



Grief, Loss, & Post-Loss Resources

Below are a number of supportive and compassionate resources for grief and loss. If you find a resource that you think should be listed, or removed, please let us know by email:

hello@duluthperinatal.org.

Websites:

[Pregnancy After Loss Support](#) - (PALS) offers information and support via groups & social media.

[Star Legacy Foundation](#) - Provides information & support to those who have experienced pregnancy loss, infant loss or stillbirth.

[Return to Zero](#) - An organization that provides so many resources for those who have experienced miscarriage, termination for medical reasons (TFMR), other types of pregnancy loss (ectopic pregnancy, blighted ovum, molar pregnancy), neonatal death, infant death, & toddler death.

Click on [For Parents](#) to see what topics are most helpful to you.

[Postpartum Support International](#) - Online Pregnancy & Infant Loss Support groups led by PSI trained facilitators help bereaved parents find support as well as provide useful information & resources to help navigate loss.

[Star Legacy Foundation](#) - Several groups are offered for free, online, & in English and Spanish. They include bereaved parents, pregnancy after loss, dads grief, grandparents grief, parenting after loss, and coping with SUID/SIDS & infant death.

[The Finley Project](#) - The Finley Project® is committed to providing care for mothers who have experienced the unimaginable - the loss of an infant. The team provides a lifeline for mothers in the minutes, hours, and days after infant loss through a 7-Part Holistic Program that supports each mother physically, emotionally, and spiritually at no financial cost to them.

[Still Birth Day | A Pregnancy Loss is Still a Birthday](#) - Support for loss at all stages of pregnancy.

[Ending a Wanted Pregnancy](#) - A group of parents who have made the decision to end a wanted pregnancy following a poor prenatal diagnosis or for maternal health reasons.

[A Heartbreaking Choice](#) - Support for those who have terminated a much wanted pregnancy.

Please note that the listed resources are intended for educational purposes only, and are not a substitute for the advice or guidance of a licensed healthcare professional. Resources shared are not done so under obligation, financial or otherwise. The presence of any particular item on this list does not represent an official endorsement or opinion of Duluth Perinatal, PLLC.



Websites (cont'd)

[1 in 10](#) - A blog of stories where individuals had no good choices, sought out as much information as they could, & made the most loving and selfless decision possible.

[TFMR Mamas](#) - Resources, podcast, support groups, education, & more built by one parent who experienced shattering loss in 2020.

[Hand to Hold | NICU Babies | Support for Bereaved Families](#) - This is a subpage of a NICU family organization & offers support groups, counseling, one-on-one peer support, a podcast, resources, & articles.

[The TEARS Foundation](#) - Seeks to compassionately lift a financial burden from families who have lost a child by providing funds to assist with the cost of burial or cremation services. They also offer parents comprehensive bereavement care in the form of grief support groups and peer companions.

Podcasts/Ted Talks:

[The Miscarriage Therapist Podcast](#)

[Mom & Mind](#)

[Expectful – Guided Meditation for Pregnancy Loss & Beyond Ep. 75](#)

[Miscarriages and a Rainbow Baby Ep. 129](#)

[Pregnancy Loss: Termination for Medical Reasons Ep. 237](#)

[Breaking the Silence of Pregnancy Loss](#)

[The M-Word: Shattering the Silence on Miscarriage | Lisa Hanasono](#)

Books:

[It's OK That You're Not OK: Meeting Grief & Loss in a Culture That Doesn't Understand](#), Megan Devine

[I Had A Miscarriage: A Memoir, A Movement](#) #IHadaMiscarriage Jessica Zucker

[At a Loss: Finding Your Way After Miscarriage, Stillbirth, or Infant Death](#), Donna Rothert

[A Loss Misunderstood: Healing Your Grieving Heart After Miscarriage](#), Jaclyn Pieris

[Empty Cradle, Broken Heart: Surviving the Death of Your Baby](#), Deborah L. Davis

[Birth Story Held for Loss: A Guide for Reflecting on Your Fertility Experience, Miscarriage, Abortion,](#)

[TFMR, Stillbirth, and Infant Loss](#), Emily Souder

[A Silent Sorrow](#), Ingrid Kohn, MSW and Perry-Lynn Moffitt

[Empty Arms](#), Sherokee Ilse

Support Groups:

[Postpartum Support International](#)

[Return to Zero: Hope](#)

[St. Luke's Perinatal Loss Support Group](#)

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Dads/Partners:

Dads/partners are often left out of the grieving and processing experience because the loss didn't happen to their bodies. However, dads/partners feel many things: the loss of growing the family, feeling helpless about what is happening to their partner, traumatized watching their partner go through the physical and emotional loss, & so much more.

[Return to Zero](#) - Resources for fathers/partners experiencing loss.

[Dad Still Standing](#) - A podcast is two dads discussing baby loss, coping with life, & working their way through grief.

[Men & Miscarriage](#) - A blog with three articles, from a man's perspective, that might be helpful.

[Dad's Grief Discussion Group](#) - A free online support group out of Minneapolis by Star Legacy Foundation.

[Sad Dads Club](#) - A safe, supportive community for dads out of Maine.

[Guys and Grief Podcast](#) - For men who have experienced pregnancy or infant loss.

[Healing Toolkits for Men](#) - Led by the Institute of Reproductive Grief Care.

[Dads with Wisdom](#) - Offers men's support groups for perinatal loss online out of Maryland (contact them as the groups aren't currently listed on the website).

[The Miscarriage Association](#) - Offers a leaflet for all partners whose partner experienced a pregnancy loss.

[Empty Arms Bereavement](#) - Many resources for partners & their loss process.

[Pregnancy & Infant Loss Support Centre](#) - Available for anyone touched by pregnancy & infant loss.