



RESOURCE LIST

UPDATED JANUARY 2021

The Mother Hen Friend©

Virtual & Online Group Support

Share: Pregnancy & Infant Loss Support - Online Virtual Support & Group Support

The National Share office hosts two monthly online group chats that are free of charge to our families.

Pregnancy Loss Group: for the loss of baby through miscarriage, still birth or in the first weeks of life. Meetings are held the first Tuesday of each month, 7:00pm-9:00pm CST.

Pregnancy After Loss Group: for those pregnant after a loss or trying to become pregnant. Meetings are held the third Tuesday of each month, 7:00pm-9:00pm CST.

To connect to the group meetings, go to the website at www.nationalshare.org/online-support .

The Share office also maintains an active presence on Facebook, with three support groups and Share's National page. For the National Facebook page and to join the closed groups go to www.facebook.com/NationalShare .

PAIL : Pregnancy And Infant Loss Support Group- Virtual

This class is for any mother who has had a miscarriage, fetal loss, or newborn loss. The Pregnancy and Infant Loss (PAIL) Support Group of Banner Thunderbird

Medical Center welcomes all mummies regardless if your loss occurred at Banner Thunderbird Medical Center. All are welcome.

This group meets VIRTUALLY every 1st and 3rd Tuesday of the month, from 6:30pm to 9:00pm. The use of Microsoft Teams is required for participation in this support group.

Registration and more information here:

<https://www.bannerhealth.com/calendar/event-detail?id=KGH0022M&sessionId=KGH00220>

PALS : Pregnancy After Loss Support

501(c)(3) non-profit organization and community support resource for women experiencing the confusing and conflicting emotions of grief mixed with joy during the journey through pregnancy after loss. PALS seeks to help expectant mothers celebrate their current pregnancy by choosing hope over fear while still nurturing and honoring the grief over the loss of their deceased child.

PALS services include an online magazine, online peer-moderated support groups, local meet-ups, outreach and education through speaking and tabling at professional conferences, resource listings for families and healthcare providers, and a newsletter. These can be found here www.pregnancyafterlosssupport.org .

Still Mothers- Online Group Support

Provides support and resources for families who have experienced the death of a baby (ies) and are living without a child to raise. Foster a “trigger-free” space where mothers can connect, process grief, and find

healing without the additional stress and heartache of pregnancy, birth, and motherhood after loss conversations. Blog, resources and support group available at www.stillmothers.com .

Bereaved Parents of the USA

A national non-profit self-help group that offers support, understanding, compassion and hope to bereaved parents, grandparents or siblings. Find resources here www.bereavedparentsusa.org .

Star Legacy Foundation

Online monthly support for bereaved mothers regarding stillbirth, pregnancy loss, and neonatal death. Find support here www.starlegacyfoundation.org .

MISS Foundation

International 501(c)3, volunteer based organization providing C.A.R.E. [counseling, advocacy, research, and education] services to families experiencing the death of a child. For resources and to find a group or provider go to www.missfoundation.org .

*PAIL In Person support group now has virtual meets, please see above.

In Person Support near Phoenix, AZ (Availability may vary due to COVID restrictions, please contact groups directly for up-to-date information)

PAIL (Pregnancy and Infant Loss) Support Group- Glendale, AZ*

No cost pregnancy and infant loss support group at Banner Thunderbird. Register online or **602-230-2273**. Contact Bailey Hatch at bailey.hatch@bannerhealth.com for questions or more information.

Currently meeting every 1st and 3rd Tuesday of each month at 6:30pm through Microsoft Teams. Welcomes and supports moms of miscarriage, stillbirth, and neonatal loss. Please see above

The Compassionate Friends : Valley Of The Sun - Arizona Chapter

No cost pregnancy and infant loss support group for parents, grandparents, and siblings. Meetings available in Phoenix, the east valley, and west valley. Specific meeting locations in Arizona can be found at www.tcfphoenix.org. To find support outside of Arizona, go to www.compassionatefriends.org.

HonorHealth Research Institute : Child Loss Support Group - Scottsdale, AZ

If you have experienced the loss of a child through an illness, accident or natural causes, this group allows you to share experiences, grieve together in a group setting and receive encouragement and assistance from others. Parents, guardians and caregivers may attend. The group is facilitated by a licensed psychologist at no charge. Meetings are no cost and located at Honorhealth Research Institute.

For more information call **480-3230-3878**.

HonorHealth Research Institute : Pregnancy and Infant Loss Support Group - Scottsdale, AZ

The pregnancy and infant loss support group helps those who have experienced the loss of a baby through miscarriage, stillbirth, ectopic pregnancy, or the death of a newborn. Parents can share their experiences and receive encouragement and assistance from other parents. The group is facilitated by a licensed psychologist at no charge. Walk-ins are welcome. Meetings are located at Honorhealth Research Institute.

For more information call **480-3230-3878**.

Footprints (Currently suspended due to COVID)

Details: A free support group for parents who have lost a baby to miscarriage, ectopic pregnancy, stillbirth, newborn death or SIDS. Connect with people who've experienced the same kind of loss and receive the love and support you need – grandparents and/or siblings also are invited to attend.

Where: St. Joseph's Hospital, Medical Pavilion, Agave Room, 350 N. Wilmot, Tucson, AZ 8571

When: Second and fourth Tuesdays of each month, 6:30– 8 p.m.

Contact: **(520) 873-6590**

If you have an additional resource that would be beneficial to the community, please send the information to themothefriend@gmail.com.

