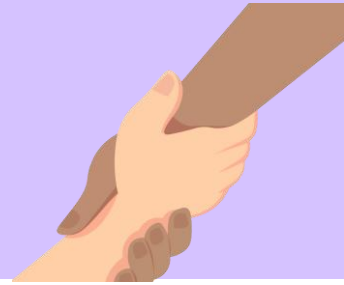


Bereavement Support Groups and Resources



Compassionate Friends (Support group, resource sharing):

- Website: <https://www.compassionatefriends.org/>
- Compassionate Friends offers over 500 chapters around the country; Three are in Los Angeles. Generally, groups meet up once per month, for 1-2 hours on the weekends and evenings. Bereaved parents, siblings, and grandparents meet to talk, listen, share, and provide each other emotional support after the devastating loss of a child, grandchild, or sibling.

Glow in the Woods (Resource sharing, blog posts):

- Website: <https://www.glowinthewoods.com/>
- Glow in the Woods has an archive of blog posts and story sharing related to bereavement, infant loss, NICU experiences, and many other topics.

Griefwatch (Memorial resources, reading, resource sharing):

- Website: <https://griefwatch.com/>
- A publisher and manufacturer of bereavement books and materials used by families and professionals around the country.
- Grief and memorial materials (i.e., grief announcements) specific to infants, pregnancy, and child loss.

March of Dimes (Resource sharing, support groups, support walks):

- Website: <https://www.marchofdimes.org/>
- This organization is a highly trusted resource for supporting families following the death of a baby. Find comfort and support after miscarriage, loss, and grief with March of Dimes. Join our compassionate community of understanding.
- Several resources for how to navigate the NICU for premature infants.
- Annual March for Babies community walks in several locations along with maternal mental health group meetings.



Miscarriage Matters (Support groups, resource sharing):

- Website: <https://www.mymiscarriagematters.org/>
- A community of parents who have experienced the loss of our child/children, willing to offer our friendship and a listening ear.
- The Women of Empowerment Mentoring program is for devastated mothers using a Big Sister/Little Sister support approach. Get connected with a mentor who will give you one-on-one support and help you through your healing journey. (Available in English and Spanish).
- Miscarriage Matters 2 Men Mentoring program is provided to grieving fathers. This program is for men, serviced by men. Get connected with a mentor who will give you one-on-one support and help you through your healing journey.

MISS Foundation (Resource sharing, support groups):

- Website: <https://www.missfoundation.org/>
- Supports families struggling with traumatic grief. Family Support Packets are available with information and resources for bereaved parents, grandparents, and siblings.
- Monitored forums for families and online support groups. Face-to-face support groups are available all over the world. Compassionate Bereavement Care providers trained in traumatic grief may be available in the community.

PALS (Pregnancy after loss support) (Resource sharing, support groups):

- Website: <https://pregnancyafterlosssupport.org/>
- Non-profit organization and community support resource for women experiencing the confusing and conflicting emotions of grief mixed with joy during the journey through pregnancy after loss. PALS seeks to help expectant mothers celebrate their current pregnancy by choosing hope over fear while still nurturing and honoring the grief over the loss of their deceased child.
- PALS services include an online magazine, online peer-moderated support groups, local meetups, outreach, and education through speaking and tabling at professional conferences, resource listings for families and healthcare providers, and a newsletter. PALS also has an app for parents who are conceiving after a loss.

Postpartum Support International (Help line, resource sharing, provider, peer mentorship):

- Website: <https://www.postpartum.net/>
- Helpline Call: 1-800-944-4773 (Press 1 for Español or 2 for English)
- Helpline Text: 1-800-944-4773 English, 971-203-7773 Español
 - Leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers return messages between 8am-11pm EST.
 - They will listen, answer questions, offer encouragement, and connect you with local resources as needed.
- Provider Directory: Directs you to providers who identify as knowledgeable and competent in treating individuals who have experienced loss.
- [Peer Mentorship](#): Matches individuals with volunteers with lived experiences.
- Inclusive Resources for Special Topics:
 - [Resources for Families of Bereaved](#)
 - [Resources for Adoptive Caregivers](#)
 - [BIPOC Parent Resources](#)
 - [Dads and Partners Resources](#)
 - [Deaf and Hard of Hearing Resources](#)
 - [Loss & Grief](#)
 - [Military Families](#)
 - [Perinatal/Postpartum Psychosis](#)
 - [Queer and Trans Parents](#)
- *Provider trainings available.*



Rachel's Gift (Resource sharing, support groups):

