



*you are not alone.*

THE MORNING

This is a tangible reminder that you are loved, that you are not forgotten and that you are never alone.

The Morning exists to bring hope to women who are grieving the loss of a baby.  
Take a look below for a few ways you can find support, help and hope as you navigate grief.  
If you need anything, please feel free to email us at [hello@themorning.com](mailto:hello@themorning.com).

xo,

*ashlee & the morning team*

#### THE JOYFUL MOURNING PODCAST

*honest conversations about navigating grief  
& finding hope after the loss of a baby*

[THEMORNING.COM/PODCAST](https://themorning.com/podcast)

#### THE RESOURCE BUNDLE

*our best & most helpful resources  
for navigating life after baby loss, for free*

[THEMORNING.COM/RESOURCEBUNDLE](https://themorning.com/resourcebundle)

#### THE COMMUNITY | NEVER FEEL ALONE AGAIN

*find support, friendship & community from women who get it*

A space to feel known and understood. A space to ask questions from women who have been there. A space to find hope again.

Come join us.

[THEMORNING.COM/COMMUNITY](https://themorning.com/community)

website: [THEMORNING.COM](https://themorning.com) • instagram: [@THEJOYFULMORNING](https://www.instagram.com/thejoyfulmorning)