

Registered charity number 1153296

Bringing comfort after pregnancy and baby loss



We're here so that you don't have to go through the loss of your baby alone.

Sometimes Dads who have lost their baby need the opportunity to talk with other Dads who have gone through a similar experience.

Aching Arms offers one to one support. Our Supporting Arms service is run by bereaved parents and gives you the opportunity to talk to someone who really understands what you're going through. Whether you want to talk about how you are feeling or share memories of your baby with us, we are here to listen.

Aching Arms also offers a monthly online group just for Dads, offering the chance to gain support and comfort from speaking to others. The group is facilitated by

Tom Donaldson, a bereaved Dad and member of our Supporting Arms
Team.

All Dads are welcome and please note, you are free to share as much or as little as you would like.

## Monthly Online Group Support:

These meetings are held on the first Monday of the month at 7:30pm. If you'd like to find out more or get the Microsoft Teams link to join, please email: dadsupport@achingarms.co.uk

For 1:1 support with another bereaved dad, please contact: 07754 436133