

Programs We Offer

Angel Mom Caregivers

A trained family support worker, who has also experienced a loss, will meet you at your home or other place where you feel safe. Together you will talk about healing, relationships, meeting basic needs, life planning, birth spacing, and health and wellness.

Angel Mom's Support Group- SAM (Still A Mom)

Formerly Charlie's Circle, this 10- week peer support group talks about grief, coping, reproductive health planning, and dealing with stress. Your partner is welcome to join some sessions.

Sessions include dinner. If needed, transportation is offered to Baltimore City residents.

Healing Through Quilting

If you would like more support after finishing the SAM Support Group, you can join this 10-week group. Here, you will quilt to make a keepsake that honors your baby or your own journey and growth.



Roberta's House is a safe place where children, teens, and adults discover that they are not alone in their grief. Children and their families can share their feelings, memories, and experiences in an atmosphere of acceptance, with the love and support of trained volunteers.

To make a referral or to sign up please contact:

Tamira Dunn
hope@robertashouse.org
410-235-6633



www.healthybabiesbaltimore.com



Mothers whose babies have died do not have to suffer alone

What is the H.O.P.E. Project?

The Healing Ourselves through Peer Empowerment (HOPE) Project's mission is to educate, empower, and support mothers who have had a fetal or infant loss by providing resources and comfort care that will help them cope and plan for a healthy future.

Dearea Matthews, whose 1-month-old son Charlie died in December 2009, started the HOPE Project. HOPE creates a safe place for mothers and their partners to talk about their grief and begin the healing process.

At Roberta's House, we want mothers who have experienced a fetal or infant death to heal, connect with others, and learn healthy ways to cope and thrive.

Why Should I Join?

You are healing from a very hard time and you have the right to feel sad. Sometimes you might feel like you are the only one out there who has felt this pain. By finding others who have gone through something similar, you will see that your struggles are normal and that the pain will ease up over time. Finding caring people to share your story with will help make you feel healthier and stronger.

We are mothers who know what you are going through



**Tamira Dunn,
Project Director**

"When you have a healthy baby, people visit you and shower you with gifts, but when a baby dies, no one comes to visit you. I just

want to give women the support I needed but didn't get."

After her son, Elijah, died in October 2014, Tamira only had support from a few family and friends. Tamira wants to make sure that no mother has to grieve alone.



**Desha Thomas,
Family Support
Worker**

Desha first joined the HOPE Project when she lost her daughter 5 ½ months into her

pregnancy. She is now a family support worker for **Angel Mom Caregivers** (see "Programs We Offer"), giving women one-on-one support.

"I know how much it helped me to have someone to talk to who really understands, so I just want to give women the same support that I received."



**Marcia Sneed,
Family Support
Worker**

"There are women who live with the guilt, the shame of losing a pregnancy and not being able to have a new

life as a family. Those women need to know they are not alone."

Marcia lost her twins during her pregnancy in 2008. For years, she grieved in private, not only for her twins but "because it was the last chance for me – because of my age." As a family support worker, Marcia makes sure that other mothers feel understood and supported.



**Jeanette Mason,
Family Support
Worker**

"I went through my own personal loss of my daughter in 2007. I remembered that as a

mom it was hard for me to talk to people I couldn't relate to. Being a HOPE family support worker is a way for me to give back."

When Jeanette heard about the HOPE project, she knew that she wanted to be part of it. As a family support worker she helps other mothers through their loss and grief.