



West Michigan Perinatal Grief & Bereavement

R E S O U R C E S

For pregnancy loss, stillbirth,
and infant death

The death of your baby can feel lonely and brings about many different emotions. We want you to know you're not alone. There are many resources available in our community and online.

In this booklet, you'll find information ranging from preparing for the death of your baby, to ongoing support resources for you and your family.

We've included things like memory-making activities, support groups, podcasts, books, and more. The content is organized with color-coded sidebars, headers, and support resource symbols to help you find the information that is most relevant for you.

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Preparing for the Death of Your Baby



Anchors Perinatal Program

Provides emotional, social and clinical support to expectant parents as they anticipate and prepare for the birth of their child while also grieving the anticipated loss of the child during pregnancy, birth, or shortly after. The program also assists parents with birth planning during this most difficult time. Insurance is not required. Can be referred or self-referred. Call 888-247-5704 to get started.

Doulas

Doulas are trained birth professionals who provide physical, emotional and educational support, including through miscarriage and stillbirth. There are many doulas in West Michigan who are specially trained in bereavement. Search online and find them through Radiant Roots Doula Network, Day One Doula Collective, How You Birth Doula Services, StillBirthday and other doula networks.



Michigan Medicine

Provides information and resources after the loss of an adult, child, or pregnancy, including *Upon the Death of Your Loved One* (Child or Adult) booklets, available in multiple languages.



Pediatric Pain and Palliative Care

Focuses on care of patients and families whose newborn may experience serious medical complications. Provides individualized resources for support. Call 616-391-8842.

Making Final Arrangements

Funerals, memorial services, and rituals can be a way to say good-bye. There is no standard cost for services, but many funeral homes greatly discount the services they provide under these circumstances. Contact funeral homes in your area for a cost estimate for the services you desire. If you find this too difficult or overwhelming, enlist the help of friends or family to make these calls on your behalf.

Financial assistance may be available.



Burial Payment Assistance

Through the state of Michigan



Heaven's Gain Ministries

Offers pregnancy loss supports, caskets, urns, & memorial items.



CSHCS

Children's Special Health Care

Services may be able to assist with medical bills for a baby who has died due to certain medical conditions. Contact your local CSHCS program or the Family Phone Line at 800-359-3722.



Private Financial Assistance

May be available through the Tears Foundation.

Additional guidance and information:



Financial and Legal Concerns

CS Mott Children's Hospital



Funerals & Ceremonies

Center for Loss & Life Transition

Finding Bereavement Counseling



Hospice of Holland

Community-wide bereavement counseling, at no cost and no insurance is needed. Individual & family counseling available. Call 616-396-2972.



Mosaic Counseling

Helps connect individuals to personalized support in their time of need.



Psychology Today

Find a Therapist, Psychologist, or Counselor. Enter your zip code and select “Grief” specialty. You can also filter based on insurance, gender, language, spiritual affiliation, and more.

You can also contact your insurance provider to find a therapist in your area. Know that sometimes it takes trying more than one provider to find the best fit for you.

SUPPORT RESOURCES

Support Resources Key



Infant /
Child Loss



Pregnancy Loss /
Miscarriage



Local



Online



For Children



LGBTQ+



Christian



Disponible en
Español



Amos' Anchors

Providing online resource anchors to support you after miscarriage, stillbirth, or infant loss.



Baby in Heaven

Information hub for resources and support for LGBTQ+ parents who have lost a child.



The Compassionate Friends

Assists families in their grief following the death of a child. Offers private Facebook groups, online communities, conferences, and local chapters to assist families as they grieve. Call 877-969-0010. Local chapters located in:



Grand Rapids



Kalamazoo



Dougy Center

Dedicated to providing grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death.



Ele's Place

Healing center for grieving children, teens, young adults and their families. Peer-to-peer bereavement support groups for siblings who experience loss. Call 616-301-1605.



Empty Arms

A community committed to meeting bereaved parents exactly where they're at, welcoming you, your baby, and your grief.



Empty Cradle

Aims to comfort the grief of an aching heart and ease the pain of an empty cradle by offering a closed Facebook group, phone support, virtual support groups (Pacific time), and annual Walk to Remember. Call 619-573-6515 or email Support@EmptyCradle.org.



Faith45

Provides support for families going through pregnancy or infant loss through Christian mentorship and memory boxes.



First Candle

Provides emotional support to families who have experienced infant loss after Sudden Infant Death Syndrome and other sleep-related deaths. Call the grief line at 800-221-7437.

**Gathering Hope**

A collection of people who have been touched by pregnancy and/or infant loss and are committed to connecting families to the available resources, communities, events, and support structures to help bring about healing and comfort.