- Website: <https://www.rachelsgift.org/>
- Provides support and guidance for caregivers and families enduring pregnancy and infant loss. Offers support groups, digital and printed material, and additional reading recommendations. Offers support for other difficult diagnoses such as rare disorders, Tay-Sachs, and poor prenatal diagnosis.
- Has an annual golf tournament and Annual Angel Dash run.
- *Provider trainings available.*

Return to Zero (Resource sharing [Spanish available], support groups, mentorship):

- Website: <https://rtzhope.org/>
- Provides compassionate and holistic support for people who have experienced unimaginable loss during their journey to parenthood through various support groups, resources, and retreats. Empowerment and advocacy materials help you advocate for yourself and seek whatever paths to healing are right for you. (Resources in Spanish and other languages available).
- Women's holistic retreats create a safe place for bereaved mothers who have experienced any type of pregnancy and infant loss, including termination for medical reasons, to nurture yourself, connect with your loss experience, and discover a community of people who have walked the same steps you have—those with whom you can begin your healing journey.
- Special topic resources for supporting LGBTQIA+ families.
- *[Provider trainings available.](#)*

Share Pregnancy and Infant Loss Support (Resource sharing, memorial resources, support groups):

- Website: <https://nationalshare.org/>
- Pregnancy and Infant Loss Support aims to foster a positive resolution of grief experienced at the time of or following the death of a baby. Support includes online and in-person support group meetings, memorial events, and comfort kits. Monthly Zoom Support meeting (every 3rd Monday at 11am CST). Weekly support online groups for pregnancy/infant loss, pregnancy after loss, and difficult decision support chats.

Sisters In Loss (Resource sharing, support groups, mentorship):

- Website: <https://sistersinloss.com/>
- Dedicated to building community of Black women who have experienced infertility, miscarriage, and infant loss. Special focus is on preparing you for what to expect as you give birth to your baby through elective termination, miscarriage, infant and child loss, and stillbirth. Physical and emotional support are provided during and the birth of your baby, if possible. Free Doula Support.
- Assistance will be provided in creating memories and keepsake items for your baby. Living Waters Comfort Care Kits are provided free of charge to clients.
- Black Moms in Loss Support Group every week.

Star Legacy Foundation (Resource sharing, support groups, mentorship):

- Website: <https://starlegacyfoundation.org/support-groups/>
- Free, re-occurring virtual grief support groups for family members who have experienced pregnancy or infant loss (group in Spanish available, as well grandparent support, dads support, SUID/SIDS and infant death, parenting after loss groups).
- Peer mentorship and family support offered by volunteers, care packages, and access to expert resources. Ability to engage in [research projects](#), [CE courses](#) for providers and clinicians.

Stillbirthday (Resource sharing, mentorship, support groups):

- Website: <https://stillbirthday.com/>
- International organization founded by doulas and providing support for stillbirth, terminal diagnoses, and NICU experiences.
- Directory for finding Still Birth and Bereavement Doulas to provide support before, during, and after birth. SBD doulas are both birth doulas, and bereavement doulas. Doulas are specially qualified to provide support in situations of fatal diagnoses, carrying to term, and NICU care. Provides free birth plans.

Tears Foundation (Resource sharing, mentorship, support groups, financial help):

- Website: <https://thetearsfoundation.org/>
- Philanthropic organization aimed at lifting financial burden from families who have lost a child. Seeks to offer comprehensive bereavement care in grief support groups and peer companions. Assists in covering funerals, burials, cremation costs.

RELIGIOUS RESOURCES

Hope Mommies (Religious non-profit, resource sharing, memorial resources):

- Website: <https://hopemommies.org/>
- Non-profit Christian organization aimed at supporting families who have experienced miscarriage, stillbirth and/or infant loss. It seeks to bring comfort, encouragement, companionship and hope through resource sharing, group meetings, podcasts, and Hope Boxes.
 - Hope Boxes: Hope Boxes can be donated in honor of a loved one (i.e., bereaved mother, infant who was lost). Hope boxes can be given to the bereaved for \$60 and contain an ESV Bible, a Heaven Booklet, Bright Hope, a custom journal, a bookmark, worship music, a handwritten note, and our brochure, along with various comfort and pampering gifts such as: tea, lotion, lip care, a wristband bracelet, a candle, and a custom mug.
 - The Hope Mommies Podcast exists to bring the hope of Christ to bereaved mothers and families who have experienced the heartbreaking loss of a baby.
 - Through the Gift of Hope: we are offering financial grants to help pay for medical expenses/funeral expenses etc., to those who qualify, in hopes of lifting some of the financial burden.

