



HEART

Helping Empty Arms Recover Together

HEART of Central PA is an organization that provides support for individuals who have experienced pregnancy loss, still birth, infant death and/or fertility issues.

Grief and Loss Support Program

When: Mondays, September 29 - November 10
Time: 6:30 to 8 p.m.

This seven-week program is for parents/couples who have experienced pregnancy loss, still birth or infant death. The group is led by Evelyn Wald, a licensed professional counselor specializing in grief and loss, and Jackie Naginey Hook, a certified spiritual director, celebrant & former group participant.

Fertility Issues and Loss Support Group

When: The second Wednesday of each month
Time: 6:00 to 8 p.m.

This is a monthly support group for women who have experienced fertility issues and/or pregnancy loss. The group begins with stress reducing activities, led by Jackie Naginey Hook. The remainder of the meeting is a time of sharing, led by individuals who have had similar experiences.

All meetings are held at: CHOICES, 2214 N. Atherton Street - Upper Level, State College, PA 16803

For more information, please visit our website at www.heartofcpa.org or email us at info@heartofcpa.org.

We believe that "together we can do what we cannot do alone."

Support provided by:

