

MTHR & Bereavement MOM

Supporting Grieving Mothers Together



Into the Light

Grief and child loss are deeply underrepresented in the motherhood space.

Not because they are rare, but because they are frightening.

Many grieving mothers feel invisible, unsure how to ask for support and unsure where they belong.



The Silence

Grieving mothers often ask two questions:

- *How do I survive this?*
- *Why does everyone disappear?*

Without language, guidance, or representation, grief becomes isolating and silent.



How We Show Up



This partnership would help the MTHR community learn how to:

- Show up for bereaved moms without fixing
- Stay present long after the initial loss
- Use language that does not minimize or rush grief
- Understand that motherhood continues after child loss

Education builds compassion & lasting support.

Being Held

Through Bereavement Mom content and offerings, grieving mothers and mothers supporting grievers are given:

- Language for what they are living
- Permission to grieve and support openly
- Connection to others who understand
- Gentle pathways toward continued living with loss

Support does not mean healing. It means not being alone.



My Offering



- Honest essays and reflections on grief and motherhood
- Community conversations
- Guided discussions for bereaved mothers
- Resources that support both griever and supporters

All grounded in lived experience

Shared Ground

MTHR already tells the honest story of modern motherhood.

This partnership expands that story to include loss, endurance, and love after death.

Together, we can create space where grieving mothers are seen, supported, and never hidden.





Still a MTHR

Motherhood does not end when a child dies.

And no mother should have to grieve in the dark.