



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 - trobins@health-quest.org, (845) 483-6683

NY - Nassau County

Perinatal Loss Support @ NorthShore Hospital/Long Island Jewish (Manhasset)
Facilitator: Ivy Diamond - ivdiamond@nshs.edu, (516) 562-8533

Guardian Angel Perinatal Support Group @ St. Killian's Center (Farmingdale)
Facilitator: Martha Weiss - (516) 249-3314

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)
Facilitator: Marianne Walsh - marianne Walsh22@gmail.com, (914) 787-6158 Ext. 1317



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NY - 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

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

NJ - Union County

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

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

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

Gleason Funeral Homes (Queens: Flushing, Bayside, Whitestone) - (718) 359-6300

Towers Funeral Home (Oceanside) - (516) 766-0425

Roslyn Heights Funeral Home (Roslyn) - (516) 621-4545

Kane Funeral Home (Ridgefield) - (203) 438-6597



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Jowdy-Kane Funeral Home (Danbury) - (203) 748-6262

Feeney Funeral Home (Ridgewood) - (201) 444-7650

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



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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/SOBBS

Stillbirthday Dads: www.facebook.com/groups/SBDdads

All That Love Can Do - For Grandparents: www.facebook.com/groups/556440507701165

Babyloss Support for Agnostic & Atheist Moms: www.facebook.com/groups/369800506375450

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

MEMORIAL ITEMS

Photography

Now I Lay Me Down To Sleep (free remembrance 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



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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

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 Ingird 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

[A Guide for Fathers: When a Baby Dies](#) by Tim Nelson

[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

[Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss](#) by Ann Douglas & John R. Sussman

[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



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[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

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

[Our Baby Died. Why? Journal and Workbook for Children](#) by Jake Erling

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.returntozeromovie.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

LEGAL SUPPORT

The Patient's Lawyers, Pegalis & Erickson, LLC - (516) 684-2900, www.medicalnegligency.com