

## **SAILS Grieves With You During This Devastating Time. We Understand Your Heartbreak And Loss.**

SAILS knows the heartbreak and emptiness you are feeling and we want you to know you are not alone. We are here for you during this unimaginable loss, one that no parent should ever have to endure. We understand and grieve alongside you.

### **What is SAILS?**

SAILS is dedicated to helping those who have lost their child through communication, consolation and inspiration. As a 501c3 charitable organization, we rely on the kindness of others to make sure we have the resources to succeed in developing a life-changing support system.

### **Our Mission**

To provide a platform of community, mentorship, education, and advocacy to families impacted by pregnancy loss or the death of a baby before their first birthday. We are dedicated to raising awareness and creating a supportive environment for families, ensuring that they have a strong support network during their time of need. We strive to create awareness about a human life experience that too often remains off limits to discuss. When we don't talk about it, this leaves mothers, fathers, siblings, grandparents, aunts and uncles, cousins, and a whole host of loved ones feeling alone.

### **Our Vision**

To create a world of hope and healing with unconditional acceptance, honor and respect.

### **Our Impact**

Through outreach programs and fundraising, we aim to increase awareness about stillbirth and ensure that those affected have a strong support network during their time of need.

### **The Story Behind SAILS**

After the heartbreaking loss of her daughter Ivyanna Salene, who was born sleeping at 36 weeks on November 13, 2003, Sadija A. Smiley founded SAILS in 2017 on Ivyanna's 14th Heavenly Birthday. Her name means heartbeat and, although she is no longer here, her heart beats on through Sadija and the SAILS mission.



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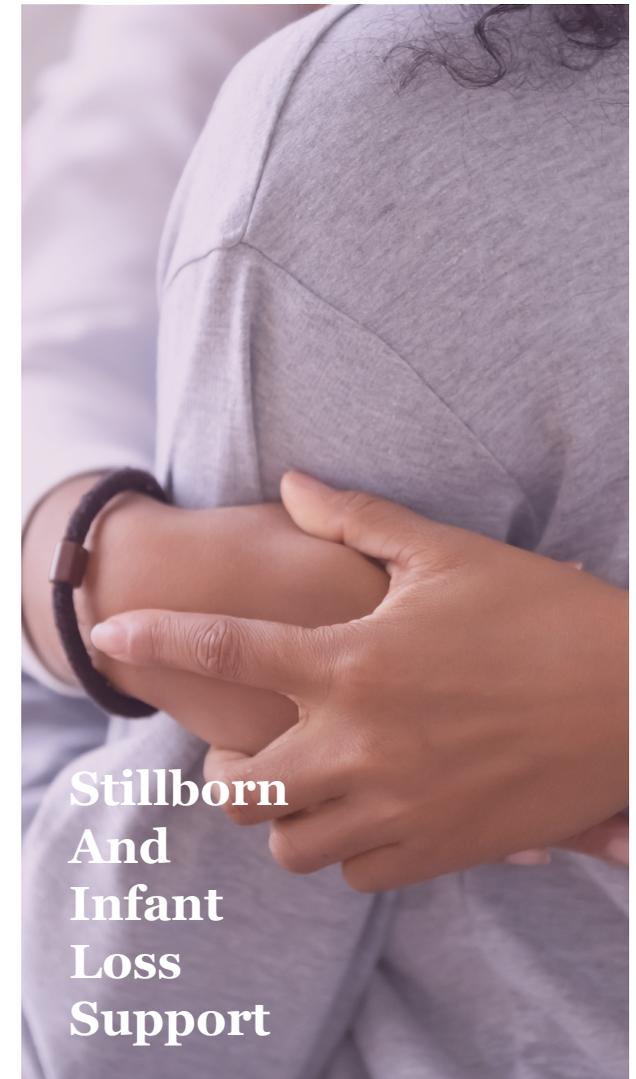
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www.bornintosilence.org

Please visit our website or contact us for more information, to register for monthly updates and to find out about additional resources.

