

Dragonfly Teachings

The dragonfly is born on the water as a bug (a nymph) and lives the first part of its life under water. As the nymph matures it begins to look up longingly through the water and the sky above. Somehow it knows that its time has come to give in to the urge to climb up the lily pad stalk. Once the nymph climbs up, emerges from the water and learns to breathe air, it can never return to live in the water. Almost immediately their body will release two beautiful pairs of wings which will allow it to fly. Dragonfly symbolizes change, transformation, adaptability, and self-realization."

- Elder Wa Wa Tei Ikwe



Like the dragonfly, when we experience change or grief, a transformation happens. We don't simply "get over" grief; we build around our grief. We build a bridge between who we were before and after by working through and acknowledging what has happened, building connections and support.

About WHC

Women's Health Clinic is a feminist, non-profit community health clinic located in Winnipeg, Manitoba. Since 1981, WHC has provided accessible education and services, created strategic partnerships and advocated for system change.

Every donation makes a difference

You can make a huge impact in someone's life.

\$20 makes a self-care bundle for a person affected by pregnancy loss, infant loss, or babies born to spirit

\$25 pays for an hour of child-minding while clients participate in the Grief Support Circle

\$250 buys supplies for a therapeutic art project for people affected by pregnancy loss, infant loss, or babies born to spirit

\$500 supports a community feast with Elders or Knowledge Keepers

Help us continue our work. Please donate today.

Donate online at
womenshealthclinic.org/donate

Dragonfly Support Program

Supporting those impacted by pregnancy loss, infant loss & babies born to spirit.



Artwork by Jackie Traverse

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women's
health clinic

www.womenshealthclinic.org

About Dragonfly Support Program

The Dragonfly Support Program at Women's Health Clinic supports people impacted by pregnancy loss, infant loss, and babies born to spirit. We offer counselling, peer support, group support, and resources for individuals and families affected by these experiences.

We also provide education and training for service providers, communities and organizations.

Get In Touch

You can get connected with our services online, by phone, or by email. Services are available for people living across Manitoba and free-of-cost regardless of health coverage. Our program welcomes people of all genders.

Email

dragonflyprogram@womenshealthclinic.org

Web

womenshealthclinic.org/dragonfly

Phone

204-947-2422 ext. 544



Client Services

Counselling

We offer counselling for individuals, couples, and families impacted by pregnancy loss, infant loss, and babies born to spirit. We also offer counselling to those wanting support with experiences of infertility and pregnancy after loss.

Group Therapy

Group therapy is offered once or twice per year and runs once per week for 6-8 weeks.

Peer Support

We can pair you up with a trained volunteer who has personal experience with pregnancy loss, infant loss, and / or babies born to spirit for one-on-one peer support and resources.

Grief Support Circle

This group meets once a month and is open to anyone who has been impacted by pregnancy loss, infant loss or babies born to spirit (partners and people of all genders are welcome). Child minding available.

Education

Service Provider Education

We offer service provider trainings multiple times a year focused on providing anti-oppressive and compassionate care for people who experience pregnancy loss, infant loss and babies born to spirit. We also provide educational workshops by request for communities and organizations.

Peer Support Volunteering

We offer guided conversations and teachings to prepare people with lived experience to become peer support volunteers in our program. Let us know if you'd like to be added to our list for the next training!

Provincial Community of Practice

We host meetings with a network of service providers, knowledge keepers, and peer supporters to share knowledge, wise practices, resources, and to collaborate in providing supports for people impacted by pregnancy loss, infant loss, and babies born to spirit.



women's
health clinic

www.womenshealthclinic.org

“The freedom and safety of this space, with this group where I can share and learn, encourage and support both myself and others. I am so thankful for it.”
- Dragonfly Client

“I'm feeling more comfortable in supporting people in these experiences. The language and wise practices discussed will be so helpful in my work.”
- Service Provider Education Participant