

*Banner courtesy of [www.babyloss-awareness.org](http://www.babyloss-awareness.org)*

## **Dealing With Loss**

The loss of a pregnancy is devastating; there are no words to make a family “feel better” or “get over it.” It doesn’t matter if a woman was 6 weeks pregnant or 16 weeks pregnant – that was her baby, her child...

The loss of an infant is something that may cause a woman to not only grieve, but to “try to figure out what happened.” It is one of the most helpless, horrible, gut-wrenching feelings in the world.

In observance of “Pregnancy and Infant Loss Awareness Day” (October 15, 2010), a woman wrote a poem, and stated “I offer this poem with love and respect for all babies gone too soon.” It is also a tribute to the baby boy she lost, Jack:

A Moment

By Emily Hughes

Take a moment,  
To Remember,  
All babies gone too soon.

Take a moment,  
To consider,  
That this could happen to you.

Take a moment,  
To respect,  
Those who have lost their heart.

Take a moment,  
To understand,  
How their world fell apart.

Take a moment,  
To speak,  
On behalf of a parent in grief.

Take a moment,  
To listen,  
About our babies lives, too brief.

Take a moment,  
To light a candle, and spare our babies a thought.

Take a moment,  
To be inspired,  
By how hard our babies fought.

Take a moment,  
To honor, those lives lost in unfairness.

Take a Day,  
To Acknowledge,  
Pregnancy and Infant Loss Awareness.

Here are some resources for those who have experienced pregnancy and/or infant loss\*:

## **In Indiana**

[Neo-Fight](#)

## **General Grief Support**

[Centering Corporation & Grief Digest Magazine](#) | The Centering Corporation is a non-profit organization dedicated to providing education and resources for the bereaved. Today we have over 100 books and for children and adults, My Friends Emotion Dolls, a Memory Bag for children, five videos and caring cards, plus over 200 books and resources from other publishers. We continue to provide educational offerings and workshops for caregivers and families.

[Crisis, Grief and Healing](#) | A place men and women can browse to understand and honor the many different paths to heal strong emotions. Author, speaker, and psychotherapist Tom Golden, LCSW provides this page. He has a section on the different way men and women grieve.

[GriefNet](#) | GriefNet.org is an Internet community of persons dealing with grief, death, and major loss.

[Grief Watch](#) | Site was created to provide bereavement resources, memorial products and links that can help you through your personal loss. It also serves as an excellent educational tool for all who travel down the road of grief.

## **SIDS / Infant Death**

[Babyloss.com](#) | *UK* | Babyloss is a UK-based resource that provides information and support online for anyone affected by the death of a baby during pregnancy, at birth, or shortly afterwards. The organization was established in 2000, and is run by a small team of volunteer administrators and forum moderators.

[BabySteps](#) | The BabySteps Children's Fund is a non-profit organization offering information and support to bereaved parents and children suffering the loss of a child. This site has a Bereavement Sharing Room, Remembrance Rooms for the Bereaved – places to put up memories of loved ones that are no longer with us, and Bereavement Resource Rooms. They have a really good list of Dos and Don'ts for what to say and not to say to someone who's baby has died.

[Birth Stories](#) | Compare notes with other parents-to-be and parents, read stories that are similar to yours or are very different than yours, share your own story and connect with others! This site has more than 100 personal stories people have written about losing their first baby; and has more than 50 personal stories of people having their first baby after their loss (subsequent pregnancy after loss).

[The Compassionate Friends](#) | *International* | The Compassionate Friends, Inc. (TCF) is an international self-help, mutual assistance organization offering friendship, support and understanding to any parent who has experienced the death of a child, no matter what the age (infancy through adult) or cause of their death. There are chapters throughout the US as well as several other countries.

[EriChad Grief Support](#) | Grieving the loss of a child is one of life's most difficult experiences. You may think you'll never survive such pain. EriChad can't take away your pain, but we hope to validate it, hold your hand, and help you find life's rainbow.

[GRACE Group for Pregnancy & Infant Loss](#) | For individuals who have experienced pregnancy or infant loss from early losses up to a year after a baby is born. This includes: ectopic, molar, miscarriage, stillbirth, neonatal death, SIDS and birth defects. This GRACE Group is moderated by The Missing GRACE Organization staff and volunteers.

