

## Perinatal Grief and Loss Resources

Compiled by Michelle Welborn, CD (DONA)

415-902-6987 [michelle@welborndoula.com](mailto:michelle@welborndoula.com) [www.welborndoula.com](http://www.welborndoula.com)

### Support Groups

**HAND (Helping After Neonatal Death)** Bimonthly support group, detailed online resources and newsletter

P.O. Box 341, Los Gatos 95301

Alameda, Contra Costa, Santa Clara Counties and part of the Central Valley. 1-888-908-HAND

Peninsula P.O. Box 3693, Redwood City, CA 94064 SF Peninsula & Santa Cruz County . (650) 367-6993

**Support After Neo-Natal Death (SAND)** e-mail [sandinfo@aol.com](mailto:sandinfo@aol.com)

California Pacific Medical Center 3700 California St. , San Francisco , CA 94118 415-921-6171, (415) 282-7330

Alta Bates Medical Center 2450 Ashby Avenue , Berkeley , CA 94705 510-204-1571

### Pregnancy After Loss

San Francisco-based supportgroup. Call Cherie Golant; (415) 600-2229, e-mail, [cpmcnewborn@sutterhealth.org](mailto:cpmcnewborn@sutterhealth.org).

### Organizations

- International Stillbirth Alliance - Nonprofit coalition of stillbirth groups, [www.stillbirthalliance.org](http://www.stillbirthalliance.org).
- First Candle/SIDS Alliance - National network of health care providers, parents, caregivers and researchers working on infant mortality. Online resources, links to research and bereavement guidelines; (800) 221-7437, [www.firstcandle.org](http://www.firstcandle.org).
- M.I.S.S. Foundation - Nonprofit organization for parents who have lost a child; (623) 979-1000, [www.missfoundation.org](http://www.missfoundation.org).
- Hygeia Foundation - Institute for perinatal loss and bereavement, [www.hygeia.org](http://www.hygeia.org).
- March of Dimes - Launched five-year campaign to expand research, health education and services related to preterm birth, [www.marchofdimes.com](http://www.marchofdimes.com).
- The Missing Angel Foundation - Stillbirth education and awareness; online poetry and photo gallery, chat room, [www.missingangel.org](http://www.missingangel.org).
- The Centering Corporation - Grief resources, books and materials; (402) 553-1200, [www.centering.org](http://www.centering.org).

### Books

[Healing Grief](#) by Amy Hillyard Jenson Medic Publishing Co 1995

[When Hello Means Goodbye - A guide for parents whose child dies before birth, at birth or shortly after birth](#) by Pat Schwiebert

[Empty Arms : Emotional Support for Those Who Have Suffered Miscarriage or Stillbirth](#) by Pamela W. Vredevelt, Questar Pub., 1995. ISBN: 0880708107

[Dear Cheyenne, A Journey into Grief, A Collection of Angels & Love, A Celebration of Motherhood.](#) By Joanne Cacciatore, Mothers in Sympathy & Support, 1999. ISBN: 0966301501

[Empty Cradle, Broken Heart: Surviving the Death of Your Baby](#) by Deborah L. Davis, Fulcrum Pub., 1999. ISBN: 1555913024

[Ended Beginnings: Healing Childbearing Losses.](#) By Claudia Panuthos and Catherine Romeo, Bergin & Garvey, 1984. ISBN: 089789054X

[Free to Grieve - Always Precious in Our Memory: Reflections After Miscarriage, Stillbirth or Neonatal Death.](#) By Maureen Rank, Bethany House, 1985, ISBN: 0871238063

[Help, Comfort and Hope After Losing Your Baby in Pregnancy or the First Year](#) 1997. Fisher Books; ISBN: 1555611206

[How to Go on Living After the Death of a Baby](#) by Larry G. Peppers, Ronald J. Knapp, Peachtree Pub. 1985. ISBN: 093194869X

[Love, Labour and Loss: Stillbirth and Neonatal Death](#) by Jo Benson, Scarlet Press, 1996. ISBN: 1857270630

[Still to Be Born](#) by Pat Schwiebert and Paul Kirk. ISBN 096151972X

[When a Baby Dies : The Experience of Late Miscarriage, Stillbirth, and Neonatal Death](#) by Nancy Kohner, Alix Henley ; Paperback 2001. Routledge; ISBN: 0415252768