



PERINATAL LOSS

The Rose Garden Program

A gentle place to grieve, heal and find connection after the loss of your baby.



WILD ROSE
wellness & psychology

Program Overview

The loss of a baby is one of life's most heartbreaking experiences. Whether through miscarriage, stillbirth, neonatal loss, termination for medical reasons, or another form of perinatal loss, grief can feel overwhelming and isolating.

The Rose Garden is a trauma-informed support group created especially for mothers navigating the journey of baby loss. In a safe and compassionate environment, you'll be supported to honour your baby's memory, explore your grief at your own pace, and connect with other women who truly understand.

The Rose Garden program will enable you to:

- Connect with mothers who have experienced perinatal loss
- Feel understood, supported and less alone
- Learn gentle, evidence-based strategies to navigate grief
- Build self-compassion and emotional resilience
- Honour your baby's memory while finding hope alongside grief
- Receive support through anniversaries, future pregnancies and life's ongoing transitions

Many women find comfort in knowing they are not alone and in sharing their journey with others who understand the unique emotional, physical and psychological impact of perinatal loss. You'll be invited to participate at a pace that feels right for you, with no expectation to share more than you feel comfortable. Every mother's story, every baby's life, and every grief journey is honoured with care and respect.

Whether your loss was recent or many years ago, this program offers a nurturing space where your baby's story is remembered, your grief is understood, and you are supported by mothers who truly understand.

Because no mother should have to walk this journey alone.

Program Details

Dates:

TBA

Time:

10am – midday

Duration:

4 weekly sessions - 2 hours per session

Fee:

\$1060 (\$265 per session)

Rebates:

With a valid GP referral for group therapy and a Mental Health Care Plan Medicare rebate will apply. Alternatively, you may wish to check with your private health insurer if you have cover for psychology-led group programs.

Register your interest

Email: hello@wildrosewellness.com.au

Phone or SMS: 0477 973 219

Facilitators



Kelly Count
Clinical Psychologist



Laura Engel
Accredited Mental Health
Social Worker



WILD ROSE
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A member of the Churchill Ave Practice

A: Suite 8, 20 Churchill Avenue, Subiaco WA 6008
P: 08 6187 7399
M: 0477 973 219
E: hello@wildrosewellness.com.au
W: wildrosewellness.com.au