

When and where does H.O.P.E. meet?

H.O.P.E. meets once a week for 1½ hours over a 6-week period, on Tuesday evenings, multiple times during the year. The meetings take place in the Community Room of the Ronald McDonald House at 1315 Barbara Jordan Blvd. across the street from the Dell Children's Medical Center. Please contact Worth Kilcrease to find out when the next group will begin.

How can I learn more about H.O.P.E.?

Worth can give you more information or help you decide if H.O.P.E. is right for you. Also, with your permission, he may check in on you following your loss to see how you are doing.

Contact Information:

Worth Kilcrease, MBA, MA, LPC, FT
(512) 658-2674
worth@kilcrease.com
www.kilcrease.com

*When things don't happen the way you planned
and you lose a part of your heart.....*



there is

H.O.P.E.

*Helping Ourselves through this Perinatal
Experience*

Sponsored by The Ronald McDonald House Charities of Austin and Central Texas



What is H.O.P.E.?

H.O.P.E. is an Austin area support group for parents who have lost a pregnancy or suffered the death of an infant only a few months old. Started in 2003, the group provides a unique, safe place for parents to find comfort, healing, and their own answers to some of the questions that may consume them following their loss.

What can H.O.P.E. do for me?

Parents often experience a variety of reactions to their loss: emotional, behavioral, mental, social, and spiritual. Shock, disbelief, anger, guilt, forgetfulness, difficulty concentrating, etc. are normal reactions after a loss as parents rebuild their world and learn to live without their baby. This experience will forever be a significant event in your life, often times one that shapes the disappointing and heartbreaking chapters in your life story. However, you will eventually reach a point where it does not consume your every thought. H.O.P.E. can help you find your way toward rebuilding your life, and eventually, peace.

Who attends H.O.P.E.?

While each person comes to H.O.P.E. with individual circumstances, all participants have in common the loss of hopes and dreams for their child. H.O.P.E. is for all parents and grandparents, regardless of the cause for their loss. You may find that in the group there are those who had a miscarriage, others who had a stillborn, some who chose to discontinue pregnancies after learning their baby had significant health problems, and some who lost children during the few months of life. Often times both parents come to the meeting, but it is not required. Individual mothers and fathers are always welcome. H.O.P.E. does not discriminate based on sex, ethnicity, religion, or socioeconomic status.

What happens in the meeting?

The group is facilitated by Worth Kilcrease, MBA, MA, LPC, FT, who specializes in end-of-life and bereavement counseling. During H.O.P.E., parents share what is happening to them with others who understand what it can be like to lose a baby. Parents informally discuss their own experiences as they feel comfortable and frequently learn from and provide support to each other.