

# Our Programs

## Angel Mom Caregivers

A trained family support worker, who has also suffered a loss, will meet you at your home or other place where you feel safe. Together you will talk about healing, relationships, meeting basic needs, life planning, birth spacing, and health and wellness.

## Angel Mom's Support Group-SAM (Still A Mom)

This 10-week peer support group talks about grief, coping, reproductive health planning, and dealing with stress. Your partner may join some of the meetings.

Dinner is provided. If you live in Baltimore City, you can get a ride to SAM meetings if you need it.

## Healing Through Quilting

If you want more support after SAM, you may join this 10-week program. Here, you will learn how to make quilt pieces to honor your baby or your own journey.

[www.healthybabiesbaltimore.com](http://www.healthybabiesbaltimore.com)

To sign up or to refer someone, please contact:

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Like us on Facebook:  
[www.facebook.com/rhhopeproject](http://www.facebook.com/rhhopeproject)

*Roberta's House is a safe place where children, teens, and adults discover that they are not alone in their grief. Children and their families can share their feelings, memories, and experiences in an atmosphere of acceptance, with the love and support of trained volunteers.*



Mothers whose babies have died do not have to suffer alone.

# What is the HOPE Project?

The Healing Ourselves through Peer Empowerment (HOPE) Project supports mothers who have suffered the loss of their baby during pregnancy or after birth.

Dearea Matthews started the program after her 1-month-old son Charlie died in December 2009. HOPE gives a safe place for mothers and their partners to talk about their grief and sadness and begin healing.

At Roberta's House, we want to give mothers the chance to regain their health - emotionally, spiritually, and physically. When we give our body and mind time to heal, we can move ahead with confidence, whether it is planning for another pregnancy or working on other dreams.

## Why Should I Join?

You are healing from a very hard time and you have the right to feel sad. Sometimes you might feel like you are the only one out there who feels this pain.

By finding others who have gone through a hard time like yours, you will see that your struggles are normal and that you will heal over time.

# We are mothers who know what you are going through.



**Charnell,**  
Member of  
Angel Mom  
Caregivers, Still  
A Mom, Healing  
Through Quilting

*"When I lost my baby Princess Grace it was a very difficult time. I almost passed with my daughter - I had many complications myself. I experienced a great deal of anger and severe postpartum depression.*

*It was really hard for my husband and me, especially since it was our first child. There was such high anticipation for this little girl to come into our life.*

*I found out about the HOPE program from my two best friends. I was at such a bad place I decided to give it a try. I did home visits every week. I also did the SAM group for 10 weeks and now I'm in Healing Through Quilting. I had never done a group setting and I thought it might be depressing. I was also worried about stigma toward mental health. But my family support worker encouraged me to try it out and it has really been a blessing.*

*I just celebrated my daughter's one-year anniversary. There are still parts of me that are healing, but the support really helps."*



**Suprina,**  
Member of Still  
A Mom

*"When I started the Still A Mom group I wasn't sure I'd go back. I started the group a month after I lost my son, when I was 8 months pregnant. I wasn't sure if I was ready to share my feelings.*

*One of the HOPE program leaders encouraged me to come back and give it another try. So I did and it's been life-changing. It's been good to be with people who understand what I'm going through. My friends and family are very supportive but they couldn't relate to my situation. I'm the first person I know within my family and friends to go through something like this.*

*The SAM group has been very therapeutic in helping me learn different ways of expressing myself and giving myself the freedom to grieve at my own pace.*

*It's been a new chapter for me. I've made new friends for life through the HOPE program. I can actually say I came broken, but I'm leaving whole."*