



PREGNANCY AND INFANT LOSS RESOURCE SHEET

Resources in and around New Jersey

Blogs

- By the Brooke
www.bythebrooke.blogspot.com
- Scribbles and Crumbs
www.scribblesandcrumbs.com
- 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

Books for Adults

- A Silent Sorrow, Pregnancy Loss: Guidance and Support for You and Your Family, by Ingrid Kohn, et al.
- Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death, by Sherokee Ilse Empty Cradle,
- Broken Heart: Surviving the Death of Your Baby, by Deborah Davis et al.
- Grieving Dads: To the Brink and Back, by Kelly Farley and David DiCola
- Help, Comfort, and Hope After Losing Your Baby in Pregnancy or the First Year, by Hannah Lothrop
- Life Touches Life, a Mother's Story of Stillbirth and Healing, by Lorraine Ashe
- Parenthood Lost: Healing the Pain After Miscarriage, Stillbirth, and Infant Death, by Michael Berman
- The Lone Twin, Understanding Twin Bereavement and Loss, by Joan Woodward
- When Hello Means Goodbye, by Paul Kirk and Pat Schweibert
- Remembering Our Baby, by Patty Keough
- Thumpy's Story, by Nancy Dodge
- Sufficient Grace by Kelly Gerken
- I Never Held You: Miscarriage, Grief, Healing and Recovery by Ellen M. DuBois

Books for Kids

- We Were Gonna Have a Baby, But We Had an Angel Instead by Pat Schweibert
- Someone Came Before You by Pat Schweibert
- Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss by Cathy Blanford
- The Story Of... Your Own Special Child: A Personalized Book to Cherish the Memory of a Loved One by Kate Polley
- My Baby Big Sister: A Book for Children Born Subsequent to a Pregnancy Loss by Cathy Blanford
- Always My Twin by Valerie R. Samuels
- Love You Forever by Robert Munsch (written for a stillborn baby)
- Alice in My Dreamland (series) by Emily Blair

Burial Assistance

- Cael's Angels
www.caelsangels.com
- Angel Name Association
www.angelnames.org
- Kelly Ryan Foundation
www.kellyryanfoundation.org
- The Tears Foundation
www.thetearsfoundation.org

Mental Health Counselors

Leslie Springer, LCSW, LLC
Millburn, NJ
Telephone: 917-340-4089
Email: Springerleslie@gmail.com

Peace of Mind Therapeutic Services, LLC
Hazlet, NJ
www.peaceofmindtherapeuticservices.com

Kristin Cavuto, MSW, LCSW, IBCLC
Metuchen, NJ
Virtual Visits Available
smartmamaibclc@att.net

SBH Counseling Services LLC
Cherry Hill, NJ
www.shbcounseling.com

Susana Gaia, LMHC, LPN
Newark
DaTerrapsycotherapy@gmail.com

Toni Giovotto, LCSW
Verona, NJ
Telephone: 973-495-3538

Postpartum Health and Harmony
Mountain Lakes, Chatham, and Morris Plains
<https://www.postpartumhh.com/>

Cayte Castrillon, LCSW
Midland Park, NJ
www.CayteCastrillon.com

Developing Wellness Therapy Group
Brick, NJ
Telephone: 732-709-7730
Fax: 732-612-1469

Dr. Nicole Safonte
Caldwell, NJ
Telephone: 973-650-0261
Email: nicolephd@verizon.net

