After Your Loss… A Resource Guide for Families

Provided by Star Legacy Foundation NY Metro Chapter

This resource guide was compiled by parents and families of stillborn babies in your area. We want you to know that you are not alone, and though 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 for additional support: 952-715-7731 ext. 710, ny-metro@starlegacyfoundation.org

LOCAL PERINATAL BEREAVEMENT SUPPORT

Star Legacy Foundation Peer Companion Program

Be matched with a peer companion (a fellow parent or grandparent who has lost a baby and received specialized training in grief support) who can offer guidance and emotional support, in person, over the phone, or over email.

Call (952) 715-7731, ext. 2 or email peercompanions@starlegacyfoundation.org and a New York Metro companion will contact you within a couple hours.

Local Support Groups

Please contact the facilitators listed below to ensure up-to-date information regarding meeting times and locations.

NY - Dutchess County
HANDS @ Vassar Brothers Medical Center (Poughkeepsie)
Facilitator: Theresa Robinson - trobinso@healthquest.org, (845) 483-6683

NY - Nassau County
Perinatal Loss Support @ NorthShore Hospital/Long Island Jewish (Manhasset)
Facilitator: Ivy Diamond - idiamond@nshs.edu, (516) 562-8533
Guardian Angel Perinatal Support Group @ St. Killian’s Center (Farmingdale)
Facilitator: Martha Weiss - (516) 249-3314

NY - Suffolk County
Huntington Hospital Bereavement and Support Group (Huntington)
Facilitators: Kacey Farber - (631) 796-5636, kfarber@northwell.edu; Kristin Ferriggi – (516) 662-7969, kferriggi@gmail.com
NY - Rockland County
Perinatal Bereavement Program @ Good Samaritan Regional Medical Center (Suffern)
Facilitator: Lee Denigris - lee.denigris@bshsi.org, (845) 368-5297

NY - Westchester County
Maggie Rose Perinatal Bereavement @ Northern Westchester Hospital (Mount Kisco)
Also: Pregnancy/Parenting After Loss, Men’s Only Group
Facilitator: Marianne Walsh - mariannewalsh22@gmail.com, (914) 787-6158 Ext. 1317

NY - New York City
Pregnancy Loss Support Program (Manhattan)
Facilitator: Naomi Skop Richter - plsp@nciwny.org, (646) 884-9464

Perinatal Bereavement Program @ Mt. Sinai Hospital (Manhattan)
Facilitator: Laurie Chameides - laurie.chameides@mountsinai.org, (212) 241-4685

Perinatal Bereavement Program @ Mount Sinai Beth Israel (Manhattan)
Facilitator: Joanne Rutland - (212) 420-2977

92 Street Y (Manhattan)
(212) 415-5500

Weiler-Einstein Hospital (Bronx)
Facilitator: Jason Mincey - (718) 904-2925

Jewish Board of Family & Children's Services Loss and Bereavement Program for Children/Adolescents (Manhattan)
(844) 663-2255

Baby Resource Center (formerly Knot My Baby) (Brooklyn)
Facilitator: Brooke Lugo Smith - info@thebabyresourcecenter.org, (917) 548-0175

Bereavement Support Group @ Maimonides Medical Center (Brooklyn)
Facilitator: Marline Laurent-Nicolas - (718) 283-8368, (718) 283-8320

NechamaComfort (Bronx)
nechamacomfort@gmail.com, 201-724-4093

CT - Fairfield County
Hope After Loss (Groups available throughout CT: New Haven, West Hartford, Middletown, Guilford, New Canaan)
info@hopeafterloss.org, (203) 782-4330

NJ - Bergen County
HackensackUMC Pregnancy and Newborn Loss Support Group (Hackensack)
Facilitator: Alissa K. Sandler - GriefSupport@hackensackmeridian.org, (551) 996-5131

Healing Hearts, Men’s Only for Fathers, & Pregnancy After Loss Support Groups @ The Valley Hospital (Ridgewood)
Facilitator: Trudy Heerema - gheerem@valleyhealth.com, (201) 447-8539
NechamaComfort (Teaneck)  
nechamacomfort@gmail.com, 201-724-4093

**NJ - Essex County**

Pockets of Light (Montclair)  
Facilitator: Erin Truxillo - info@pocketsoflight.org, (973) 841-7524

**NJ - Morris County**

Morristown Medical Center Perinatal Bereavement Support Group (Morristown)  
(973) 971-5748

**NJ - Passaic County**

Forever In My Heart Support Group @ St. Joseph’s Regional Medical Center (Paterson)  
Facilitators: Stefanie Giddens & Lou Ann Damsma - giddenss@sjhmc.org, damsmal@sjhmc.org, (973) 754-3451

Lazos de Esperanza para madres que perdieron a su bebe (Passaic) - Spanish-language  
Facilitator: Alexandra Peña - apena@partnershipmch.org, (973) 268-2280 x112

**NJ - Union County**

Overlook Medical Center Bereavement Program for Pregnancy and Infant Loss (Summit)  
(973) 971-5748

Imagine Grief Support Groups for Children, Young Adults & Family (Mountainside)  
info@imaginenj.org, (908) 264-3100

**Online Support Groups**

Star Legacy Foundation Virtual Bereaved Parents of Perinatal Loss Group  
Star Legacy Foundation Virtual Pregnancy After a Loss Group  
Star Legacy Foundation Virtual Parenting After Loss Group  
Star Legacy Foundation Virtual Grandparents & Extended Family Group  
More info and registration for all of the above at: www.starlegacyfoundation.org/support-groups

**Therapists Specializing in Perinatal Loss**

Karen Goldfischer, LCSW (Manhasset, NY) - (516) 816-2050, kgoldfischerlcsw@gmail.com

**FUNERAL/BURIAL FINANCIAL SUPPORT**

Several organizations can assist with funeral/burial expenses for those who qualify. In addition, many local funeral homes (including those listed below) offer free/reduced cost services for infants - inquire at funeral homes in your area to see what options they offer.

Cael’s Angels (a project of Star Legacy Foundation) www.caelsangels.com  
Angel Name Association www.angelnames.org
Hope After Loss (for CT families) www.hopeafterloss.org
Kelly Ryan Foundation www.kellyryanfoundation.org
The Tears Foundation www.thetearsfoundation.org

Funeral Homes
Beecher Funeral Home (Brewster, NY) - (845) 279-3615
Clark Funeral Home (Katonah, NY) - (914) 232-3033
Sinatra Funeral Home (Mt Kisco, NY) - (914) 666-5891
Zion Memorial Chapel, Jewish affiliation (Mamaroneck, NY) - (914) 381-1809
Gleason Funeral Homes (Queens, NY: Flushing, Bayside, Whitestone) - (718) 359-6300
Towers Funeral Home (Oceanside, NY) - (516) 766-0425
Roslyn Heights Funeral Home (Roslyn, NY) - (516) 621-4545
Kane Funeral Home (Ridgefield, CT) - (203) 438-6597
Jowdy-Kane Funeral Home (Danbury, CT) - (203) 748-6262
Feeney Funeral Home (Ridgewood, NJ) - (201) 444-7650
Bernheim Apter Kreitzman (Livingston, NJ) - (973) 422-0600
Werson Funeral Home (Linden, NJ) - (908) 486-4118
Gutterman & Musicant, Jewish affiliation (Hackensack, NJ) - (800) 522-0588
Eden Memorial Chapel, Jewish affiliation (Fort Lee, NJ) - (201) 947-3336

ONLINE READING & RESOURCES

Organizations & Publications
Star Legacy Foundation www.starlegacyfoundation.org
 NY Metro Chapter: www.starlegacyfoundation.org/new-york-metro-chapter
Stillbirth Matters (Star Legacy Foundation Blog): www.stillbirthmatters.org
MISS (Mothers in Sorrow & Sympathy) Foundation www.missfoundation.org
Return to Zero Center for Healing www.returntozerohealingcenter.com
Still Standing Magazine www.stillstandingmag.com
Glow in the Woods www.glowinthewoods.com
Faces of Loss www.facesofloss.com
Grieving Dads www.grievingdads.com
Carly Marie Project Heal www.carlymarieprojectheal.com
Hope After Loss  www.hopeafterloss.org
Still Birth Day  www.stillbirthday.com
Unspoken Grief  www.unspokengrief.com
Seleni Institute  www.seleni.org/advice-support/miscarriage-child-loss
Anchors for Hope  www.anchorsforhope.org
Through the Heart  www.throughtheheart.org
October 15th Pregnancy & Infant Loss Remembrance Day  www.october15th.com
Still Mothers: Living Childless After Loss  www.stillmothers.com
CLIMB (Center for Loss in Multiple Births)  www.climb-support.org
A Heartbreaking Choice (medical interruption of pregnancy)  www.aheartbreakingchoice.com
PALS (Pregnancy After Loss Support)  www.pregnancyafterlosssupport.com
Compassionate Friends  www.compassionatefriends.org
Bereaved Parents of the USA  www.bereavedparentsusa.org
Global Alliance to Prevent Prematurity and Stillbirth  www.gapps.org

Recommended Personal 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
Charlotte’s Purpose  www.charlottespurpose.com