[\*\*Growth House\*\*](#) | This is the Growth House web site area dealing with grief related to pregnancy and infant death. This award-winning web site is an international gateway to resources for life-threatening illness and end of life issues.

[\*\*HAND \(Helping After Neonatal Death\)\*\*](#) | Grief support and information for parents and relatives of those who've lost a child before, during or after pregnancy, through stillborn, miscarriage, SIDS, or other causes. We are a non-profit organization based in Northern California and the Central Valley. Information for medical professionals is also provided.

[\*\*Hygeia Foundation\*\*](#) | An Online Journal for Pregnancy and Neonatal Loss: A New Resource for Women's Health and Healing. Hygeia is devoted to the subject matter of grieving and loss as it pertains to pregnancy loss, genetic complications, miscarriage, neonatal loss and other life-threatening illnesses.

[\*\*March of Dimes\*\*](#) | Free bereavement materials for families that have experienced the loss of a baby before or shortly after birth.

[\*\*M.I.S.S. Foundation\*\*](#) | The MISS Foundation is a 501(c)3, volunteer based organization committed to providing crisis support and long term aid to families after the death of a child from any cause. MISS also participates in legislative and advocacy issues, community engagement and volunteerism, and culturally competent, multidisciplinary, education opportunities.

[\*\*RBaby Real Stories\*\*](#) | RBaby Real Stories gives parents and family members an opportunity to share personal stories, photos and videos that commemorate the life of their baby or child, while also educating others about their specific experiences that may help care for families in the future. Learn more about the [\*\*RBaby Foundation\*\*](#) and their important mission to ensure quality pediatric emergency care for all babies.

[\*\*SANDS Australia \(Stillbirth & Neonatal Death Support\)\*\*](#) | *Australia* | SANDS Australia is a voluntary self-help organization comprised in the main, of parents who have experienced the death of a baby through miscarriage, stillbirth, or within days of birth.

[\*\*SANDS UK \(Stillbirth and Neonatal Death Charity\)\*\*](#) | *UK* | SANDS is a self-help organization in the United Kingdom with a network of over 200 groups and contacts. Their purpose is to befriend and support bereaved parents and their families, who have suffered a stillbirth or neonatal death. Their concern is to help any bereaved parent who gets in touch and to improve services for all bereaved parents, their family and friends.

[\*\*Share Pregnancy & Infant Loss Support Inc.\*\*](#) | The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth, or in the first few months of life. (800) 821-6819

[\*\*Three Little Angels Foundation\*\*](#) | Founded after the premature delivery and death of our triplets, we work to help educate nurses and hospital staff from a parent's perspective on loss

how to help us, and also give kits to families to help them make memories with their babies in the hospital before saying goodbye. We also have enormous resource listings on our website.

[UNITE, Inc.](#) | They provide grief support services to families following the loss of their baby due to stillbirth, miscarriage, ectopic pregnancy and early infant death. They are located in the Philadelphia, PA area.

## **Stillbirth**

[Angel Whispers](#) | *Canada* | Angel Whispers is a Canadian non-profit group that provides support to families who have experienced the loss of a baby shortly after birth or during pregnancy. Subsequent pregnancy support is also provided. Services include: quarterly newsletter, birth certificates, support groups, care packages and email support.

[Babyloss.com](#) | *UK* | Babyloss is a UK-based resource that provides information and support online for anyone affected by the death of a baby during pregnancy, at birth, or shortly afterwards. The organization was established in 2000, and is run by a small team of volunteer administrators and forum moderators.

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[Journeys: Stories of Pregnancy After Loss](#) | *author Amy Abbey*

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[\*\*The National Stillbirth Society\*\*](#) | Fighting to stamp out S.A.D.S. – because all of our children matter. The mission of the parent-led National Stillbirth Society is to “educate and agitate” for greater stillbirth awareness, research and reform. Dealing with Stillbirth and its tremendous implications to parents is the Society’s overreaching goal.

[\*\*RBaby Real Stories\*\*](#) | RBaby Real Stories gives parents and family members an opportunity to share personal stories, photos and videos that commemorate the life of their baby or child, while also educating others about their specific experiences that may help care for families in the future. Learn more about the [\*\*RBaby Foundation\*\*](#) and their important mission to ensure quality pediatric emergency care for all babies.