M.E.N.D. (Mommies enduring neonatal death) (Religious non-profit, resource sharing, Facebook groups, memorial resources):

- Website: <https://www.mend.org/>
- Non-profit Christian organization that reaches out to families who have suffered the death of a baby through miscarriage, stillbirth, or early infant death.
- Offers a variety of monthly support groups, including an online support group, publishes bi-monthly magazines which are distributed all over the world, has very active Facebook groups for families to connect with each other, hosts annual remembrance ceremonies, and regularly gives presentations to healthcare providers on how to care for families when a baby dies.

RECOMMENDED READING

Pregnancy Loss – Miscarriage, Stillbirth and Infant Death:

- *A Diary to My Babies: Journeying Through Pregnancy Loss (2023)*. By Carmen Grover.
- *Couple Communication After a Baby Dies (2008)*. By Sherokee Ilse and Tim Nelson
- *Don't Take My Grief Away from Me: How to Walk Through Grief and Learn to Live Again (2011)*. By Doug Manning.
- *Empty Arms: Coping with Miscarriage, Stillbirth and Infant Death (1990)*. By Sherokee Ilse.
- *Empty Cradle, Broken Heart: Surviving the Death of Your Baby (1996)*. By Debora Davis.
- *Grandparents Cry Twice*. By Mary Lou Reed
- *Grieving Dads: To the Brink and Back (2012)*. By Kelly Farley and David DiCola.
- *Heaven is for Real: A Little Boy's Astounding Story of His Trip to Heaven and Back (2010)*. By Todd Burpo and Lynn Vincent.
- *Help, Comfort and Hope after Losing Your Baby in Pregnancy or the First Year (1992)*. By Hannah Lothrop.
- *Stillborn, Still Loved (2021)*. By Hailey Ricks
- *There Was Supposed to Be a Baby: A Guide to Healing After Pregnancy Loss (2013)*. By Catherine Noblitt Keating.
- *When Hello Means Goodbye: A Guide for Parents Whose Child Dies Before Birth, At Birth, Or Shortly After Birth (2001)*. By Pat Schwiebert and Paul Kirk.

Pregnancy After Loss:

- *Different Baby, Different Story: Pregnancy and Parenting After Loss (2020)*. By Joann O'Leary, Jane Warland, Margaret Murphy and Lynnda Parker.
- *Navigating the Land of If: Understanding Infertility and Exploring Your Options (2009)*. By Melissa Ford.
- *Pregnancy After a Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth, or Infant Death (1999)*. By Carol Cirulli Lanham.
- *Pregnancy And Parenting After Loss*. By Joann O'Leary and Jane Warland.
- *Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth and Infant Loss (2000)*. By Ann Douglas and John Sussman.



For Children:

- *A Rainbow Baby Story: The Rainbow After the Storm (Explain it to Me!)*. (2015). By Crystal A. Falk, Kim S. Roman, and Gina Ashline.
- *Always My Twin* (2002). by Valerie R. Samuels.
- *Forever Connected – A Must-Have Book for Any Young Child Coping with the Death of a Sibling*. (2022). By Jessica Carol.
- *My Baby Big Sister: A Book for Children Born Subsequent to a Pregnancy Loss* (2010). By Cathy Blanford.
- *No New Baby: For Siblings Who Have a Brother or Sister Die Before Birth* (1988). By Marilyn Gryte and Kristi McClendon.
- *Stardust* (2023). By Heather E. Carnaghan.
- *Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss* (2008). By Cathy Blanford and Phyllis Childers.
- *The Invisible String* (2000). By Patrice Karst.
- *There was a Baby: A Book for Siblings After a Miscarriage, Stillbirth, or Infant Death* (2021). By Laura Cameron, CCLS
- *These Precious Little People* (2018). By Frankie Brunner & Gillian Gamble.
- *We Were Gonna Have a Baby, But We Had An Angel Instead* (2018). By Pat Schwiebert and Taylor Bills.
- *When We See A Rainbow* (2024). By Andrea Meyers.
- *Where are you Lydie?* (2019). By Emma Poore.
- *Why is Mommy Crying? Explaining Early Pregnancy Loss to Young Children* (2021). By I Cori Bail.

For Family and Friends:

- [17 Things to Say to Someone Who's Lost a Child \(2014\)](#). By Michael Lerner.
- [How Not to Say the Wrong Thing \(2013\)](#). By Susan Silk and Barry Goldman. Published in The Los Angeles Times, April 7, 2013.

