



## **Pastoral Care & Fertility Grief: 10 Ways to Help**

1. Listen. Just listen.
2. Offer comfort and sympathy.
3. Offer prayer.
4. Introduce a “grief-informed” understanding of pregnancy loss and infertility within your faith community.
5. Address and support the spiritual impact of fertility grief.
6. Address and support couple issues associated with fertility grief.
7. Reach out during potentially difficult times, such as Advent, baby dedications, Mother’s Day, Father’s Day.
8. Offer to gather community support, e.g. meals, prayer.
9. Connect to resources, e.g. support groups, care team.
10. If invited to do so, assist with discernment of options.