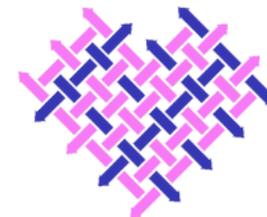


October is

PREGNANCY AND INFANT LOSS AWARENESS MONTH

JOIN US IN TAKING ACTION ALL MONTH LONG!



SUN

MON

TUE

WED

THU

FRI

SAT

Thank you for joining us this month!
THROUGH THE HEART

1 Share this calendar online or on your workplace, church, or community bulletin board

2  Heartoberfest starts! Join the party

3 Happy Friday! Wear blue or pink to raise awareness for pregnancy loss

4 Grab a journal and engage in reflective writing

5  Last day of Heartoberfest! Get those final auction bids in.

6 Follow us on social media - Facebook, Instagram, and LinkedIn

7 Purchase Comfort Kit & Wandering Angel supplies from our Amazon wish list

8 Ask your doctor's office if they'd like educational materials

9 Stay connected when you join our email list

10 Happy Friday! Wear blue or pink to raise awareness for pregnancy loss

11 Buy a TTH or Wandering Angel shirt

12 Make a memorial lantern

13 Send a Comfort Kit to someone who has experienced a pregnancy loss

14 Join The Cocoon, TTH's monthly giving community

15  Participate in the Wave of Light at 7pm local time

16 Share your story through our website

17 Happy Friday! Wear blue or pink to raise awareness for pregnancy loss

18 Take a remembrance walk

19 Check in on a friend or family member who has experienced a loss

20 Start a Facebook fundraiser to benefit TTH

21 Tell 3 people about our organization

22 Join the conversation - use #TTHremembers on social media posts

23 Join the Wandering Angel Project and request personalized angels

24 Happy Friday! Wear blue or pink to raise awareness for pregnancy loss

25 It's National Make a Difference Day - do one activity you missed earlier in the month

26 Reflect on your loss with driveway or sidewalk chalk art

27 Invite a TTH representative to speak to your club, business, organization, or faith group

28 Make a donation to support our programs!

29 Invite someone to the Wandering Angel Project Facebook group

30 Make a memory box with our Healing Through Art project

31  Happy Halloween - save your leftover candy to donate to TTH