

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.



Scan for the
full teaching



Want to Get Involved?

Become a Peer Support Volunteer

Your lived experience can be a lifeline for someone living with loss. You'll get guidance and teachings to prepare to support others through their grief. Visit our website to get on the waitlist for our next training.

Service Provider Opportunities

Service Provider Education

We offer service provider training throughout the year, focused on providing anti-oppressive and compassionate care for people who experience pregnancy loss, infant loss and babies born to spirit. Looking for something for your organization or community? We also provide educational workshops by request.

Join Our Provincial Community of Practice

We have cultivated a network of service providers, knowledge keepers, and peer supporters. We meet on a regular basis to share knowledge, wise practices, and resources. Join us to collaborate in providing supports for people impacted by pregnancy loss, infant loss, and babies born to spirit.

"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

Dragonfly Support Program



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



Artwork by Jackie Traverse



Women's
Health Clinic



What is the 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. Our program understands everyone's experience is unique and layered – and so are you. That's why we work from an anti-oppressive framework. All Dragonfly Support programming is completely free.

Who is the program for?

All genders and relations are cared for in this program. If you feel like you need support dealing with pregnancy, infant loss, or babies born to spirit and you live in Manitoba, this program is here for you.

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

Get Support

Get connected with our services online, by phone, or by email. Dragonfly is for anyone living in Manitoba—regardless of health coverage. Our program welcomes people of all genders.



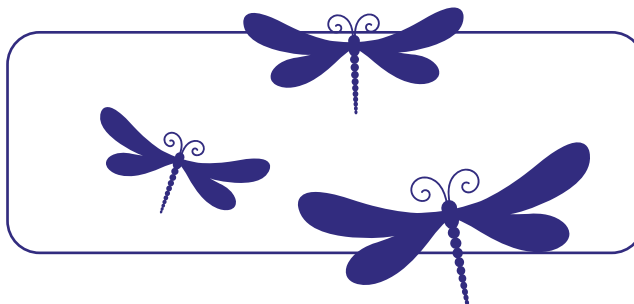
(204) 947-2422 ext. 544



womenshealthclinic.org



dragonflyprogram
@womenshealthclinic.org



Services Available

Counselling (Online and In-Person Options Available)

We offer free counselling for individuals, couples, families, and caregivers. Whether you have been impacted by pregnancy loss, infant loss, or have a baby who was born to spirit; experienced counsellors are here for you.

Are you experiencing infertility or navigating pregnancy after loss? Are you supporting someone experiencing any of these circumstances? Counselling is here for you, too.

Group Therapy (In-Person)

For those who are looking to cope with loss in community. Group therapy can provide a safe and accepting place in which to process your feelings, build self-compassion, empathy, and coping skills. Group therapy allows you to connect with others who may have had similar experiences with loss.

Free group therapy cohorts run once or twice per year, and sessions are once per week for 6-8 weeks.

Peer Support (In-Person)

Talk with someone who has their own experience with loss. We'll match you with a trained volunteer to meet with for one-on-one peer support.

This offering is non-clinical and relationship-based. Meet once or many times—you decide.

Grief Support Circle (Virtual or In-Person)

Join us for a peer-led support circle. This circle is an opportunity to connect, share stories, and support one another.

Partners and people of all genders are welcome! Childminding is available by request for in-person groups. Please call or email to request childcare in advance.

Pregnancy After Loss Support Circle

If you're navigating pregnancy after loss, join us for a peer-led support circle. Connect, share stories, and support others with shared experiences.

Partners and people of all genders are welcome. Childminding is available for in-person groups.

About WHC

Women's Health Clinic is a feminist, pro-choice, non-profit community health clinic.

We offer inclusive, low-barrier care to people of many genders.

Go to womenshealthclinic.org to find out more about who we serve and everything we offer.



"When I was in one of the loneliest moments of my life, I felt heard and understood. It gave me hope."

-Dragonfly Client

"Group circle was so helpful to me. It really helped me to learn to honor my loss."

-Dragonfly Client