



# FIMR Grief Resources

## Webpages & Phone #s:

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### **STAR Legacy Foundation** **National Telephone Grief Support Line**

- [952-715-7731](tel:952-715-7731); ext 1

Our support line is staffed by professionals who have personal experience with pregnancy and infant loss. This support line is not intended for medical emergencies. Please dial 911 if your or a loved one are in a life-threatening situation.

**National Maternal Mental Health Hotline:** 1-833-943-5746

### **First Candle**

<https://firstcandle.org/bereavement-support/>

24-hour grief line at 1-800-221-7437, peer-to-peer online support groups,

### **Grieving Parents Support Network**

<http://grievingparents.net/peer-support/>

“MAY WE ALL HEAL” peer support group

### **Direct Support-Empty Cradle**

<https://www.emptycradle.org/support/direct-support>

(619) 573-6515

Pregnancy loss support hotline where you can leave a message 24 hours per day, and one of our peer phone volunteers will reach out to you within one day. This phone line is for all types and stages of pregnancy loss, including support to parents who have had a fatal fetal diagnosis and have decided to carry to delivery, TFMR and parents that are experiencing a subsequent pregnancy.

### **Hope After Loss**

<https://www.hopeafterloss.org/>

Support groups and individual (peer) support. Also have a podcast.

### **The Compassionate Friends**

<https://www.compassionatefriends.org/>

Many resources for parents, siblings, grandparents: online-support groups, can call 877-969-0010 for customized bereavement packet (free of charge)

Has a local chapter with in-person support group meeting 2<sup>nd</sup> Sunday of every month, 3-5PM, at First Centenary United Methodist Church

## **MISS Foundation**

<https://www.missfoundation.org/request-for-miss-foundation-services/>

This is a request form for services-they offer referrals for counseling, support groups, as well as matching with volunteer mentors. They also have moderated support group forums.

## **Alive, Alone**

<https://www.alivealone.org/>

Compassionate support for families whose children are all deceased.

## **Pregnancy/Infant/Child Loss Support Subreddit**

[www.reddit.com/r/babyloss/](http://www.reddit.com/r/babyloss/)

<https://theluckyanchorproject.wordpress.com>

## **Podcasts**

### **Hope After Loss**

<https://www.hopeafterloss.org/hope-after-loss-podcast>

### **Grief, Guts, and Green Smoothies**

<https://griefgutsandgreensmoothies.simplecast.com/>

“Each episode we abandon our comfort zones to get a little gutsy and hold space to grow into stronger versions of ourselves. In 2014, the birth of my daughter Leyden changed my entire world. Four months later, grief shattered it. I was broken, scared, lost, angry, and hopeless. I didn’t want to live and wasn’t really sure how to. I sought every means to “fight” grief: researching, joining parent groups, and I even traveled outside of the country twice, to hear world-renowned grief speaker Dr. Raymond Moody. Disappointed, I discovered like all adversities in life, there is no way to “beat” grief. But, thankfully, there were effective strategies I could employ when navigating such choppy waters. Whether it was understanding the gut-brain connection, or getting gutsy in my ability to face discomfort, the tools I learned, saved my life. There are not nearly enough resources to support each other through uncomfortable challenges – be it the loss of a job, a relationship, a sense of self... or life. Talking about uncomfortable things, well that takes guts. And we are going to get really gutsy here.”

### **The Glimmer Project**

<https://www.theglimmerproject.com/the-glimmer-project-podcast-managing-grief-after-stillbirth-or-neonatal-loss>

Interviews with the experts on how to manage grief after pregnancy loss, stillbirth, TFMR, or neonatal loss.

### **As Long as I’m Living:**

<https://anchor.fm/aslongasimliving>

“Judith and Alina are long-distance friends and bereaved moms who lost sons to SIDS in 2021.

Each Monday, we chat life after infant loss. Raw episodes with lots of tears, hopeful episodes on the good days, episodes to help those supporting a griever, and interviews with loss parents and other experts in grief and trauma.”

### **Voices of Baby Loss:**

<https://www.sands.org.uk/podcast>

### **Smooth Stones:**

<https://smoothstonescoaching.com/blog>

**At a Total Loss:**

<https://at-a-total-loss.simplecast.com/>

“Real talk with Loss Moms about stillbirth, grief, happiness, and all things that leave you at a total loss for words.”

**Confessions of a Grieving Mother:**

<https://anchor.fm/emmasfootprints>

“Miscarriage, Stillbirth, and Infant Death affects more families than you may realize. Tracy and Julie (two grieving mothers) are here to help educate, support and break the stigma behind this topic of pregnancy and infant loss”

**Lucky Anchor Podcast:**

<https://theluckyanchorproject.wordpress.com/category/lucky-anchor-podcast/>

**Unexpected:**

<https://podcasts.apple.com/us/podcast/unexpecting/id1586460698>

“Unexpected brings you real stories from families who have suffered pregnancy loss. Honest and raw, these conversations navigate the shock, trauma, and suffering that come with unexpected loss, while bringing comfort to those who feel alone in their circumstance and offering hope for the future”

**The Joyful Mourning - A Podcast for Women Who Have Experienced Pregnancy or Infant Loss**

<https://podcasts.apple.com/jm/podcast/the-joyful-mourning-a-podcast-for-women-who/id1398380268>

“A podcast for women who have experienced pregnancy or infant loss. Listen in on honest conversations from real women as they share candidly about their own experience of loss and what it has looked like for them to navigate grief.”

# Online support groups

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## Hope After Loss:

<https://www.hopeafterloss.org/support-groups>

- **Pregnancy & Infant Loss**  
*2nd & 4th Wednesday of the month at 8pm EST*
- **Men's Grief Support**  
*2nd Monday of the month at 8pm EST*
- **Trying to Conceive/ Pregnancy After Loss**  
*1st & 3rd Wednesday of the month at 8pm EST*
- **Termination for Medical Reason Loss Support**  
*1st Tuesday of the month at 8pm EST*
- **Parenting After Loss**  
*2nd Thursday of the month at 8pm EST*
- **Men's Trying to Conceive/ Pregnancy After Loss**  
*3rd Monday of the month at 8pm EST*

## **STAR Legacy Foundation**

<https://starlegacyfoundation.org/support-groups/>

- **Bereaved Parents Group**  
*1<sup>st</sup> and 3<sup>rd</sup> Monday of the Month 7PM EST*  
*2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month 8PM EST*
- **Perinatal Loss en Espanol**  
*Primer Viernes del Mes, 8PM EST*
- **Pregnancy After Loss**  
*Every Monday, 8:30 PM EST*
- **Parenting After Loss**  
*1<sup>st</sup> Wednesday of each month (2x/day) 1PM and 9:30 PM EST*
- **Grandparents**  
*1<sup>st</sup> Wednesday of each month 8PM EST*
- **Dads**  
*2<sup>nd</sup> Monday of each month 7PM EST*
- **SUID/SIDS and Infant Death Group**  
*2<sup>nd</sup> Wednesday of the month, 7PM EST*

## **Unite Grief Support**

Philadelphia-based but offering Zoom support groups at this time which are open to out-of-area participants. Email [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org) with name and phone # to be forwarded to Denise Paul, UNITE Director of Groups

[www.unitegriefsupport.org](http://www.unitegriefsupport.org)

## Empty Arms Bereavement Support (MA, but meets on Zoom):

<http://www.emptyarmsbereavement.org/support-groups>

- **Stillbirth & Infant Loss**  
*4th Wednesday of the month, 7PM-9PM EST*
- **Miscarriage/Early Pregnancy Loss**  
*4<sup>th</sup> Thursday of the month, 7:30-9PM*
- **Termination for Medical Reasons**  
*2<sup>nd</sup> Thursday of the month, 7-9PM*
- **Termination for Medical Reason Loss Support**  
*1st Tuesday of the month at 8pm EST*
- **Subsequent Choices (Pregnancy After Loss)**  
*3rd Thursday of the month at 7:30-9PM EST*
- **Twin Loss**  
*2nd Monday of the month, 7:30-9 EST*
- **Infertility & Loss**  
*1st Monday of each month, 7-9PM EST*
- **Parenting After Loss**  
*4-person closed group, email [emptyarmsbereavement@gmail.com](mailto:emptyarmsbereavement@gmail.com)*
- **Pregnancy and Infant Loss for People of Color**  
*4th Monday of the month, 7-9PM EST*
- **Dads' Bereavement Support**  
*Closed group, email [emptyarmsbereavement@gmail.com](mailto:emptyarmsbereavement@gmail.com) if interested for availability*

## Virtual Never Forgotten support group

3<sup>rd</sup> Saturday of the month, 11:30 EST (10:30 CST)

UofChicago

<https://web.cvent.com/event/7fcd01c5-02ba-4900-a742-7dd692ed2bfd/websitePage:722ed771-2897-4b85-99e9-3c99fb189945>

## Children's Bereavement Center FREE VIRTUAL Perinatal Loss Peer Grief Support Groups

Tuesday evenings from 7:00-8:30 pm

CALL 888-988-5438 TO REGISTER or e-mail [intake@childbereavement.org](mailto:intake@childbereavement.org)

<https://childbereavement.org/support-groups/new-perinatal-loss-groups.html>

## In-person support group

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### Compassionate Friends of Chattanooga

2<sup>nd</sup> Sunday of each month, 3PM-5PM

First Centenary United Methodist Church

418 Oak St., Chattanooga TN (Corner of Oak and Houston)

## Children

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### National Alliance for Children's Grief:

<https://nacg.org/resource-library/>

### The Dougy Center

<https://www.dougy.org/resources>

Grief resources for children and their parents

## Fathers

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### PODCASTS

Dad Still Standing:

<https://linktr.ee/dadstillstanding>

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Still Parents:

<https://www.lilymaefoundation.org/support/support-for-dads>

Dads & Angels:

<https://podcasts.apple.com/us/podcast/dads-and-angels-podcast/id1355419700>

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## ONLINE COMMUNITIES

### The Compassionate Friends: Private Facebook Groups

<https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

*Moderated by TCF. Groups for many types of losses. Includes "Men in Grief."*

### Sands Support Men's Group

<https://www.facebook.com/groups/sandssupportfordads/>

*Private group run by Sands, the Stillbirth and Neonatal Death Charity, UK-based but welcoming of everyone. They also host an online community at <https://sands.community>*

### Support Groups: Star Legacy Foundation

<https://starlegacyfoundation.org/support-groups/>

*Dads' Grief Discussion Group, 2nd Monday of each month*

### Return to Zero: Webinars

<https://rtzhope.org/webinar>

*"A Conversation with Bereaved Fathers," "Fathers Grieve, Too"*

### Grieving Dads Blog

<https://grievingdads.com/blog/>

*Blog entries (dating back to 2010) of the author's experience and those shared by others and an invitation to share your own story (anonymous if desired) and read others' under "Tell your story."*

### A Blog for Fathers when a Baby Dies

<http://fathersgrievinginfantloss.blogspot.com/>

*"A place for dads to share their thoughts about what they are experiencing and find support from other dads."*

### Love Comma Dad

<https://lovecommadad.com/>

*"Free "Care Package" consisting of four separate e-mails containing videos from a variety of presenters on loss for fathers*

### Red Nose Grief & Loss: Fathers of Loss Support Series

<https://rednosegriefandloss.org.au/fathers-of-loss>

*Series of videos for and by partners as well as links to the support library with articles geared specifically to partners in loss.*

### When the Storm Hits

[https://www.youtube.com/watch?v=r\\_-ibxtXO3g](https://www.youtube.com/watch?v=r_-ibxtXO3g)

*(French with Subtitles) Five fathers share their experience of their child's death and the tools that have helped them to live through this storm.*