

# 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 Please do not hesitate to contact us with any questions or to let us know about an outdated resource or for additional support: [heavenshummingbirds@commonspirit.org](mailto:heavenshummingbirds@commonspirit.org).

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



A PLACE FOR PARENTS FACING THE LOSS OF A BABY

*Their song will be sung, but we must do the singing.*



Dignity Health Foundation  
East Valley.

## FINANCIAL ASSISTANCE

### Angel Names Association

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

[www.angelnames.org](http://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](http://www.BellaBabyPhotography.com)

### Now I Lay Me Down to Sleep (NILMDS)

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

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

## MARKETING / COMMERCIAL

### Direct Marketing Association

Removal of your name from telemarketing materials for a fee.

[www.dmchoice.org/register.php](http://www.dmchoice.org/register.php)

### Federal Trade Commission

Removal of your name from baby product advertisements.

[www.consumer.ftc.gov](http://www.consumer.ftc.gov)

## COUNSELING

### Women's Health Innovations of Arizona

Children's and Family Services Available 480-339-7119

[www.whiarizona.org](http://www.whiarizona.org)  
[intake@whiarizona.com](mailto: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](http://www.calmheartscounseling.com)  
[hello@calmheartscounseling.com](mailto:hello@calmheartscounseling.com)

### Family Strategies

Specializes in traumatic grief and loss. 480-668-8301

[www.familystrategies.org](http://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](http://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](http://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

[aboyd@transformativemomentscounseling.com](mailto:aboyd@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](http://www.gideonscarefarm.com)

## CRISIS LINE

### Suicide & Crisis Lifeline

Dial 988 or online at [www.988lifeline.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.handssupport.org/>

Spanish

[www.handssupport.org/resources/espanol](http://www.handssupport.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-hummingbird.org/>

### **Miss Foundation**

Offers retreats for grievers in Sedona, Arizona.

[www.missfoundation.org/grieving](http://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](http://www.rtzhope.org/retreat)

### **Stepping Stones of Hope-Camp Paz**

For grieving kids and adults.

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

## COMPANION PROGRAMS

### **M.E.N.D.**

Online Resources.

[www.mend.org/resource](http://www.mend.org/resource)

### **Miss Foundation**

Counseling and Support Services for Bereaved/ Grieving Parents & Families

[www.missfoundation.org/grieving](http://www.missfoundation.org/grieving)

### **Stillbirthday**

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

[www.stillbirthday.com](http://www.stillbirthday.com)

### **Just Enduring**

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

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

### **Star Legacy Foundation**

Family Support.

[www.starlegacyfoundation.org/family-support](http://www.starlegacyfoundation.org/family-support)

### **Born Abel!**

Angels support group and books to honor child.

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

### **Elizabeth Ministry International**

Catholic based ministry offering hope, help and healing.

920-766-9380

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

### **We Carry You Still**

Local Catholic and Orthodox based miscarriage and infant loss ministry.

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

### **Bridget's Cradles**

Resources for grieving parents and families.

[www.bridgetscradles.com](http://www.bridgetscradles.com)

### **Babies Remembered**

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

[www.wintergreenpress.org/about-us](http://www.wintergreenpress.org/about-us)

### **Cradled in Hope Podcast**

Hosted by Ashley Opliger

Faith based podcast.

[www.bridgetscradles.com/podcast](http://www.bridgetscradles.com/podcast)

### **Return to Zero: HOPE**

Tools and resources during vulnerable moments.

[www.rtzhope.org/parents](http://www.rtzhope.org/parents)

### **Share Pregnancy and Infant Loss Support**

800-821-6819 <https://nationalshare.org/>

Spanish

<https://nationalshare.org/share-espanol/peranza>

## BLOGS AND SOCIAL MEDIA

### **Happy Sad Mama**

[www.happy-sadmama.blogspot.com](http://www.happy-sadmama.blogspot.com)

### **Tuesday's Hope**

[www.tuesdayshope.blogspot.com](http://www.tuesdayshope.blogspot.com)

### **Still Life with Circles**

[www.stilllifewithcircles.blogspot.com](http://www.stilllifewithcircles.blogspot.com)

### **Stillborn and Still Breathing**

[www.stillbornandstillbreathing.com](http://www.stillbornandstillbreathing.com)

### **Grief Healing**

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

### **Glow in the Woods**

<http://www.glowinthewoods.com>

### **Heaven's Hummingbirds**

[www.facebook.com/heavenshummingbirds](http://www.facebook.com/heavenshummingbirds)

### **Star Legacy Foundation**

[www.facebook.com/StarLegacyFoundation](http://www.facebook.com/StarLegacyFoundation)

### **Hope After Loss**

[www.facebook.com/hopeafterloss](http://www.facebook.com/hopeafterloss)

### **Still Standing Magazine**

<https://stillstandingmag.com/>

### **Compassionate Friends**

[www.facebook.com/TCFUSA](http://www.facebook.com/TCFUSA)

### **Pregnancy After Loss Support-Rachel Lewis**

[www.pregnancyafterlosssupport.org/author/rachellewis](http://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/](http://www.facebook.com/groups/556440507701165/)

## KEEPSAKE / MEMORIAL ITEMS

### **Shades of Shila (Local)**

Custom Resin Keepsakes

[www.shadesofshila.com](http://www.shadesofshila.com)

### **Kissing Collies (Local)**

Keepsake Stuffed Animals

[www.kissingcollies.com](http://www.kissingcollies.com)

### **Liquid Goldsmith (Local)**

Keepsake Jewelry

[www.liquidgoldsmith.com](http://www.liquidgoldsmith.com)

### **Stardust Memorials**

Urns, jewelry, gifts, accessories

888-872-0228

[www.stardust-memorials.com](http://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**

Dougy 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