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[\*\*SIDS Educational Services\*\*](#) | English and Spanish versions of the SIDS & Infant Death Survival Guide and Dancing on the Moon.

[\*\*SIDS Families\*\*](#) | “This site is my personal work to make SIDS more bearable for the families whose child has died. Our family was devastated by SIDS in April 1999 when our 2 ½ month old son Jacob died. I began this website about 6 months after his death, to both give families a place to come together, and to commemorate the lives of the many babies who were victims of SIDS (Sudden Infant Death Syndrome).” – *Lydia Alves*

[\*\*SIDS Network, Inc.\*\*](#) | The Sudden Infant Death Syndrome Network is a charitable, not-for-profit, voluntary agency. Donations are greatly appreciated and necessary for carrying out the work of our organization. The Sudden Infant Death Syndrome Network, Inc. dedicated to

eliminate Sudden Infant Death Syndrome through the support of SIDS research projects, provide support for those who have been touched by the tragedy of Sudden Infant Death Syndrome and raise public awareness of Sudden Infant Death Syndrome through education.

[Stillborn Angels](#) | Cherish your loved ones. Tell their story. Share the memories. Create a memorial website for your loved one.

[Three Little Angels Foundation](#) | Founded after the premature delivery and death of our triplets, we work to help educate nurses and hospital staff from a parent's perspective on loss how to help us, and also give kits to families to help them make memories with their babies in the hospital before saying goodbye. We also have enormous resource listings on our website.

[UNITE, Inc.](#) | They provide grief support services to families following the loss of their baby due to stillbirth, miscarriage, ectopic pregnancy and early infant death. They are located in the Philadelphia, PA area.

## **Miscarriage**

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## **Loss of an Only Child**

[Alive Alone](#) | An organization for the education and charitable purposes to benefit bereaved parents, whose only child or all children are deceased, by providing a self-help network and publications to promote communication and healing, to assist in resolving their grief, and a means to reinvest their lives for a positive future.

## **Multiples**

[The Triplet Connection](#) | The Triplet Connection is an international “network of caring and sharing for multiple birth families” which was founded in 1983. We have worked with over 35,000 expectant parents of triplets and higher-order multiple births. For expectant parents of triplets or more, we have a fantastic packet of information which helps parents know exactly what they’re up against, and specifically what they can do to enhance and promote the best possible outcomes to their pregnancies.

[Twinless Twins Support Group International](#) | We provide support for twins and other multiples who have lost their twin due to death or estrangement at any age. The unique aloneness we feel can best be understood by another twinless twin. You are not alone.

## **For Grandparents**

[Alliance of Grandparents, A Support in Tragedy \(AGAST\)](#) | International AGAST is an all volunteer organization dedicated to helping grandparents through the trauma, stress and grief after the loss of a grandchild. An internationally recognized non-profit (501(c)(3) organization



with peer contacts throughout the United States, and active grandparents in ten countries. Staffed entirely by volunteer grandparents, AGAST responds to “new” bereaved grandparents with information packets, personal contact, and remembrance cards.

## **For Children**

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[Brooke’s Place For Grieving Young People, Inc.](#) | Indianapolis, IN support groups for young people and college age (age 3-20+) who have experienced the death of a parent, grandparent, aunt, uncle, cousin, sibling, friend or loved one.

[KIDSAID.com](#) | KIDSAID.com is a safe place for kids to help each other deal with grief and loss. It’s a place to deal with feelings in our e-mail support group, to share and view artwork and stories, and for parents and kids to ask questions and find answers. Companion site to [GriefNet.org](#).

[Winston’s Wish](#) | UK | We provide support for bereaved children and young people up to the age of 18. Programs recognize how children experience grief. We therefore include time to have fun and for creative activities as well as time to focus on and work through more painful issues.

## **Photos & Retouching**

[The American Child Photographers Charity Guild](#) | This organization is a network of photographers offering services to terminally ill children and their families.

[Heart Prints](#) | Heartprints is a digital photo retouching service for families who have lost a baby through stillbirth or prematurity. Many parents are anxious to see the photos of their stillborn babies, only to have that anticipation turn to dismay when the photos simply do not depict the child they remember. Other parents find it difficult to share their pictures with friends and family, afraid of the reaction they may get. I can correct many esthetic issues that take away from the natural beauty of your child.

