

Heart of My Heart

Miscarriage & Infant Loss Support Ministry

Counseling, Healing & Support Resources

Heart of My Heart Support Group

A new miscarriage and infant loss support group session is about to start this Winter 2022-23. This session, led by a professional counselor, will run for 6-8 weeks and will culminate in a private Memorial Mass for the group and their families. If you are interested in joining this support group please complete the Interest Form on our website

One-on-one support is also available from those who have walked through miscarriage and infant loss. Contact us to be linked up with a support person based on your personal needs and situation.

Stephen Ministry

Stephen Ministers are lay counselors who have received extensive training on a variety of needs including grief counseling. **Contact Melissa Smith at (719) 481-3511, ext. 1105** to be connected with a Stephen Minister near you.

Stephen Ministers are available through the following Catholic parishes (*Regardless of where your parish registration is you can choose a Stephen Minister at whichever parish you would like*):

- Holy Apostles Catholic Church
- St. Mary's Cathedral
- St. Peter Catholic Church
- St. Patrick Catholic Church
- Our Lady of the Pines Catholic Church

Diocesan Approved Counselors

A full list can be found on the Diocese website: diocs.org > About > Education > Young Adult Ministry > [Diocesan Approved Counselors](#)

Catholic Charities

Colorado Springs: <https://www.ccharitiescc.org/health-well-being/counseling-services/>
Denver: <https://straphaelcounseling.com/>