

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 that surrounds pregnancy and infant loss.

If you, or someone you know, has experienced a pregnancy or infant loss, we encourage you to call our office at (705) 325-0505 to discuss how we can support you during this time. All calls are strictly confidential.



Community Partners

PILO NSM
A soft place to land...

**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.

  
  
  
  
 **169 Front St S., Orillia, ON L3V 4S8**
Tel (705) 325-0505
Fax (705) 325-7328
CRA#135837748RR0001
Reviewed in July 2026.

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

Types of Loss

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

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

Types of Support Available



'Our Babies, Our Grief' Support Group



Men and Non-Birthing Parent Support



Women and Birthing Parent Support



Drop-In Support Group



One-on-One Support

If you are unsure as to which type of support would be best for you, not to worry; we are here to assist you. Please call us at (705) 325-0505.



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 can 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 complete the form online at <https://nsmhpcn.ca/pilo-nsm/> or call (705) 325-0505.



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 before visiting with a client. For information on becoming a volunteer, please visit <https://nsmhpcn.ca/pilo-nsm/> or call (705) 325-0505.



For more information

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

