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 (Manhattan)
Facilitator: Ivy Diamond - idiamond@nhs.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@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 online and throughout CT: New Haven, West Hartford, Middletown, Guilford, New Canaan, Manchester, Waterford)
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.tuesdayhope.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
Babylloss Support for Agnostic & Atheist Moms: [www.facebook.com/groups/369800506375450](http://www.facebook.com/groups/369800506375450)
The Bereaved Optimist’s Book Club: [www.facebook.com/groups/173784686606569](http://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*


*Note: NYC has a separate form & process from the rest of NY State.*


*Photography*

Now I Lay Me Down To Sleep (free remembrance photographers) [www.nowilaymedowntosleep.org](http://www.nowilaymedowntosleep.org)

Photography by Misha (free remembrance photographer, Suffolk County area) 347-967-8545, [miskaberuska@gmail.com](mailto:miskaberuska@gmail.com)

Heartprints (free photo retouching) [www.heartprintsphotoretouching.wordpress.com](http://www.heartprintsphotoretouching.wordpress.com)

Baby Angel Pics (free photo retouching) [www.babyangelpics.com](http://www.babyangelpics.com)

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


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

*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


*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* 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

*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

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