If you are receiving this, it means you have received some devastating news about your baby. We are truly sorry. You have also likely been told that you will need to make some heartbreaking decisions relatively soon. Before taking on decisions, please take a day to adapt to the bad news you have received. A day is not enough by any means, but please allow your body and mind at least this before taking on major decisions. These are likely the options being suggested to you:

1. **Terminating your pregnancy** – if it is clear that this is the path for you, and then please refer to the list of clinics offering termination. Your Maternal-Fetal Medicine physician will have this list.

2. **Continuing your pregnancy knowing the outcome for your baby will be poor.** If this feels like the appropriate path for you, then please call us and we can help. We can give you more education about your baby’s diagnosis; about what it means to continue a pregnancy with a sick baby; about what choices there are to make after delivery; and about how other families have approached this emotional and spiritual challenge. After meeting with us you may decide that termination is more appropriate for you. This is fine. Our interest is in supporting you and helping you find a way through this challenge.
J&G Harbor
Perinatal Hospice and Palliative Care Services Provided

Neonatal counseling regarding diagnosis, prognosis and treatment options

Linking families to support services

Spiritual support

Helping families emotionally prepare for their baby’s situation

Creation of Palliative Care Plans

Deciding which interventions may help and which may not

Ensuring comfort care and pain relief as high priorities

Relaying plans to the healthcare teams

Determining optimal locations of care

Coordination of care with other services and providers

Creation of Ritual to celebrate their baby’s short life

Helping ensure that Mom’s healthcare needs are met

Support and advice for relaying news to family members and children

Annual Memorial Service

Annual Candle Lighting Remembrance