

A hand holding a daisy flower in a field with mountains in the background.

# Remembers

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**Loss Packet**

Make people whole.

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**BELLA HEALTH + WELLNESS  
2021**

**BELLA**  
health + wellness

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## Packet Information

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# Blessings from the Bella Family,

We are with you every step of the way.

The entire staff at Bell would like to open our hearts to you during this time. A miscarriage at any point of your pregnancy can be a devastating loss. Emotions vary from person to person and the path to healing is unique for everybody. We would like to offer you some resources that we hope will help you find comfort during this time. In this folder you will find a variety of resources. Please don't hesitate to reach out. These programs want to be here for you during this difficult time.

If you have specific needs that you feel aren't addressed here, please let us know. You are not alone on this journey. Our arms are open, and we want to walk alongside you and help you find healing.

With love,  
The Staff at Bella Health + Wellness

# Caring for Your Postpartum Body

Be gentle on yourself.

Even though you didn't deliver a full-term baby, the physical and emotional states are very much like that of a full-term postpartum birth.

You will need to care for your body in the same way. Be gentle on yourself.

## **Below is a list of things to help you care for your postpartum body**

- Take naps and try to get plenty of rest.
- Limit visitors unless visits are emotionally healing for you.
- Your bleeding will get lighter as the days progress, but you may bleed for up to six weeks.
- Your bleeding may increase with too much activity. If you notice bright red blood, or blood after you stopped bleeding, you may have engaged in too much physical activity. Exercise is very helpful but start slow and easy.
- Nothing should be placed in your vagina for six weeks.
  - This includes sexual intercourse, tampons, items that strengthen the perineal muscles, fingers, or sexual toys. Introducing anything into the vagina increases your risk for infection.
- Household chore should be put on hold or completed by someone else for the first few weeks while your body heals.
- Eat healthy foods.
- Drink plenty of fluids (at least six to eight glasses of water per day).
- Change your pads every two to three hours.
  - This will help reduce the risk of infection.
- If you received a peri-bottle, use this every time you urinate
  - Some women with a first trimester miscarriage will not receive this.
- If you have vaginal pain in your perineum, you can soak in a small amount of water in the bathtub. A hemorrhoid pillow can also be helpful and can be found in most drug stores.
- Increase your fiber intake to help with any constipation. Short walks every day will also help with moving your bowels and reduce constipation.
- Urinate every three to five hours to reduce the risk of contracting a bladder infection.

- Do not drive if you are taking any narcotics for pain.
- Avoid smoking, illegal drugs, alcohol, and limit caffeine consumption.

\*Excerpt from "It's Not "Just a Heavy Period": The Miscarriage Handbook. By Elizabeth Petrucelli  
([dragonfliesforruby.com](http://dragonfliesforruby.com))

# Pregnancy Loss Resources

## Colorado Pregnancy & Newborn Loss Services

*Dorotha Graham Cicchinelli, BABS, MNM, LCCE, CLC*

Executive Director

[www.coloradopregnancyloss.org](http://www.coloradopregnancyloss.org)

720-946-2828

[cpnlorg@yahoo.com](mailto:cpnlorg@yahoo.com)

## Compassion Therapy

*Lorna Adams, MA LPC, NCC*

[www.compassiontherapy.com](http://www.compassiontherapy.com)

## *Tricia Burton, LPC*

720-636-8757

9200 W Cross Dr, Ste 203

Littleton, CO 80213

## Abide Counseling for Women

*Darilyn Bixenman, MA LPC*

303-819-8320

[www.abidetherapy.com](http://www.abidetherapy.com)

[daribix@gmail.com](mailto:daribix@gmail.com)

## *Kathleen Orme Kennedy, PhD*

*Counseling Psychologist*

303-757-1523

600 South Cherry ST, Ste. 805

Denver, CO 80246

[drkathleenkennedy@me.com](mailto:drkathleenkennedy@me.com)

## Local Pro Bono Support Groups for Bereaved Parents

### **Denver Share**

Local Chapter of National Share Pregnancy and Infant Loss. Meets every second Wednesday of every month at 6:30 pm. Parents, guardians, and other adult family members are welcome.

455 S Hudson St (Second Floor)

Denver, CO 80246

[www.denvershare.org](http://www.denvershare.org)

[denvershareco@gmail.com](mailto:denvershareco@gmail.com)

### **Pregnancy After Loss or Fertility Treatments**

Facilitated by *Jill Oulman, MA, LPC, NCC*. Meet every second Thursday of every month at 6:00pm.

Acupuncture Denver

899 Logan St #109

Denver, CO 80203

303-335-5350

[joulman@LunaCounselingCenter.com](mailto:joulman@LunaCounselingCenter.com)

## Local Professionals Working with Perinatal Bereavement

### ***Deborah Gauchat, PhD***

Special expertise in working with parents facing difficult decisions about babies they love.

*Licensed Psychologist*

303-322-3305

600 South Cherry St, Ste. 910

Denver, CO 80246

[info@dgauchat.com](mailto:info@dgauchat.com)

### ***Lisa Saldana, MNM***

Special expertise in pregnancy and newborn loss. Bilingual (English/ Spanish)

*Registered Psychtherapist*

720-203-9277

600 South Cherry St, Ste. 315

Denver, CO 80246

### ***Jill Oulman, MA, NCC***

Special expertise in infertility and pregnancy loss.

*Registered Psychotherapist*

303-355-5350

The Child & Family Therapy Center

495 Uinta Way, Ste. 120

Denver, CO 80230

### ***Mile High Psychotherapy***

Special expertise in couples' grief and bereaved fathers

*Indigo Stray Conger, LMFT & Jason Conger, LCSW, LMFT, LAC*

1720 S Bellaire St, Ste. 1210

Denver, CO 80222

[www.milehighpsychotherapy.com](http://www.milehighpsychotherapy.com)



# IMPORTANT CONTACT INFO

**Bellawellness.org**

## **OFFICE HOURS**

Monday-Friday: 7:30 am-5 pm.

We are closed for lunch from 12:30 pm-1:30 pm during the week.

## **OFFICE ADDRESS**

180 East Hampden Avenue, Suite 100  
Englewood, Colorado 80113

P: 303-789-4968

F: 303-789-6018

W: bellawellness.org

E: [info@bellawellness.org](mailto:info@bellawellness.org)

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