



# Beyond Choice Support Group

**Meetings:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month  
7:00 p.m. – 9:00 p.m.  
Open to Kaiser Members and non-Kaiser individuals

**Location:** Kaiser Oakland (call in advance for room location)

**Fee:** There is no fee for attendance

***Beyond Choice*** is a support group for women and their partners who have terminated their pregnancies because of a fetal abnormality. We come together to share stories, concerns, and feelings with others who are suffering the loss of their baby and the difficulty of their decision.

Beyond Choice was first formed in 1988 based on a philosophy that a powerful form of healing takes place in the company of others. It is our hope to provide a safe atmosphere where participants can offer and receive emotional support, as well as practical resources – to help each other heal and rebuild their lives.

**Facilitator:** Jeanne Menary, EdD, is a clinical psychologist who has worked with the support group since its inception. She initiated the group because of her own experience with genetic abortion.

**No preregistration required:** Beyond Choice is an open group; you can begin any time you feel ready and attend for as many (or few) times as you find helpful.

**If you wish to attend, please call:**

Jeanne Menary (510) 845-4656  
Ann Bourguignon (510) 752-6755

“Give sorrow words;  
The grief that does not speak  
Whispers the o’er-fraught heart,  
And bids it break.”

Shakespeare  
Macbeth IV, scene 3

## ***Wading Through Time***

I knew you only  
by the twinkle of your heart  
but the twinkle stopped

now  
I am just wading through time  
burdened by life  
and surrounded by grief  
pulled down  
by death’s undertow

someday  
I hope  
the pain will leave  
and that all that will be left  
is the love

yet  
I know  
the pain of your loss  
will never –  
completely –  
be gone.

Keith Kuenning