

# Tucson MENTOR MEET-UP

## With Sherokee Ilse...Join Us

For one-on-one and small group time with Baby Loss Pioneer, Sherokee Ilse. She is a Bereaved Parent, Parent Advocate, Author, International Trainer, Founder of Babies Remembered, and Co-founder of Baby Loss Doulas ® and President of Baby Loss Family Advisors ™



*As a parent or professional, do you ever wish to move faster with your goals, understand what might be ahead, wish you had an advisor or consultant, or seek support, contacts, and help navigating the baby loss community?*

### **Do any of these topics interest you? Do you have more ideas?**

- Options for starting/joining groups, organizations, websites...
- Plan walks, runs, memorial events, and fundraisers
- Baby Loss Family Advisors and Care Companions – how and why
- Start or enhance a program to help others in need
- Resources, resources, resources
- Organize and donate loss memorial items
- Prepare for anniversaries, holidays, subsequent pregnancy
- Return to work – strategies for the transition
- Impact of loss on relationships, dealing with children, subsequent pregnancy...
- Get involved in legislation for stillbirth recognition and statistics
- Sharing sessions (bring photos and mementos) and more... You can help set the topics
- Your ideas are welcomed

REGISTER TODAY!!

We have limited both sessions to 6 people.

### **Men and women (couples, too) – Join us for one of these two options**

**Tucson** (Oro Valley): **Weekend – TBD** depending upon interest and number of participants.

Registration: Locals invited for \$99/day. Overnight visitors \$300. It includes:

- Two free overnights in my home
- 10-12 hours of mentor/network discussion sessions
- Fitness options – hiking Catalina State Park, local trails, pool time, and exercise classes
- Meals - Pizza/Salad Friday evening + Sat/Sunday 2 breakfasts and 2 lunches

Additional cost options :

- Saturday dinner to be negotiated and may be done together, in small groups, or on your own
- Reiki, Yoga class, and Massage options

To Register visit [www.BabiesRemembered.org/shop](http://www.BabiesRemembered.org/shop)