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 peercompanion@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 - 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 - mariannewalsh22@gmail.com, (914) 787-6158 Ext. 1317
**NY - New York City**

Pregnancy Loss Support Program (Manhattan)  
Facilitator: Naomi Skop Richter - pls@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, Young Adults & Family (Mountainside)
info@imaginennj.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, 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

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

Facebook Groups

Star Legacy Foundation:  www.facebook.com/StarLegacyFoundation
NY Metro Chapter:  www.facebook.com/NYMetroStarLegacyFoundation
Stillbirth Research & Education:  www.facebook.com/groups/16400078102
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
Morristown Memorial Hospital “Walk to Remember” – October, Morristown, 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
Taylor Ellis-Hermosillo (free photo retouching) 909-325-0365, info@littlej-photography.com

**Keepsakes**
- Molly Bears (weighted teddy bears) [www.mollybears.com](http://www.mollybears.com)
- Alexa Bears (weighted teddy bears) [www.alexabears.com](http://www.alexabears.com)
- My Forever Child (remembrance jewelry) [www.myforeverchild.com](http://www.myforeverchild.com)
- LaBelle Dame (remembrance jewelry) [www.labelledame.com](http://www.labelledame.com)
- Held Your Whole Life (remembrance jewelry) [www.heldyourwholelife.com](http://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
- *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

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

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 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.medicalnegligenceny.com