[Now I Lay Me Down To Sleep](#) | The Now I Lay Me Down to Sleep Foundation (NILMDTS) administers a network of more than 5,000 volunteer photographers in the United States and nineteen International countries. At a family’s request, a NILMDTS Affiliated Photographer will come to your hospital or hospice location and conduct a sensitive and private portrait session. The portraits are then professionally retouched and presented to the families on an archival DVD or CD that can be used to print portraits of their cherished baby.

## **Christian Grief Support**

[Hannah's Prayer Ministries](#) | Hannah's Prayer desires to provide Christian based support and encouragement to couples around the world who are struggling with the pain of "fertility challenges" including infertility or the loss of a child at any time from conception through early infancy.

[Healing Hearts for Bereaved Parents](#) | "Dedicated to providing grief support and services to parents whose child has died. The volunteers at HEALING HEARTS are here to help. We have known the pain that the death of a child brings. We have struggled with and worked on our grief and finally have made peace with that grief. Our purpose is to offer understanding, suggestions for coping, support, friendship, and most of all hope to all bereaved parents. Parents who have lost a child as a result of miscarriage or stillbirth are equally welcome as those who have lost children to illness, accident or violence."

[Heavenly Treasure](#) | A source of understanding, comfort and hope for anyone who has ever experienced grief.

[Mommies Enduring Neonatal Death \(M.E.N.D.\)](#) | M.E.N.D. is a non-profit corporation whose purpose is to reach out to those who have lost a child due to miscarriage, stillbirth or early infant death and offer a way to share experiences and information through meetings, the bi-monthly newsletter, and our Internet web site. They are based in Dallas/Fort worth and have chapters in NW Arkansas and Kansas.

[Stepping Stones Discussion Forums](#) | The participants of the forums are invited to post questions, share experiences, and offer helpful information and encouragement.

## **Jewish Grief Support**

[National Council of Jewish Women](#) | Pregnancy Loss Support Program (PLSP) for Miscarriage, Stillbirth, and Newborn Death. PLSP volunteers offer nationwide telephone counseling and New York metropolitan area support groups to those who have experienced miscarriage, stillbirth or newborn death as well as to those who are pregnant after a loss.

## **Congenital Heart Defects & Heart Disorders**

[CHD-Fathers](#) | This is a list for the fathers of children with Congenital Heart Defects. Members: 25; Founded: Oct 30, 2002

[CHD-UK](#) | *UK* | Congenital Heart Defects affect 1 in every 100 babies that are born. In order to bring Families, Friends and Sufferers together, this list has been set up for families and sufferers of CHD within the United Kingdom. Here, you are free to discuss medical matters, concerns and ask questions of one another. This group is not affiliated with any other support group.

[Heartland Hearts Angels](#) | This support group targets Midwest families who have lost a child to Congenital Heart Disease (CHD.) Members "meet" and "talk" and learn to cope with their losses. Support and encouragement is shared among friends who really understand. To honor our Angels lives, HHA participates in and coordinates events that increase CHD awareness and raise

CHD research funds. HHA maintains a restricted membership policy to protect its members. Therefore, an introduction must be made to the list owner before membership is approved. If you are LIVING with CHD, please see our sister site, [Heartland Hearts](#).

[HeartLine](#) | UK | A voluntary organization set up to offer help and support to children with heart disorders and their families regardless of how slight or severe the condition may be.

## **Fatty Oxidation Disorders**

[Fatty Oxidation Disorders Family Support Group](#) | The FOD Family Support Group's 'Communication Network' is intended to be used as a resource for families, friends, clinicians, researchers and others who would like to support, educate and provide a forum for the sharing of ideas and concerns for those whose lives have been touched by a Fatty Oxidation Disorder.

For more information, contact

**HEALTHY START**  
**(219) 989-3939**

*Disclaimer: Sites, agencies and/or organizations on this list are included for informational use only. Inclusion does not imply endorsement by Northwest Indiana Healthy Start, Northwest Indiana Health Department Cooperative and/or the U.S. Department of Health and Human Services (including the Health Resources and Services Administration). The internet sites listed here are not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed medical professional.*

Sources: [www.firstcandle.org](http://www.firstcandle.org) (accessed 11/16/10)  
[www.indianaperinatal.org](http://www.indianaperinatal.org) (accessed 11/16/10)

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