**Gilda's Club**

Miscarriage, stillbirth, and early infancy grief support as well as all loss grief support. Email info@gildasclubgr.org or call 616-453-8300.

**GriefShare**

Curriculum-based support groups hosted by local Christian churches.

**GrieveWell**

Seeks to build a community that promotes healthy grieving and healing through peer support, online resources, and events so that adults can grieve well and lead a full life after loss.

**March of Dimes**

Provides grief support resources and information after the death of a baby.

**M.E.N.D.**

Mommies Enduring Neonatal Death is a Christian, non-profit organization for families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death. They publish a bimonthly magazine, home commemorative ceremonies, and host nationwide support groups.

**Miscarriage Matters**

Offers global support to mothers and fathers devastated by miscarriage or stillbirth through programs that educate the public, inspire healing through service to others, and empower the hurting. 833-MM-HELPS (833-664-3577).

**National Alliance for Children's Grief**

Supporting children and teens who are grieving a death and provides education and resources for anyone who supports them. Provides access to free books, toolkits, and recordings on various topics, including how to talk to children about grief.

**No Foot Too Small**

Offers moms' support groups and men's social club online. NFTS also celebrates angels, unites families of loss, and raises funds to build labor and delivery suites designed specifically for families who will not be taking their babies home.

**PALS**

PALS (Pregnancy After Loss) provides support and connection for families who experience pregnancy after a previous pregnancy or child loss.

**Postpartum Support International**

Connection to support groups, information, local providers, resources, and more. Call the help line at 800-944-4773. For English, text 800-944-4773 | Para Español, mensajea 971-203-7773.

**Remembering Cherubs**

Provides support, guidance, and education to parents and their support network following pregnancy and infant loss. They offer care concierge services (individualized, customized assistance and resources), a comprehensive resource guidebook, connection to groups, books, FAQ Tip Sheets, and more.

**Return to Zero: Hope**

A community of bereaved parents, families, and providers offering inclusive resources and holistic support for anyone whose life has been touched by loss, including infertility, miscarriage, ending a wanted pregnancy, stillbirth, infant or toddler death, loss through surrogacy, or failed adoption.

**Share: Pregnancy & Infant Loss Support**

Serves those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first few months of life. Provides support, information, and resources for bereaved parents and siblings

**Share At Bronson**

For more information email bereavement@bronsonhg.org or call 800-451-6310.

**Sharing Our Untimely Losses (SOUL) Parent Support Group**

A support group through the Maternal Wellness Program (MWP) for parents who have experienced miscarriage, stillbirth, or neonatal death. MWP also offers Pregnancy After Loss and Postpartum Support groups.

**Sisters in Loss**

A community of black women replacing silence with storytelling around pregnancy loss and infertility.

**Star Legacy Foundation West MI Chapter**

Provides support and resources for parents experiencing loss. Offers virtual and local peer support groups and mentorship.



Starlight Ministries

Faith-based organization that provides hope, healing, and comprehensive support for those who are grieving a death loss. Offers support groups, grief education, book groups, and more. Individuals must self-refer. Call 616-662-1999.



Sufficient Grace Ministries

Offers support services and resources for families walking through loss in any phase of pregnancy and throughout infancy, as well as those who are navigating the unknowns of a life-limiting prenatal diagnosis.



What's Your Grief?

Provides hope, creative expression, grief support, and education to anyone wishing to understand the complicated experience of life after loss.

For Dads



Foreknown Ministries

Offers encouragement and support through text messaging, online courses, individual and couples coaching, virtual support groups, information, and a men's podcast. Text "4help" to 719-626-8486.



Grieving Dads

Education, support, and resources for dads who experience miscarriage, stillbirth, and infant death.



Men of M.E.N.D.

Nationwide support group focused on supporting dads navigating the loss of a baby through miscarriage, stillbirth, and infant death.



Miscarriage Matters 2 Men

Brotherhood of healing for men by men. Offers a dads Facebook group and connection to a mentor.

For Non-Birthing Parents



Return to Zero: Hope

Miscarriage, ending a wanted pregnancy, stillbirth, or infant death impact partners in different ways. The grief of a non-birthing parent is often overlooked, and yet it is worthy of attention and support.

Memory Making

Memory making can be a valuable tool to help process grief and have something tangible to add to the memories of your baby's life, no matter how brief. You can find many memory making ideas online such as photography, memorial jewelry, hand/foot impressions, making a shadow box from any mementos you have, creating a healing garden or planting a tree in their memory, meaningful readings, rituals, and more.