  Born Into Silence



**Stillborn  
And  
Infant  
Loss  
Support**

# SAILS

“There is no foot too small that it cannot leave an imprint on this world.”

- Author Unknown

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**The length of a life  
doesn't impact the love  
we have. We simply had  
less time with our  
children, not less love for  
them.**

– *Amelia Kowalisyn*

#### **SAILS Grief Support**

SAILS offers grief recovery programs to assist parents grieving the loss of their baby. Each of these programs are led by certified Grief Recovery Method Specialists, trained by The Grief Recovery Institute and offer a safe, evidence-based environment for parents to take effective and lasting action. These programs are offered in two different formats: group and one-on-one.

#### **Goals of Group Support**

- + Brings together parents who are going through or have gone through similar experiences.
- + Conducted in 8-week cycles, following The Grief Recovery Method's curriculum.
- + Provides an opportunity for parents to share their personal experiences, feelings, and coping strategies.
- + Functions as a bridge between parents' medical and emotional needs.
- + During the 8 weeks, we will help parents attain the tools that they need to process all their grief-related emotions with the goal being to regain a sense of hope and purpose in life.

#### **Goals of One-on-One Support**

- + Offers a 7-meeting format utilizing the same proven materials as the group, just in a more private setting.

#### **Financial Assistance**

SAILS wants families to be able to honor and say goodbye to their angel baby without worrying about the financial pressures associated with funeral costs. To help ease this burden, SAILS will pay up to \$500 to the funeral home chosen by a family for the burial or cremation of their angel baby.

Burial costs are one of the most requested needs that families name as a tangible way to help and enable them to begin their journey toward healing. Every family should be able to act in accordance with their own cultures and traditions for their angel baby. The Angel Ivy Burial/Cremation Fund will allow families to grieve without the stress of paying for an unexpected loss. Losing a child is devastating and we hope this will provide a bit of comfort to families.

This fund, established in memory of Ivyanna Salene, our founder's angel baby, is available thanks to donations and 100% of the proceeds from the SAILS yearly calendar. The grant serves families referred by local, participating hospitals.

#### **Keepsake Boxes**

While nothing can take away the pain, upon request, SAILS provides a Keepsake Box, free of charge, to individuals, couples and families who have recently suffered a pregnancy loss. Each wooden box is engraved with a quote and comes full of items like a journal, pen, candle, teddy bear, bookmark, tea cup and tea bags.

#### **Cuddle Cots**

SAILS is committed to donating a Cuddle Cot to a local hospital in need every year. The Cuddle Cot, which keeps the baby at a temperature to resist decomposing, gives the family members more time to spend with the baby and take photos for lasting memories that they may not otherwise get a chance to create.

#### **Remembrance Wall**

SAILS is committed to acknowledging all babies gone too soon. Please visit our website to add your baby's name to our virtual Remembrance Wall.

#### **SAILing to Success with Your Support**

As a non-profit, SAILS relies on the kindness and generosity of others to make sure we have the resources to succeed in developing a life-changing support system. Your donation is greatly appreciated by our organization and the families that we help every day. For those who have experienced child loss, paying it forward can be one of the most beautiful and powerful expressions to honor your angel baby if you are able to. Here are some ways you can help:

- + Donate
- + Volunteer your time
- + Tell your story
- + Participate in our events
- + Sponsor a Keepsake Box
- + Sponsor a Cuddle Cot
- + Purchase our merchandise

*All proceeds help fund our programs*



#### **More About the Founder of SAILS**

Born and raised in Philadelphia, Sadija A. Smiley worked hard to receive an undergraduate degree in Psychology from West Virginia State University before obtaining an MBA in Management from Strayer University. Having served in non-profit and community-based organizations since 2001, Sadija has spent her entire career helping others get the most out of their lives.

As the mother of two rainbow babies (a child born after a loss), Sadija currently resides in Maryland and spends her free time reading, exercising and enjoying the outdoors with her family. Sadija lives her life and oversees SAILS according to Jeremiah 29:11, "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."