



Shared Grief. Silent Bond.

Every day of every week, every month of every year, a woman's heart will shatter with the devastation of the loss of a baby, either through miscarriage, the complications of preterm delivery, stillbirth or the sudden death of an infant. This brutal reality leaves the griever feeling alone, alienated, isolated, misunderstood and disenfranchised from her community.

Perinatal Loss and Involuntary Childlessness Alliance Founder, Sasha Kershaw Reid, says,

“In my own case, it has been a long road out of this place of emotional hell. Part of my journey toward healing has involved connecting with others who understand what it's like to experience this kind of heartache. Here, I found a sisterhood of shared experience. We share a grief over the loss of our babies, born and unborn, and this grief is a silent bond that unites us.”

The Perinatal Loss and Involuntary Childlessness Alliance (PLICA) was born from her experience. Sasha says she wanted to create a safe space where people in mourning for their babies could connect with others who understood their grief and what they were going through.

She writes,

“Our grief is precious. Our grief is our teacher. It is as much a part of what it is to be human as love. Our grief unites us in a sisterhood and is an expression of the bond of love we have for our precious babies. Two sides of the one coin, grief is the other side of the love a mother has for her baby. We carry this grief in our hearts alongside this sacred love.”

Whether you have given birth to sleeping babies yet have other babies and children, or your babies were never born, the love and the grief is the golden thread that binds us. This is the essence of what the *Perinatal Loss and Involuntary Childlessness Alliance (PLICA)* stands for. No woman should ever feel alone, alienated, isolated, invisible. No woman should ever have to hide her grief because her pain makes others uncomfortable. Women should never suffer in silence. PLICA is a shoulder to lean on and loving arms of support, standing in solidarity alongside every woman who mourns the loss of her baby.

For more information on *Perinatal Loss and Involuntary Childlessness Alliance*, please email team@plica.com.au.

For interviews with PLICA Founder, email team@plica.com.au.