

About the Program

PILO NSM is a program of the North Simcoe Muskoka Hospice Palliative Care Network (NSMHPCN). Our goal is to bring the community together to create a safe and supportive network of resources for families who have experienced pregnancy and infant loss.

Experiencing the death of a baby, or the loss of a pregnancy, can be devastating and isolating; please know you are not alone. NSMHPCN, along with a large group of community members and organizations, is here to support you. Our mission is to ensure that everyone has access to the appropriate programs and support that can help individuals through difficult times.

This free program will provide a safe and supportive network. We hope that through education and awareness, we can remove the stigma surrounding pregnancy and infant loss.

If you, or someone you know, has experienced a pregnancy or infant loss, we encourage you to call our Bereavement Services Coordinator, Louise, to discuss how we can support you during this time. All calls are strictly confidential.

Louise Brazier
(705) 325-0505 ext. 209
louise@nsmhpcn.ca



Charlie's Run



Our Babies & Our Grief



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Pregnancy & Infant Loss Outreach
of North Simcoe Muskoka

Bringing the community together
to create a safe and supportive
network of resources for families
who have experienced
pregnancy and infant loss.

<https://nsmhpcn.ca/pilo-nsm>

Types of Loss

Types of pregnancy and infant loss include (*but not limited to*):

- Miscarriage (loss before 20 weeks gestation)
- Stillbirth (loss after 20 weeks gestation)
- Newborn/Infant Death
- Medical/Therapeutic Termination
- Ectopic Pregnancy
- Blighted Ovum
- Molar Pregnancy
- SIDS (Sudden Infant Death Syndrome)
- Congenital Defects

Types of Support Available

One-on-One Support

Working with our Bereavement Services Coordinator, you will be matched up with one of our professionally trained volunteers who will be able to provide you with support in a one-on-one setting.

'Our Babies, Our Grief'

This specialized program is designed to offer practical and emotional support through Home Hospice Association's 'Our Babies, Our Grief' six week progressive healing peer support program facilitated by our professionally trained volunteers.



Garden of Remembrance

The Garden of Remembrance is complete with benches and memorial markers, providing families with a quiet space to pause and remember those who are no longer with us. Each spring, guests are invited to plant flowers in memory of their loved ones which will then be enjoyed throughout the season. The Garden is located at Couchiching Beach Park (behind the Dr. Seymour Conservatory greenhouse) in Orillia, ON.

To Receive Support

NSMHPCN is committed to creating and maintaining an environment free of discrimination where all individuals are treated with respect and dignity, can contribute fully, and have equal opportunities. To register for the PILO NSM program please call Louise Brazier at (705) 325-0505 ext 209 or email louise@hospiceorillia.ca

PILO NSM Volunteers

Our volunteers are screened in accordance with the standards of Hospice Palliative Care Ontario and have been professionally trained. In total our volunteers will have invested over 50 hours in training prior to visiting with a client. For information on becoming a volunteer please call (705) 325-0505 or email PILONSM@hospiceorillia.ca

For more information

For more information on the PILO NSM program please visit us online at <https://hospiceorillia.ca/pilonsm> or scan the QR code below:

