

A RESOURCE GUIDE FOR FAMILIES FACING THE LOSS OF A BABY

This resource guide was compiled by parents and families in your area who have experienced the loss of a baby. We want you to know that you are not alone, and through it may be difficult to reach out at this time, we found that the following resources offered comfort and support in our time of need. Please do not hesitate to contact us with any questions or to let us know about an outdated resource or for additional support: heavenshummingbirds@commonspirit.org.

If you are in an immediate crisis please call or text the suicide and crisis hotline at 988.



**Dignity Health Foundation
East Valley.**

FINANCIAL ASSISTANCE

Angel Names Association

Financial assistance for end-of-life expenses and counseling services.
www.angelnames.org

The Tears Foundation

Assists bereaved parents with financial expenses. Works with Dignity Memorial Mortuary/Funeral Homes in the valley.
<https://thetearsfoundation.org/application/>
<https://thetearsfoundation.org/>

Queen of Heaven Catholic Cemetery and Funeral Home

Free burial for babies under 20 weeks gestational age. Families will meet with Queen of Heaven Mortuary and parents provide transportation for your baby the day of the services and/or burial. 480-892-3729 Mesa (Queen of Heaven) 623-936-1710 Phoenix (Holy Cross Catholic Cemeteries)
<https://www.qohcfh.org/services/unborn-babies>

PHOTOGRAPHY SERVICES

Bella Baby Photography

In-house photography company offering free photography services. In-patient services, your nurse will assist with the arrangements. 480-253-9485
www.BellaBabyPhotography.com

Now I Lay Me Down to Sleep (NILMDTS)

Nonprofit organization of volunteer photographers providing the gift of portrait photography and retouch.
www.nowilaymedowntosleep.org

MARKETING / COMMERCIAL

Direct Marketing Association

Removal of your name from telemarketing materials for a fee.
www.dmchoice.org/register.php

Federal Trade Commission

Removal of your name from baby product advertisements.
www.consumer.ftc.gov

COUNSELING

Women's Health Innovations of Arizona

Children's and Family Services Available 480-339-7119
www.whiarizona.org
intake@whiarizona.com

Calm Hearts Counseling - Christine Slomski, MS, MPC

Provides counseling services for anxiety, trauma, grief, infertility counseling, women's mental health. 480-253-9171
www.calmheartscounseling.com
hello@calmheartscounseling.com

Family Strategies

Specializes in traumatic grief and loss. 480-668-8301
www.familystrategies.org

Sacred Hearts Center for Counseling

Counseling Rooted in Catholic Christian Model of the Person. 1176 E. Warner Rd., Ste 203, Gilbert, AZ 85296
www.sacredheartscenterforcounseling.com

Franciscan Renewal Center - Ryan Sheade, LCSW

Offers grief support. No one is turned away due to funding. 480-948-7460
www.thecasa.org/tscm

Transformative Moments Counseling - Andrea Boyd, LPC-S, NCC, PMH-C, CCTP

Individual or therapeutic group counseling and virtual group that meets for 8 week cycles. 602-315-8664
aboyn@transformativemomentscounseling.com

ANIMAL-ASSISTED THERAPY

Gideon's Care Farm -

Erin Perre, MC, NCC, LAC

Healing hearts, with horses. Equine-Assisted Psychotherapy. Ages 6+. Specializing in grief, anxiety, and ADHD. 480-466-0389
www.gideonscarefarm.com

CRISIS LINE

Suicide & Crisis Lifeline

Dial 988 or online at
www.988lifeline.org

SUPPORT GROUPS (in person)

Heaven's Hummingbirds Support Group

Dignity East Valley Perinatal Bereavement Support Services. Meets the 3rd Monday of every month from 6-7:30pm.
www.heavens-hummingbirds.org

Banner Desert & Banner Children's Support Group

Meets the 3rd Wednesday of the month from 7-8pm. RSVP to: Jenny Pearson BSN, RN, RNC-OB 480-412-9451 office 480-412-9475 L&D

Grief Share

Faith based support groups for any loss.
www.griefshare.org

New Song Center for Grieving Children

Groups for children, teens, young adults and adults. Spanish groups available. 480-951-8985
www.hov.org/our-care/grief-support/new-song-center-for-grieving-children

SUPPORT GROUPS (online)

Bridget's Cradles-Hope

Online support group. A gathering of bereaved moms who have lost a baby due to miscarriage, stillbirth or infant loss.

www.bridgetscradles.com/hopeonline

Hope After Loss

Spanish groups available.

Virtual support groups for men, couples, parenting and pregnancy after loss.

www.hopeafterloss.org/support-groups

M.E.N.D.

Offers virtual support groups and chapter in person support groups.

www.mend.org/virtual-support-group-links

Postpartum Support International

Virtual support groups for parents after loss / pregnancy after loss.

www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum

Spanish

<https://es.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>

Helping After Neonatal Death

Offers Virtual Support Groups

888-908-4263

<http://www.handsupport.org/>

Spanish

www.handsupport.org/resources/espanol

EVENTS

Annual Candle-Lighting Service

Hosted by Chandler Regional and Mercy Gilbert Medical Center. *October 15th of every year at Mercy Gilbert Medical Center Healing Garden

<http://heavens-hummingbirds.org/>

Dignity Health Family Remembrance Run

*First Saturday in May

<http://heavens-hummingbirds.org/>

Miss Foundation

Offers retreats for griever in Sedona, Arizona.

www.missfoundation.org/grieving

Return to Zero Hope Retreats

Women's holistic retreats for bereaved mothers who have experienced any type of pregnancy and infant loss. (California based).

www.rtzhope.org/retreat

Stepping Stones of Hope-Camp Paz

For grieving kids and adults.

www.steppingstonesofhope.org

COMPANION PROGRAMS

M.E.N.D.

Online Resources.

www.mend.org/resources

Miss Foundation

Counseling and Support Services for Bereaved / Grieving Parents & Families

www.missfoundation.org/grieving

Stillbirthday

Birthplans and support for dads, moms, and support of grieving children.

www.stillbirthday.com

Just Enduring

Help families navigate grief of losing a child from infancy through adulthood.

www.justenduring.org

Star Legacy Foundation

Family Support.

www.starlegacyfoundation.org/family-support

Born Abel!

Angels support group and books to honor child.

www.bornabel.org

Elizabeth Ministry International

Catholic based ministry offering hope, help and healing.

920-766-9380

www.elizabethministry.org

We Carry You Still

Local Catholic based miscarriage and infant loss ministry.

www.wecarryyoustill.org

Bridget's Cradles

Resources for grieving parents and families.

www.bridgetscradles.com

Babies Remembered

We offer grieving, healing, and helping needs all in one place.

www.wintergreenpress.org/about-us

Cradled in Hope Podcast

Hosted by Ashley Opliger

Faith based podcast.

www.bridgetscradles.com/podcast

Return to Zero: HOPE

Tools and resources during vulnerable moments.

www.rtzhope.org/parents

Share Pregnancy and Infant Loss Support

800-821-6819

<https://nationalshare.org/>

Spanish

<https://nationalshare.org/share-espanolesperanza>

BLOGS AND SOCIAL MEDIA

Happy Sad Mama

www.happy-sadmama.blogspot.com

Tuesday's Hope

www.tuesdayshope.blogspot.com

Still Life with Circles

www.stilllifewithcircles.blogspot.com

Stillborn and Still Breathing

www.stillbornandstillbreathing.com

Grief Healing

<https://www.griefhealingblog.com/>

Glow in the Woods

<http://www.glowinthewoods.com>

Heaven's Hummingbirds

www.facebook.com/heavenshummingbirds

Star Legacy Foundation

www.facebook.com/StarLegacyFoundation

Hope After Loss

www.facebook.com/hopeafterloss

Still Standing Magazine

<https://stillstandingmag.com/>

Compassionate Friends

www.facebook.com/TCFUSA

Pregnancy After Loss Support-Rachel Lewis

www.pregnancyafterlosssupport.org/author/rachellewis

A Blog for Fathers When a Baby Dies

<http://fathersgrievinginfantloss.blogspot.com>

All that Love Can Do for Grandparents

ATLCD_Grandparents

www.facebook.com/groups/556440507701165/

KEEPSAKE / MEMORIAL ITEMS

Shades of Shila (Local)

Custom Resin Keepsakes

www.shadesofshila.com

Kissing Collies (Local)

Keepsake Stuffed Animals

www.kissingcollies.com

Liquid Goldsmith (Local)

Keepsake Jewelry

www.liquidgoldsmith.com

Stardust Memorials

Urns, jewelry, gifts, accessories

888-872-0228

www.stardust-memorials.com

BOOKS

BOOKS FOR PARENTS

Empty Cradle, Broken Heart: Surviving the Death of Your Baby
Deborah Davis

Three Minus One: Stories of Parents Love and Loss
Sean Hanish

They Were Still Born: Personal Stories About Stillbirth
Janel Atlas

An Exact Replica of a Figment of My Imagination: A Memoir
Elizabeth McCracken

A Silent Sorrow: Pregnancy Loss Guidance & Support for You and Your Family
Ingird Kohn & Perry-Lynn Moffit

Healing Your Grieving Heart After Stillbirth: 100 Practical Ideas for Parents and Families
Alan Wolfelt

Couple Communication After a Baby Dies: Differing Perspectives
Sherokee Ilse and Tim Nelson

Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death
Sherokee Ilse and Tim Nelson

Help, Comfort, and Hope After Losing Your Baby in Pregnancy or the First Year
Hannah Lothrop

When Hello Means Goodbye: A Guide for Parents Whose Child Dies Before Birth, At Birth, or Shortly After Birth
Pat Schwiebert and Paul Kirk

Life Touches Life: A Mother's Story of Stillbirth and Healing
Lorraine Ashe

You Are the Mother of All Mothers: A Message of Hope for the Grieving Heart
Angela Miller

Grieving the Child I Never Knew: A Devotional for Comfort in the Loss of Your Unborn or Newly Born Child
Kathe Wunnenberg

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief
Joanne Cacciatore, Jeffrey Rubin

Hannah's Hope: Seeking God's Heart in the Midst of Infertility, Miscarriage, and Adoption Loss
Jennifer Saake

Unexpected: Real Talk on Pregnancy Loss
Rachel Lewis

BOOKS

BOOKS FOR MEN

Grieving Dads: To the Brink and Back
Kelly Farley and David Dicola

He Lost His Baby Too: Survival Guide for the Grieving Dad (Grieving Dad Series)
Kelly Farley and David Dicola

A Guide for Fathers: When a Baby Dies
Tim Nelson

BOOK FOR GRANDPARENTS

Grandparents Cry Twice: Help for Bereaved Grandparents
Mary Louis Reed

BOOKS FOR TWINS

The Lone Twin: Understanding Twin Bereavement and Loss
Joan Woodward

Always My Twin
Valerie Samuels

BOOK FOR PREGNANCY FOLLOWING LOSS

Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss
Ann Douglas and John Sussman

BOOKS ON HELPING CHILDREN

How Do We Tell the Children?: A Step by Step Guide for Helping Children Cope When Someone Dies
Doug Center Staff

Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss
Cathy Blanford

The Moon is Always Round
Jonathan Gibson and Joe Hox

BOOKS

BOOKS FOR CHILDREN

Flowers for Hope
Alicia Johnston et al.

We Were Gonna Have a Baby, But We Had an Angel Instead
Pat Schwiebert and Paul Kirk

Someone Came Before You
Pat Schwiebert and Paul Kirk

When Someone Very Special Dies
Marge Heegaard

The Story Of...Your Own Special Child: A Personalized Book to Cherish the Memory of a Loved One
Kate Polley

My Baby Big Sister: A Book for Children Born Subsequent to a Pregnancy Loss
Cathy Blanford

Love You Forever
Robert Munsch

Molly's Rosebush
Janice Cohn

Remembering Our Baby
Patti Keough

Thumpy's Story
Nancy Dodge

Our Baby Died. Why? Journal and Workbook for Children
Jake Erling

Tell Me, Papa
Joy and Marvin Johnson

What's Heaven?
Maria Shriver

A Child's View of Grief
Alan Wolfelt