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@health-quest.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

Camp Good Grief: Where Children and Teenagers Begin to Heal (Various Locations)
www.eehcampgoodgrief.org - (631) 288-8400, camp@eeh.org

NY - Rockland County

Perinatal Bereavement Program @ Good Samaritan Regional Medical Center (Suffern)
Facilitator: Lee Denigris - lee_denigris@bhsr.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
Perinatal Bereavement Support Group @ White Plains Hospital (White Plains)
Facilitators: Chaplain Anne Gentile & Donna Kleinberger - chaplainaeg@aol.com, dkleinberger@wphospital.org,
(914) 654-9875 or (914) 681-2LOS

NY - New York City
Pregnancy Loss Support Program (Manhattan)
Facilitator: Naomi Skop Richter - plsp@ncjwny.org, (646) 884-9464
Perinatal Bereavement Program @ Mount 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
Pregnancy and Early Infant Loss Support Group @ CHONY (Manhattan) – both English & Spanish-language
Facilitator: Solimar Santiago-Warner - sos9023@nyp.org
Perinatal Bereavement Support Group @ Lenox Hill Hospital (Manhattan)
(212) 434-3993
92 Street Y (Manhattan)
(212) 415-5500
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
Weiler-Einstein Hospital (Bronx)
Facilitator: Jason Mincey - (718) 904-2925
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
Perinatal Bereavement Support Group @ Greenwich Hospital (Greenwich)
(203) 863-3417
**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
Walk In Sunshine (for NJ families) www.walkinsunshinecharity.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
Share Pregnancy & Loss Support  www.nationalshare.org
Unspoken Grief  www.unspokengrief.com
Seleni Institute  www.seleni.org/advice-support/miscarriage-child-loss
Through the Heart  www.throughtheheart.org
October 15th Pregnancy & Infant Loss Remembrance Day  www.october15th.com
October Pregnancy & Infant Loss Awareness Month  www.starlegacyfoundation.org/awareness-month
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
An Unexpected Family Outing  www.anunexpectedfamilyouting.wordpress.com
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.stillinncircles.blogspot.com
Stillborn and Still Breathing  www.stillbornandstillbreathing.com
Charlotte’s Purpose  www.charlottespurpose.com
Less Than 1%: Surviving My Stillborn www.ltop.blog

**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/36228993868253
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
An Unexpected Family Outing: www.facebook.com/unexpectedfamilyouting
Umbilical Cord Accidents (UCA) Support and Education: www.facebook.com/groups/278446386275566
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! Festival, 5K & Walk” - April/May (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.*

See form & instructions here: www1.nyc.gov/assets/doh/downloads/pdf/vr/vr-app-for-stop.pdf,
FAQs here: www1.nyc.gov/site/doh/services/death-certificates.page


Star Legacy Foundation – NY Metro Chapter
www.starlegacyfoundation.org
952-715-7731 x.710
ny-metro@starlegacyfoundation.org
Free Online Memorials

Star Legacy Stars & Memorial Pages [www.starlegacyfoundation.org/our-stars-2](http://www.starlegacyfoundation.org/our-stars-2)

A Place to Remember Remembrance Book [www.aplacetoremember.com/remembrance.html](http://www.aplacetoremember.com/remembrance.html)

First Candle Virtual Candles [www.firstcandle.org/candle-gallery](http://www.firstcandle.org/candle-gallery)

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)

Mommies of an Angel (weighted teddy bears) [www.mommiesofanangel.com](http://www.mommiesofanangel.com)

Healing Embrace (weighted teddy bears) [www.healingembrace.org/request-birth-day-weighted-bear](http://www.healingembrace.org/request-birth-day-weighted-bear)

Project Bear (teddy bears) [www.projectbear.com](http://www.projectbear.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/shop](http://www.heldyourwholelife.com/shop)

The Cooper Project (remembrance jewelry) [www.etsy.com/shop/TheCooperProject](http://www.etsy.com/shop/TheCooperProject)


Artful Ashes (glass art pieces with ashes) [www.artfulashes.com](http://www.artfulashes.com)

Mamie’s Poppy Plates (memorial art plates) [www.mamiespoppyplates.com/order-a-plate](http://www.mamiespoppyplates.com/order-a-plate)

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

Little Herb Bouquet (custom ultrasound embroidery) [www.littleherbbouquet.com/ultrasound](http://www.littleherbbouquet.com/ultrasound)

A Place to Remember (wide variety of memorial items) [www.aplacetoremember.com/pdshop/shop](http://www.aplacetoremember.com/pdshop/shop)

Healing Embrace (gift baskets) [www.healingembrace.org/gifts-that-heal/request-a-healing-gift-basket](http://www.healingembrace.org/gifts-that-heal/request-a-healing-gift-basket)

Samuel’s Lullaby (gift baskets) [www.samuelslullaby.org](http://www.samuelslullaby.org)
Through the Heart (gift baskets) www.throughtheheart.org/request-a-kit
Umbrella Boxes (gift baskets) www.umbrellaboxes.com
Until We Hold You Again (gift baskets) www.untilweholdyouagain.com/requestabasket
Lucky Anchor Project (greeting cards & memorial items) www.etsy.com/shop/LuckyAnchorProject

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 Sheroee Ilse and Tim Nelson
Empty Arms: Coping with Miscarrage, Stillbirth, and Infant Death by Sheroee 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 Miscarrage, 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
Notes for the Everlost: A Field Guide to Grief by Kate Inglis
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 Miscarrage, Stillbirth, or Infant Death by Carol Cirulli Lanham
Just Be: How My Stillborn Son Taught Me To Surrender by Lindsay Gibson
Breathe: A Memoir of Motherhood, Grief, and Family Conflict by Kelly Kittel
From Mother to Mother: On the Loss of a Child by Emily R. Long
From Father to Father: Letters from Loss Dad to Loss Dad by Emily R. Long
Invisible Mothers: When Love Doesn't Die by Emily R. Long
It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand by Megan Devine
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 used or 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.

Don’t Talk About the Baby (2018) - Too many men and women suffer in silence when struggling through fertility issues or suffering a pregnancy loss. Several cultural and community influences often pressure a man or woman to keep their experiences to themselves, and this contributes to a massive culture of secrecy surrounding these extremely prevalent issues. This documentary explores how we got to this culture of silence and what we need to do to get away from it. Through expert interviews and personal stories, this film empowers people to tell their stories in their own communities, and start conversations that will change how we talk about loss and infertility.
MANAGING POST-LOSS LACTACTION & 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 view Star Legacy’s guide to managing/stopping post-loss lactation, and know that if you wish, you have the option of donating your milk to infants in need.


Breastmilk Donation
The New York Milk Bank www.nymilkbank.org
Eats on Feets NYC www.facebook.com/EOFNYCity
Human Milk 4 Human Babies New York www.facebook.com/HM4HBNY

DOULAS TRAINED FOR LOSS/SUBSEQUENT PREGNANCY

Cindy Corso, Shadow Step Advisory Services - (914) 552-0713, shadowstepadvisoryservices@gmail.com
Trista Majette, Ancient Song Doula Services - (845) 729-3471, tristaleemaj@gmail.com

LEGAL SUPPORT

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