonates with their respective personal grief journeys. Also great for waiting rooms.

Laminated, 8.5 x 2 inches.

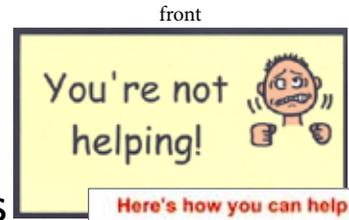
\$2.00 EA.
10 for \$15.00

Special Items

You're Not Helping Cards

A simple way to let friends know how they can help. Tips for helping on back.

Laminated, 2 x 3.5 inches.
\$1.00 EA.
10 for \$8.00
25 for \$16.00



back



THE RAINBOW BUTTERFLY

A bright spot of color

The saying, "What the caterpillar calls the end of life, the Master calls the butterfly." is inscribed in purple ink above the Rainbow Butterfly. Presented on white cardstock and in a 8" x 10" matte ready for framing, it is perfect to give as a thank you gift to volunteers and speakers.

Choice of matte color: Maroon, Blue, Green, Orange, Red or Cream

\$ 6.00 EA.



\$ 7.50/PACK

SUPPORT CARDS

Created for support groups, these cards are equally useful to counselors and bereaved individuals. Each card asks the user to reflect and share what they are feeling about a particular issue. *Available styles are: GRIEF (for those who are grieving) or CRISIS (for those in crisis).* 100 questions per pack.

Some examples include: "How did I view the world before my loss and how do I view it now?" "What am I learning about myself as I grieve?" and "Is there anything that I would like to forgive myself for?"

Ceramics



THE REMEMBERING HEART

A special gift for the bereaved

Two beautiful hand-crafted ceramic hearts-in-one. When separated, the tiny inner heart can be placed with the loved one as a reminder of their unbroken connection to those left behind. The remaining heart is kept by the bereaved. The remembering heart can be worn as a necklace by the bereaved, acknowledging their grief.

The Remembering Heart		
# of hearts	Price ea.	Disc.
1 - 5	\$ 8.50	
6 - 14	\$ 5.95	30%
15 - 24	\$ 5.50	36%
25 - 49	\$ 5.35	38%
50 - 99	\$ 5.00	42%
100 +	\$ 4.85	43%

Get each heart in a small jewelry box for just \$.50 more per heart.



FEELING HEARTS

For support groups

Feeling Hearts	
# of bags	Price Ea.
1 - 4	\$ 17.50
5 +	\$ 15.00

Pass this bag around the group. Have each person take one, and from the texture and color of the heart, invite them to describe their grief. Contains 20 different ceramic hearts. Feeling Hearts help us talk about our feelings, rather than facts. Also available as single ceramic hearts.



HOLE IN MY HEART

Hole in My Heart	
# of hearts	Price Ea.
1 - 49	\$ 1.50
50 - 99	\$ 1.35
100 - 199	\$ 1.25
200 +	\$ 1.00

Simple colored ceramic heart with a hole in it. Can be used by support groups or individuals who want to show that they are not "complete" and someone or something is missing in their life.



HEART PRINTS

Heart Prints	
# of hearts	Price Ea.
1 - 24	\$ 1.50
25 - 49	\$ 1.35
50 - 99	\$ 1.25
100 +	\$ 1.00

Add a lapel pin for just \$.25 more per heart.

These handmade ceramic hearts were first introduced with the option of a handprint or footprint (in blue or pink), but have now been broadened to include angel, butterfly, dragonfly, cross or paw print (only available in white). They are a nice way to say "I remember."



THE LOVE STONE

The perfect worry stone

Love Stones	
# of hearts	Price Ea.
1 - 49	\$ 1.00
50 - 99	\$ 0.85

When someone you know is all alone or is awaiting the outcome...give them something to hold onto to remind them that they are not alone. It is perfect for friends in need, to give guests at a memorial gathering, and to give as "thank you's" and welcoming gifts.

About Grief Watch

Grief Watch is a non-profit organization that provides bereavement resources to those who are grieving and those who walk them through their grief. We were first known as Perinatal Loss, but we changed our name to Grief Watch in 1990 as we expanded to include all types of loss. For more information about us please visit our website.



Contact Us

Grief Watch

2116 NE 18th Ave
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Phone: (503) 284-7426

Website: griefwatch.com

Email: order@griefwatch.com

For more about the titles and resources we offer, please visit our website at www.griefwatch.com



... helping you
to help others
in their time
of grief. . .

ORDER FORM

Ship to: Residence Business

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Email: _____

Billing to (if different):

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Email: _____

Payment Information:

Circle One: VISA MasterCard Check Enclosed

Purchase Order # _____

Card # _____

Exp. Date: _____ Security Code: _____

Name On Card: _____

ITEM /TITLE	COLOR /DESC.	QTY.	PRICE EA.	TOTAL

SHIPPING COST	
\$ amount of order	shipping charge
\$1 - 10.....	\$ 4.75
10.01 - 20.....	5.50
20.01 - 30.....	6.75
30.01 - 40.....	8.00
40.01 - 60.....	9.25
60.01 - 80.....	10.50
80.01 - 100.....	11.50
100.01 - 125.....	12.00
125.01 - 150.....	12.50
150.01 - 175.....	13.25
175.01 - 200.....	14.50
200.01 - 250.....	15.00

ORDERING INFORMATION

Individuals:
Prepayment is required.

Organizations:
Purchase Orders accepted.
Terms are Net 30 unless otherwise arranged with Grief Watch.

Canadian/International:
Please contact our office for a shipping total.

SUBTOTAL	
SHIPPING	
TOTAL (U.S. Funds)	

CONTACT INFORMATION

Website: www.griefwatch.com
 Email: order@griefwatch.com
 Ph: 503-284-7426 • Fax: 503-282-8985

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