Facebook Groups

Star Legacy Foundation:  www.facebook.com/StarLegacyFoundation
    NY Metro Chapter:  www.facebook.com/NYMetroStarLegacyFoundation
Stillbirth Research & Education:  www.facebook.com/groups/164040078102
Still Standing Magazine:  www.facebook.com/StillStandingMAG
Stillbirth & Infant Loss Support Group:  www.facebook.com/groups/362289933868253
Stories of Babies Born Still:  www.facebook.com/groups/SOBBS
Stillbirthday Dads:  www.facebook.com/groups/SBDdads
All That Love Can Do - For Grandparents:  www.facebook.com/groups/556440507701165
Babyliss Support for Agnostic & Atheist Moms: www.facebook.com/groups/369800506375450
The Bereaved Optimist’s Book Club: www.facebook.com/groups/173784686606569

LOCAL EVENTS
Please search online for up-to-date information about the following annual events.
Star Legacy Foundation NY Metro Chapter “Let’s Not Be Still! 5Ks” – April, 2 dates in Long Island & Westchester
Winthrop-University Hospital “Walk to Remember” – October, East Meadow, NY (Long Island)
HackensackUMC “A Walk to Remember” – October, Hackensack, NJ
Morristown Memorial Hospital “Walk to Remember” – October, Morristown, NJ

MEMORIAL ITEMS
Stillbirth Certificates

Photography
Now I Lay Me Down To Sleep (free remembrance photographers) www.nowilaymedowntosleep.org
Photography by Misha (free remembrance photographer, Suffolk County area) 347-967-8545, miskaberuska@gmail.com
Heartprints (free photo retouching) www.heartprintsphotoretouching.wordpress.com
Baby Angel Pics (free photo retouching) www.babyangelpics.com
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
Artful Ashes (glass art pieces with ashes) [www.artfulashes.com](http://www.artfulashes.com)

Baby Loss Pencil Portraits by Dana (custom pencil drawings) [https://www.facebook.com/portraitsbydana/](https://www.facebook.com/portraitsbydana/)

### RECOMMENDED READING

**For Adults**

- *Empty Cradle, Broken Heart: Surviving the Death of Your Baby* by Deborah Davis
- *Three Minus One: Stories of Parents Love and Loss (inspired by the film Return to Zero)* by Sean Hanish
- *They Were Still Born: Personal Stories about Stillbirth* by Janel C. Atlas
- *An Exact Replica of a Figment of My Imagination: A Memoir* by Elizabeth McCracken
- *Healing Your Grieving Heart After Stillbirth: 100 Practical Ideas for Parents and Families* by Alan D. Wolfelt
- *Couple Communication After a Baby Dies: Differing Perspectives* by Sherokee Ilse and Tim Nelson
- *Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death* by Sherokee Ilse
- *Grieving Dads: To the Brink and Back* by Kelly Farley & 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
- *You Are the Mother of All Mothers: A Message of Hope for the Grieving Heart* by Angela Miller
- *Grieving the Child I Never Knew: A Devotional for Comfort in the Loss of Your Unborn or Newly Born Child* by Kathe Wunnenberg
- *The Lone Twin: Understanding Twin Bereavement and Loss* by Joan Woodward
- *Grandparents Cry Twice: Help for Bereaved Grandparents* by Mary Lou Reed
- *Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death* by Carol Cirulli Lanham
- *Just Be: How My Stillborn Son Taught Me To Surrender* by Lindsay Gibson
- *From Mother to Mother: On the Loss of a Child* by Emily R. Long
- *Our Only Time: Stories of Pregnancy/Infant Loss with Strategies for Health Professionals* by Amie Lands
For Children

**We Were Gonna Have a Baby, But We Had an Angel Instead** by Pat Schwiebert

**Someone Came Before You** by Pat Schwiebert

**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

**You Could Have Been** by Annie M.

*Note: the following books are out of print, but may be available at your local library.*

**Molly’s Rosebush** by Janice Cohn

**Remembering Our Baby** by Patty Keough

**Thumpy’s Story** by Nancy Dodge


**FILMS**

Return to Zero (2014) - starring Minnie Driver and Paul Adelstein. Based on the true story of Sean Hanish and his wife, Dr. Kiley Hanish, the story of a couple who are preparing for the arrival of their first child and just weeks before their due date are devastated to discover their baby son has died in the womb and will be stillborn. [www.returntozerothemovie.com](http://www.returntozerothemovie.com)

**BREASTMILK DONATION**

As mothers who have experienced a stillbirth, we know the pain of having your milk come in shortly after saying goodbye to your baby. Please know that if you wish, you have the option of donating your milk to infants in need.

The New York Milk Bank [www.nymilkbank.org](http://www.nymilkbank.org)

**LEGAL SUPPORT**

The Patient’s Lawyers, Pegalis & Erickson, LLC - (516) 684-2900, [www.medicalnegligenceny.com](http://www.medicalnegligenceny.com)