

HEALING AFTER PREGNANCY LOSS & INFANT LOSS

An EMDR-informed group intensive for women navigating miscarriage, stillbirth, infant loss, or TFMR

Does this sound familiar?

- Certain memories of the loss still feel vivid or painful.
- Reminders like appointments, anniversaries, or pregnancy-related experiences feel overwhelming.
- You've talked about it, but reminders of the loss still bring waves of pain, sadness, or overwhelm.
- Your mind and body feel stuck in what you've been through.
- You find yourself avoiding thinking about your loss or from any reminders of your experience.

Why a group?

One of the most painful parts of pregnancy and infant loss is **feeling alone**. This intensive offers the opportunity to heal alongside others who understand. In this group format there is:

- No pressure to share your story
- A group of women who understand this kind of loss
- Support, connection, & healing without judgment

What to Expect?

- A trauma-informed, supportive, and cozy environment
- EMDR-informed group processing
- Structured exercises and practical coping tools to help process grief and trauma
- Small group setting (approximately 4–6 participants)
- Dedicated time and space for focused healing

You don't have to carry your grief alone.



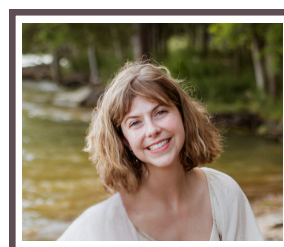
**July 31st
2026**

**10am-1pm
Nashville, TN**

**Led by experienced perinatal
trauma therapists
specializing in EMDR:**



Sara Rader, LPC, MHSP



Kara Guindin, LCSW, PMH-C

Investment:
\$395

Schedule a free consultation:
www.sararadercounseling.com

