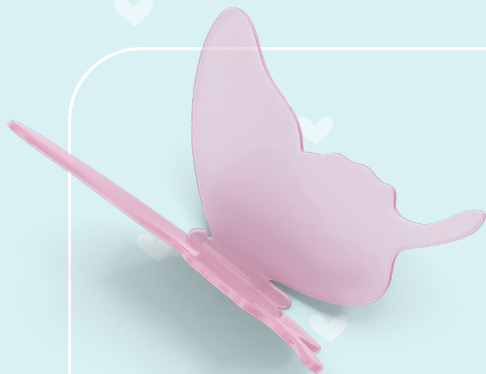




Association for
Infants and Mothers

לע"נ פסח בן ליזר

You Are Not Alone

A Message from AIM

(410)438-1AIM(246)

info@aimbaltimore.com

aimbaltimore.com



We are so deeply sorry.

There are no words that can take away the pain of this moment. Please know that your feelings are valid, your grief is real, and you are not alone. AIM is here to support you and your family with compassion, care, and understanding.



Schedule time for self-care (rest, relax, recover)



Try to stay nourished and hydrated, even if you don't feel like eating.



Attend follow-up doctor's appointments



Modify your expectations for yourself as you recover



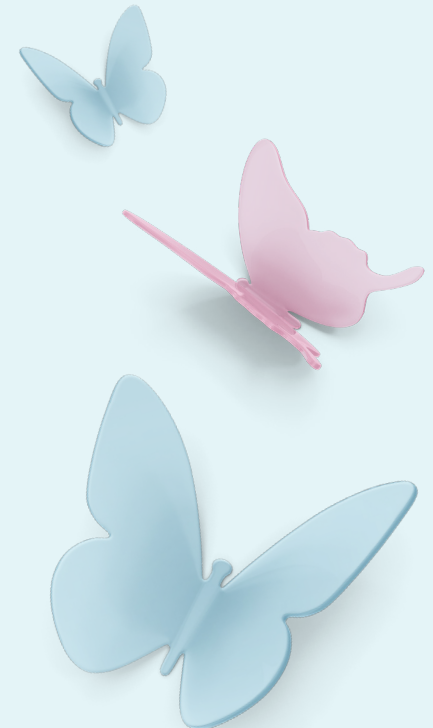
Take vitamins and supplements

Taking Care of Yourself

Give yourself permission to grieve in your own way and in your own time. Rest as much as you can, and accept help with meals, childcare, and daily responsibilities. Speak gently to yourself. Healing is not linear, and there is no “right” way to feel. Simple, grounding routines such as stepping outside for fresh air or sitting quietly for a few moments can provide small anchors during overwhelming days.

When to Reach Out

- ♥ If you simply need someone to sit with you and listen.
- ♥ Reaching out is a sign of strength, not weakness.
- ♥ If your thoughts feel heavy or difficult to manage on your own.
- ♥ If you are having difficulty sleeping or caring for yourself.
- ♥ If you feel persistently overwhelmed, anxious, or deeply sad.



AIM NurtureME HELPLINE

Our NurtureMe Helpline offers compassionate support from trained volunteers who understand the sensitivity of this journey. Volunteers are available throughout the day to be a listening ear, provide comfort, and gently guide you through this difficult time.

Call **(410) 438-1AIM (246)**

Press **Option 2** for NurtureME

or email **NurtureMEHelpline@aimbaltimore.com**

YOU MATTER. YOUR LOSS MATTERS.
YOU ARE NOT ALONE.

We Are Here for You

AIM is here to support you and your family during this difficult time. Whether you need practical assistance, emotional support, or simply someone to talk to, we are here.

AIM services all postpartum women within the Baltimore Jewish community.

AIMBALTIMORE.COM