



## HELP & RESOURCES

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Grief and loss can take hold in our lives suddenly, leaving us wounded and struggling with overwhelming emotions. Experiences from an abortion, miscarriage, or stillbirth may lead to intense feelings of pain, depression, guilt, shame, anger, and/or hopelessness at some point in our lives. The decision to seek support may not be an easy one, but when we choose to take the first step to heal, we won't have to be alone on that journey.

### **If this is you or someone you love...**

Compassion, unconditional acceptance, and grace can guide you as you claim victory and experience forgiveness in those areas of your life that have kept you in bondage to pain and regret. You can redefine and recreate a purposeful, meaningful life to help rekindle a desire to live and to thrive.

### **There is hope...**

There are multiple options for help and support in our greater Sacramento area and nationwide. Please browse our website for resource information.



### HELP SUPPORT US

There are many ways to support us. We welcome tax-deductible financial gifts, material donations, and volunteers.

Financially, your gift, without question, will help console and encourage our visitors.

Please visit our website for ways to give and volunteer.



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Email: [info@sacunbornmemorial.org](mailto:info@sacunbornmemorial.org)  
Website: [sacramentomemorialgarden.org](http://sacramentomemorialgarden.org)  
Open Daily | Tours by Appointment



## REMEMBERING THE UNBORN

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A PLACE OF SOLACE AND PEACE FOR  
INDIVIDUALS, FAMILIES, AND FRIENDS

[SACRAMENTOMEMORIALGARDEN.ORG](http://SACRAMENTOMEMORIALGARDEN.ORG)



*“Come to me, all you who are weary and burdened, and I will give you rest.”*

Matthew 11:28



## REMEMBRANCE WALL

The loss of a child is recognized as a very difficult life experience, which can often cause complicated grief reactions that risk negatively affecting psychological and physical well-being.<sup>1,2</sup> Men and women who experience loss from abortion, miscarriage, or stillbirth may experience this complicated or unresolved grief.

In these times of loss, remembering a child identifies and fills the emptiness, allowing unresolved emotions to surface and begin a healthy grieving process.

Naming and memorializing children can provide a sense of healing and connection for parents and families. Those who have been wounded by abortion, miscarriage, or stillbirth can place their child’s name on our Remembrance Wall. Our tranquil setting provides a place of mourning and a path to healing as lost children are recognized.

Please visit our website to order an engraving on our Remembrance Wall.



## MEMORIAL SERVICES

A common thread throughout our world is to memorialize someone who has died by holding a memorial ceremony.

Mothers and fathers who experience grief and loss due to abortion, miscarriage, or stillbirth can find a memorial service an important part of their healing. For many, a ceremony is a special way to honor the baby’s life while starting the journey of putting lives back together again. Holding a memorial service also offers help to family and friends who understand the baby as a beloved member of a family and who will be greatly missed.

In cases of abortion, a memorial service is the recognition of a life lost and a connection to the child is established. Many men and women name their child, write letters, and present other meaningful ways of connection. A ceremony is often not an activity of closure, but one of new beginnings and hope.

Memorial services can be scheduled by contacting us via email, phone or through our website.

## A PLACE OF SOLACE

The mission of the Sacramento Memorial Garden is to glorify the Lord through a peaceful garden to honor and memorialize those lost through abortion, miscarriage, and stillbirth.

The garden provides a physical place for remembrance, offering a means of outreach to the general community by listing local, state-wide, and national professional counseling, support groups, and after abortion care information on our website.

1. Stroebe M., Schut H., Stroebe W. Health outcomes of bereavement. *Lancet*. 2007;370:1960–1973.
2. Li J., Johansen C., Hansen D., Olsen J. Cancer incidence in parents who lost a child: a nationwide study in Denmark. *Cancer*. 2002;95:2237–2242.

