

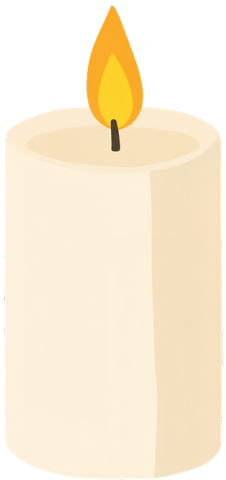
Mothers First MOMENTS THAT MATTER

OCTOBER 2026



PREGNANCY & INFANT LOSS AWARENESS MONTH

October is Pregnancy and Infant Loss Awareness Month – a time to pause, remember, and honour the babies gone too soon, and to stand beside the families who carry that grief every day. For anyone walking this path: your loss matters, your grief has no expiration date, and you are not alone. Too often, the weight of pregnancy or infant loss is carried in silence. This month, we want to break that silence. Whether you are honouring a personal experience, supporting a loved one, or simply holding space for others, know that your experience is seen, honoured, and held with care.



Wave of Light

October 15, 2026 | 7 PM MST

Light a candle in memory to honour the babies who are no longer in their arms but remain forever in their hearts.

Share pictures with #WaveOfLight

RESOURCES

[Pregnancy, Infant & Child Loss Support Centre](#)

[Wave of Light](#)

[PSI Pregnancy & Infant Loss Support Groups](#)

PREGNANCY & INFANT LOSS SUPPORTS | PRIMARY CARE NETWORK

The Red Deer Primary Care Network offers grief support following pregnancy or infant loss. Losing a baby during pregnancy, at birth, or shortly after can be an overwhelming and deeply isolating experience. A variety of support services are available to help families navigate their grief, including one-on-one support, the [H.E.A.R.T.S.](#) peer support group, and a lending library with helpful resources. Learn more about the supports available!



BREASTFEEDING AWARENESS WEEK | OCTOBER 1 - 7

Strengthen what Works: Breastfeeding for a Sustainable Start in Life

RESOURCES

[WORLD BREASTFEEDING WEEK RESOURCE KIT](#)

[NATIONAL BREASTFEEDING WEEK](#)

[CANADIAN BREASTFEEDING FOUNDATION](#)

Do you follow Primary Care Alberta on Facebook or Instagram? Be sure to check out their pages this week for special features celebrating families!

  [primarycarealberta](#)

[La Leche League Canada](#) offers free, non-judgemental peer support for breastfeeding and nursing parents in Central Alberta.

La Leche League offers **free prenatal breastfeeding classes** designed to help you feel confident and prepared for your breastfeeding journey. In these classes, you will learn how to prepare for breastfeeding, the basics of positioning and latching, how to establish and maintain your milk supply, how to tell if your baby is getting enough milk, and where to find breastfeeding support when you need it.



The Lactation Drop-In Group offered by [Family Services of Central Alberta](#) and [Primary Care Alberta](#) provides a welcoming space for parents to connect, ask questions, and receive guidance on their infant feeding journey. Public Health Nurses are available to support families with latching, milk production, feeding plans, and other breastfeeding or lactation concerns. Parents who are expecting and would like to learn more about infant feeding before their baby arrives are also welcome.

This free drop-in group is held at the Family Services of Central Alberta office in Parkland Mall:

TUESDAYS: 10:00 A.M. TO 11:30 A.M.

FRIDAYS: 1:00 P.M. TO 2:30 P.M.

