HAYLEY WILDS
AUTHOR | SPEAKER | TRAINER

FOR IMMEDIATE RELEASE

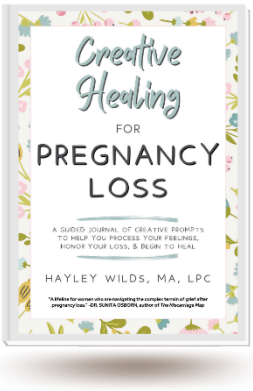
CONTACT INFORMATION:

Hayley Wilds
412-407-3077
hayley@hayleywilds.com
hayleywilds.com

Pregnancy Loss Survivor and Art Therapist Breaking the Silence with Release of Guided Journal

Indie publisher Moonheart Media is proud to announce the release of *Creative Healing for Pregnancy Loss*, an art therapy-informed guided journal with 100+ creative prompts, on sale June 1st, 2024.

PITTSBURGH, Penn., Apr 25th, 2024 — When author and art therapist Hayley Wilds experienced her first miscarriage in 2017, she had no idea the challenging road that lay ahead. The silence and stigma she encountered made an already painful grieving process that much more difficult. Her new book, *Creative Healing for Pregnancy Loss*, endeavors to break that silence and give loss parents a sacred space for grieving.



Creative Healing for Pregnancy Loss, which goes on sale June 1st, 2024, features research-backed information, creative prompts, therapeutic exercises, grief rituals, and validation from an art therapist with lived experience.

"This is the book I wish I had during the tougher parts of my grief journey," Wilds explains, stressing that she wants other loss parents to know they aren't alone. "Pregnancy loss is more common than people realize. But no one talks about it, and that makes it hard to process what you're going through."

According to recent data, 1 in 4 pregnancies ends in miscarriage, and 1 in 100 ends in stillbirth. With numbers like those, one might assume access to support is easy. But, as Wilds discovered throughout her journey, that is not the case. She hopes her book will give pregnancy loss survivors a much-needed resource as they navigate their unique grief experience.



Wilds will be celebrating her new release with a launch party on June 1st, 2024, from 5-8pm at Fire K Studios in Pittsburgh, PA. This free event will feature wine, food, a book signing, and a prize raffle. Grab a signed copy and find out why Dr. Sunita Osborn, psychologist and author of *The Miscarriage Map*, calls *Creative Healing for Pregnancy Loss* "a lifeline for women who are navigating the complex terrain of grief after pregnancy loss".

Hayley Wilds is an art therapist, certified grief professional, and loss mom devoted to breaking the silence around pregnancy loss and supporting others in their grief. Hayley is the owner and lead clinician at the Center for Creative Counseling in Pittsburgh, PA, where she specializes in therapy for moms, pregnancy loss, and grief work. For more information, email Hayley at hayley@hayleywilds.com