



INVISIBLE GRIEF
Getting Over the Loss of an Expected Child
Jessika Brazeau and Dr. Lory Zephyr

A caring and comforting space for grieving parents.

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Worldwide, one pregnancy in ten ends in miscarriage, according to a report published in the British science journal *The Lancet*. This is the most common kind of perinatal death, but we must not forget fetal and newborn deaths as well. Dealing with grief for an expected child is very complex. How do you mourn a being you hardly knew, or didn't know at all? How do you get through this painful experience as a mother or father, while those around you may tend to downplay it, underestimate it, or even deny it?

Invisible Grief is a supportive tool focussed on psychological and emotional health. It also offers a unique contemplative space to parents of children who will never know life. Co-written by psychologist Lory Zephyr and journalist Jessika Brazeau, this book brings together a mass of information and valuable resources, reflections, and as a number of touching first-hand accounts to help moms and dads no longer feel alone as they go through their ordeal. A gentle book offering support in a time of sorrow and guiding all families step by step onto the path of acceptance.

STRONG POINTS

- Takes an in-depth approach to the mental health issues that can result from perinatal grief.
- Fills a gap in resources dealing with perinatal grief.
- Presents a variety of first-hand accounts that will resonate with both mothers and fathers.
- Written by the two creators of the *Ça va, maman ?* platform, a community of over 12,000 women (also see p.47).

Subjects: perinatal grief, miscarriage, death, pregnancy, parenthood, psychology

Ça va, maman ? is a platform dealing with parents' mental health. The founders' mission is to break down isolation, normalize the challenges of parenthood, and give parents back confidence in their skills. To do this, Dr. Lory Zephyr, a psychologist specialized in maternal mental health, attachment, and perinatal issues, and Jessika Brazeau, a journalist, use their social networks, podcast, lectures, and support programs.