

Emilia's Wings



"There is no footprint so small that it does not leave an imprint on this world."

Website

www.emilias-wings.org

Our website offers a range of materials designed to support you on your journey through grief and healing. You'll find a variety of resources, including eBooks, lists of supporting organizations, recommended reading, music selections, and more.

Be sure to visit our BLOOM page to learn about our monthly Pregnancy & Infant Loss support group meetings.

Facebook

facebook.com/EmiliasWings/

Stay up to date on our projects, special events, and programs by following us on Facebook!

Contact Us

info@emilias-wings.org

You don't have to walk this path alone. Together, we can get through it. Please feel free to reach out to us by email anytime.

March – Olive

Peace for a
heart that aches

Smoothed by the sea,
the olive shell symbolizes
calm and healing carried
forward through
remembrance.



March 2026 Newsletter

We welcome you to Emilia's Wings. To those who are newly bereaved, we understand the depth of your devastation and want you to know that you are not alone. We have walked through the darkest valleys of grief ourselves, and we are here to offer unconditional love, support, and understanding. We hope this newsletter provides comfort, guidance, and helpful resources as you navigate your journey through grief. If you know someone who might benefit from our support, please share our website - www.emilias-wings.org and invite them to join our BLOOM monthly meetings.

February in Review

BLOOM met last month at North Kansas City Public Library for our monthly Support Group Meeting.

Looking Toward March

Join us on March 5th at NKC Public Library from 7:00-8:30 pm for BLOOM's March Gathering.

DATES & EVENTS

BLOOM

March 5th @ 7:00 pm - 8:30 pm

Kansas City Northland Support Group - Meetings are held every first Thursday of each month.

North Kansas City Public Library
2251 Howell St.
North Kansas City, MO 64116

OTHER

Donations

-Donations can be sent & made payable to Emilia's Wings at:
10637 N. Holmes St, Kansas City, MO 64155 OR sent via Venmo.



Charmel Clough
@Charmel-Clough



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Did you know we are on Facebook? Search for "Emilia's Wings" and be sure to follow us.

One of our latest posts talks about "Two Halves—Still Whole. Click on the image to view the article.

Pregnancy After Loss Awareness Month

March is Pregnancy After Loss Awareness Month. And because becoming pregnant again after losing a baby is complicated, it can be hard to understand, specifically if you haven't experienced loss yourself. In an effort to bring awareness to an often misunderstood experience, here are 10 things unique to pregnancy after loss that you might not realize..." Click the link posted below to read more.

Here Are 10 Things You Might Not Realize About PAL

- Another Great Resource: [Pregnancy After Loss Support](#)

10 Facts about Pregnancy After Loss
Compiled by Lindsey M. Henke, MSW, LICSW; Designed and Illustrated by Lloyd W. Meek | © 2019, Pregnancy After Loss Support, All Rights Reserved

- In the U.S. 1 in 4 pregnancies ends in miscarriage, and 1 in 160 pregnancies end in stillbirth. These numbers do not include infant death from preterm labor, diagnosis of life-limiting conditions, or SIDS.
- Studies show that fathers are also affected by the emotional stress of a subsequent pregnancy.
- 50-80% 50 - 80% of women who experience perinatal loss become pregnant again within 12 - 18 months after their loss.
- Women who are pregnant again after a loss are at an increased risk for postpartum anxiety and depression, even after having a subsequent successful pregnancy and birth.
- After a pregnancy loss or infant death, many women will experience grief, confusion, anxiety, guilt and fear of loss in a subsequent pregnancy.
- Psychological distress during a subsequent pregnancy increases the risk of preterm labor and low birth weight, as well as having a difficult time bonding with the baby born after loss.
- A pregnancy after a loss can activate a new layer of grief.
- Education through awareness can promote health during subsequent pregnancies and help ensure safe and healthy deliveries.
- Women who are pregnant again after a loss report having higher symptoms of anxiety during their subsequent pregnancies compared to those who have not experienced loss.
- Knowledge that there are resources available and others to turn to for compassion and guidance is an important aspect in the the journey of healing during a subsequent pregnancy.

HELP

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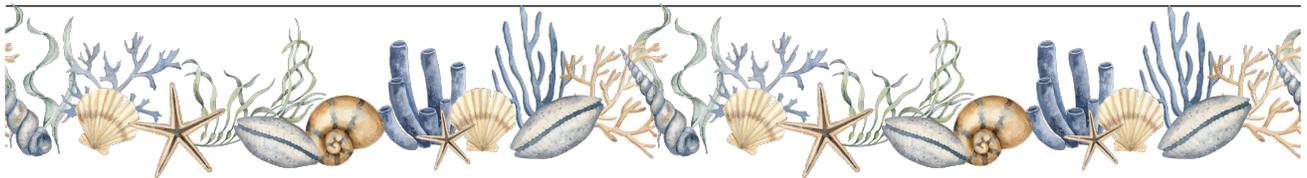
We extend our most sincere sympathy to those who have recently lost a child.

Please know that we are thinking of you and share in your hurt and sorrow

This March we Remember...

Baby Crisman - March 1993
Christopher - March 2000
Ephraim - March 2011
Baby Hill - March 2016
Xara Fuller - March 2, 2023
Teresa - March 3, 1998
Abigail Trinity - March 3, 2004
Nicholas - March 6, 1990
Emma Marie - March 6, 2015
Antoinette - March 9, 1993
Emma Jolynn - March 12, 2001
Emilia Madeleine Rose Clough - March 15, 2017
Ignatius John "Iggy" Kennedy - March 19, 2024
Nicole - March 23, 1988
Katelyn Ilana - March 24, 1997
Reed Hartley - March 25, 2001
Joshua Michael - March 26, 2001
Habin - March 28, 2013
Brodie - March 30, 2008
Baby Link - March 31, 2015

*To add your baby's name to our remembrance list, please email us at info@emilias-wings.org.
 Please include your baby's name along with any significant dates you'd like us to honor.*



Where the Tide Holds Quiet Strength

Seashells are small and delicate, yet they endure long after the life within them has passed. Their beauty is undeniable, but what makes them remarkable is their resilience - how they withstand tides, storms, and the passing of time. In grief, we often feel fragile, our hearts tender and our emotions raw. Like a shell, however, we also carry quiet strength. The ridges, lines, and even imperfections on a shell are not flaws - they are evidence of endurance and survival. Our grief may leave marks, yet these marks reflect love, memory, and the capacity to continue moving forward, carrying what is precious to us.