Project Sweet Peas

Committed to providing support to families enduring the loss of an infant. Offers items that foster memory-making, a journal workshop for bereaved parents, and a luminary vigil to honor your child's memory.



Now I Lay Me Down to Sleep

Remembrance photography.

Annual Memorial Services

October is Pregnancy and Infant Loss Awareness Month. Many birthing hospitals and community organizations host events during this month. Attending a memorial service is one way to honor the life of your baby. Contact your birthing hospital to learn more.

Pregnancy loss occurs in a variety of ways and for many different reasons. The writers of this resource guide acknowledge that you are a parent and you may be grieving. Support exists for you.



Connect & Breathe

Confidential, toll-free talkline that offers a safe space to talk about abortion experiences. Call 1-866-647-1764.

Hours vary.



Ending a Wanted Pregnancy

Abortion grief support after ending a wanted pregnancy for medical reasons, whether your decision was based on poor prenatal diagnosis or maternal health problems.



Exhale Pro Voice

Confidential textline to provide nonjudgmental after abortion support. Text 617-749-2948. Hours vary.



Positive Options

Provides a safe and confidential setting for women and men to discuss their emotions following a pregnancy loss.



Support After Abortion

Connecting those seeking healing with those who provide healing by shifting the conversation to compassion and support. Call 844-289-HOPE (4673) or email Help@SupportAfterAbortion.com.



Always Andy's Mom

A blog and podcast that focuses on helping others grieve the loss of a child.



Babies Remembered

Extensive online resource with links to blogs, articles, books, and other resources for all suffering the loss of a baby.



Grief Out Loud: A podcast by the Dougy Center

A mix of personal stories, tips for supporting children, teens, and yourself, and interviews with professionals.



Grieving.com

A forum resource for people to connect with others and share stories of loss and healing.



Hope Blooms: Surviving Miscarriage Together

Podcast that aims to love, support, and dignify the women and families who have suffered early pregnancy loss.



Help Texts

A paid text subscription that provides ongoing, expert text messages that are personalized to your unique loss.

The cost of the yearly subscription also includes the options for two supporters to receive texts that provides suggestions and tips on how to support someone who is grieving.



Pregnancy After Loss App

Get personalized support through every high and low of your pregnancy after loss.



Sucky Sisterhood Podcast

Interviews with miscarriage and infant loss survivors. A series focused on changing the narrative of pregnancy and infant loss, one mother at a time.



Before We Said Hello

Words and music to honor the life of your child.

There are many books about grief. Here are a few we recommend:



For Parents

A Guide for Fathers When a Baby Dies,
by Tim Nelson

Black Angel Mom Guided Journal,
by Jeanae M. Hopgood-Jones

The Next Place, by Warren Hanson

† Faith

Faith Doesn't Erase Grief: Embracing the Experience and Finding Hope, by Kate J. Meyer, MDiv, LPC

Courageously Expecting: 30 Days of Encouragement for Pregnancy After Loss, by Jenny Albers

Grace Like Scarlett: Grieving with Hope after Miscarriage and Loss, by Adriel Booker (miscarriage)



For Kids

 *A Hug from Heaven*, by Anna Whiston-Donaldson

Grief is an Elephant, by Tamara Ellis Smith & Nancy Whitesides

Ethan's Butterflies: A spiritual story of loss and transformation for young children and parents after a baby dies, by Christine Jonas-Simpson




 *There was a Baby*, by Laura Camerona



 *The Invisible String*, by Patrice Karst

What does grief feel like?, by Korie Leigh, Ph. D.



 *When Someone Dies: A Family Activity Book or A Child-Caregiver Activity Book*, by the National Alliance for Children's Grief

Many websites have book recommendations as well:

Empty Arms



Amos' Anchors



Remembering Cherubs



Ele's Place



211 

Find local community programs and services including for grief and bereavement. Dial 211 or 877-211-5253 or visit [Call-211.org](https://www.call-211.org) any time to find the help you need.



Help Me Grow Ottawa 

Helps connect families with free local resources. Text or call 844-233-2244, or email HelpMeGrow@oaisd.org
Monday – Friday, 8am to 5pm.

Grief can feel like traveling on a road with many ups and downs. If you need support, please talk to your healthcare provider, or call the free, private hotline numbers below any time:

Maternal Mental Health Hotline: 1-833-TLC-MAMA
(1-833-852-6262)

Mental Health Crisis Hotline: 988



This booklet was created in partnership with several Ottawa area community agencies with a grief and bereavement grant funded by the Michigan Health Endowment Fund. This resource guide was created and last updated in September 2024.