Unexpected News at your Ultrasound?

Mountain Area Pregnancy Services

Eva’s Footprints—A Pathway Through Grief with Hope
Receiving distressing news about your baby is a shock – but you are not alone.

**OUR GOAL**

To guide parents facing their baby’s unexpected diagnosis as they continue their pregnancy journey by providing a pathway through grief with hope.

**OUR TRAINED STAFF PROVIDES**

- Emotional support
- Help with making birth/parenting plans
- A safe place for expression and to find answers to your questions
- Ultrasounds throughout the pregnancy
- Family resources to help navigate your diagnosis

**WHAT CAN YOU DO?**

- Know the facts and seek answers to your questions
- Make decisions that are comfortable for you - set realistic goals
- Ask for help from family, friends or support groups
- Take time to grieve and heal - be sad, but don’t let it control you
- Remember your baby - healing is not about forgetting
- Allow joy to return - joy honors your baby

**Mountain Area Pregnancy Services**

Julie Morris, Director of Grief Care
jmorris@preginfo.org | 828-252-1306
1710 Old Haywood Road | Asheville, NC 28806

*Let us help you at this difficult time.*