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.

Support Groups

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

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

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

Rockland County
Perinatal Bereavement Program @ Good Samaritan Regional Medical Center (Suffern)
Facilitator: Mary Radatovich - mary_radatovich@bshsi.org, (845) 368-5297
**Westchester County**

Maggie Rose Perinatal Bereavement @ Northern Westchester Hospital (Mount Kisco)  
Facilitator: Marianne Walsh - mariannewalsh22@gmail.com, (914) 787-6158 Ext. 1317

**New York City**

Pregnancy Loss Support Program (Manhattan)  
Facilitator: Naomi Skop Richter - plsp@ncjwny.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

**Connecticut (Fairfield County)**

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

**New Jersey (Bergen County)**

Men’s Only Support Group for Fathers @ The Valley Hospital (Ridgewood)  
Facilitator: Trudy Heerema, gheerem@valleyhealth.com
Online Support Groups

Star Legacy Foundation Virtual Bereaved Parents Perinatal Loss Group
More info and registration at: http://tinyurl.com/perinatalloss

Star Legacy Foundation Virtual Pregnancy After Loss Group
More info and registration at: http://tinyurl.com/palgroup

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) - (845) 279-3615
Clark Funeral Home (Katonah) - (914) 232-3033
Sinatra Funeral Home (Mt Kisco) - (914) 666-5891
Zion Memorial Chapel, Jewish affiliation (Mamaroneck) - (914) 381-1809
Kane Funeral Home (Ridgefield) - (203) 438-6597
Jowdy-Kane Funeral Home (Danbury) - (203) 748-6262

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.compassionatefirends.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

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/SOBB5
All That Love Can Do - For Grandparents: www.facebook.com/groups/556440507701165
Babylss Support for Agnostic & Atheist Moms: www.facebook.com/groups/369800506375450

MEMORIAL ITEMS

Photography
Now I Lay Me Down To Sleep (free remebrance photographers) www.nowilaymedowntosleep.org
Heartprints (free photo retouching) www.heartprintsphotoretouching.wordpress.com
Baby Angel Pics (free photo retouching) www.babyangelpics.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 (rememberance jewelry) www.heldyourwholelife.com

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
A Silent Sorrow: Pregnancy Loss Guidance & Support for You and Your Family by Ingrid Kohn & Perry-Lynn Moffit
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
When Hello Means Goodbye: a Guide for Parents Whose Child Dies Before Birth, At Birth, or Shortly After Birth by Pat Schwiebert & Paul Kirk
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

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)

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

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 do have the option of donating your milk to infants in need.

The New York Milk Bank www.nymilkbank.org