Healing Connections Counseling Center
Ramsey, NJ
www.Healingconnectionsny.com

Jackie Biello Counseling, LLC
Summit, NJ
www.biellocounseling.com

JGM Counseling, LLC
Morristown, NJ
www.jgmcounseling.com

Online Resources

A Heart Breaking Choice
www.aheartbreakingchoice.com

Alliance of Grandparents
www.grandbrigade.org

Anchors for Hope
www.anchorsforhope.org

Bereaved Parents of the USA
www.bereavedparentsusa.org

Carly Marie Project Heal
www.carlymarieprojectheal.com

CLIMB (Center for Loss in Multiple Birth)
www.climb-support.org

Compassionate Friends
www.compassionatefriends.org

Faces of Loss
www.facesofloss.com

First Candle/SIDS Alliance
www.firstcandle.org

Grieving Dads
www.grievingdads.com

Hope After Loss
www.hopeafterloss.org

March of Dimes
www.marchofdimes.com/loss

MISS (Mothers in Sorrow and Sympathy)
www.missfoundation.org

Mommies Enduring Neonatal Death
<https://www.mend.org/home/>

October 15th
www.october15th.com/

Pockets of Light
<https://www.pocketsoflight.org/>

Postpartum Support International
<https://www.postpartum.net>

Return to Zero Center for Healing
www.returntozerohealingcenter.com

Share: Pregnancy and Infant Loss Support
<https://nationalshare.org/>

SPALS (Support During Subsequent Pregnancy)
www.spals.com

Still Birth Day
www.stillbirthday.com

Stillborn and Still Breathing
www.stillbornandstillbreathing.com

Still Standing Magazine
www.stillstandingmag.com

Through the Heart
www.throughtheheart.org

Support Groups

- Three Little Birds Pregnancy and Infant Loss Support
<https://www.threelittlebirdsprenatal.org/>
- SHARE Group – St. Peter’s University Hospital
 New Brunswick, NJ
 Group meets the 3rd Thursday of every month at 7:00pm at St. Peter’s University Hospital in the employee cafeteria conference room, beginning in October 2015. Contact Irina Mariano-Brown: 732-745-8600 x 5214 or imariano@saintpetersuh.com
- SIDS Center of New Jersey
 One Robert Wood Johnson Place, Dept. of Pediatrics, MEB 312, 3rd Floor in New Brunswick, NJ 08903
 services for stillbirth or miscarriage families are offered, but limited
- Dr. Thomas Hegyi, Dr. Barbara Ostfeld, Dr. Linda Esposito (contact for referrals): 800-545-7437 or 800-545-7437 or Fax: (732) 235-6609 or hegyith@umdnj.edu
- Unite Grief Support After Stillbirth, Miscarriage, and Infant Death
<http://unitegriefsupport.org/>
- Women’s Wellness of New Jersey
<http://womenswellnessnj.com/services/griefcare/>
- Perinatal Hospice & Palliative Care
[www.https://www.perinatalhospice.org/](http://www.perinatalhospice.org/)
- Riverview Share Group- Riverview Medical Center
 Red Bank, NJ
 Group meets the 2nd Tuesday of every month at 7:30pm in Jane Brooker Conference Center, 1st floor, Booker Building
 Contact Pam Rossano, RNC: 732-530-2315 or PAMRN30@aol.com
- New Jersey TEARS Center for Pregnancy & Infant Loss
 1924 State Highway 35, Suite 9C, Old Tudor Village, Wall, NJ 07719
 Contact: (848)469-8180 or NewJerseyChapter@thetearsfoundation.org
- Remembering Our Babies
 205 Pheasant Hollow Drive, Plainsboro, NJ 08536
 Contact Lisa Brown: (609) 275-0866 (609) 275-0866 or Fax: (609) 275-0866 or basil1964@aol.com
- Starlight Legacy Foundation-Philadelphia
<https://starlegacyfoundation.org/support-groups/>
- Virtua Hospital
<https://www.virtua.org/services/pregnancy-and-infant-loss-support>
- Twinless Twins Support Group INTL
<https://www.twinlesstwins.org/>

Resources for For Non-Gestational Parent

*Please note the resources listed below frequently use the terms "father" "man" and "dad" to refer to the non-gestational parent. As we are all moving toward an increasingly inclusive world, we also recognize there is more work which needs to be done to include all identities of parents.

Blogs

- Fathers Grieving Infant Loss
<http://fathersgrievinginfantloss.blogspot.com/>
- Grieving Dads <https://grievingdads.com/>
- Fathers Day and Baby Loss
<https://www.psychologytoday.com/us/blog/be-gin-again/201406/fathers-day-and-baby-loss-0>
- Miscarriage: A Guide for Men
<https://raisingchildren.net.au/pregnancy/miscarriage-stillbirth/miscarriage/miscarriage-for-men>
- Dads: Coping With Loss
<https://www.babycentre.co.uk/a1014770/dads-coping-with-loss>
- Podcast: Still Parents podcast: Talking all things Babyloss from a male perspective
<https://www.lilymaefoundation.org/support/support-for-dads>

Books

- EA Different Kind of Grief: Tips for Men Going Through a Miscarriage By: Erik Fowler
- Miscarriage: A Man’s Book By: Rick Wheat
- Expecting with Hope: Claiming Joy When Expecting a Baby After Loss By: Teske Drake
- A Guide for Fathers: When a Baby Dies By: Tim Nelson
- Father’s Feel Too By: Andrew Don

Keepsakes

Heartprints (free photo retouching)
www.heartprintsphotoretouching.wordpress.com

Baby Angel Pics (free photo retouching)
www.babyangelpics.com

Now I Lay Me Down To Sleep
<https://www.nowilaymedowntosleep.org/families/>

Taylor Ellis-Hermosillo (free photo retouching)
909-325-0365, info@littlej-photography.com

Keepsakes Molly Bears (weighted teddy bears)
www.mollybears.com

Alexa Bears (weighted teddy bears)
www.alexabears.com

My Forever Child (remembrance jewelry)
www.myforeverchild.com

LaBelle Dame (remembrance jewelry)
www.labelledame.com

Held Your Whole Life (remembrance jewelry)
www.heldyourwholelife.com

Baby Bee Hummingbirds (breastmilk/hair/cord jewelry) www.babybeehummingbirds.com.au

Lactation After Loss

- Life After Loss: Managing Milk Production After Loss
www.unspokengrief.com/milk-production-after-loss/
 - Lactation After Infant Loss
www.icea.org/lactation-after-infant-loss/
 - Lactation After A Loss
www.starlegacyfoundation.org/lactation/
- For Donation: Mothers' Milk Bank Northeast
www.milkbankne.org/donate/
- Hey Mama Lactation and Perinatal Care | www.heymamalpc.com/loss