



Coping with Your Loss

**A Resource Guide for Families After
Perinatal Loss**



**PARTNERSHIP FOR
MATERNAL &
CHILD HEALTH**
OF NORTHERN NEW JERSEY

We are sorry for your loss. Though it may feel like it, you are not alone. We hope this guide will provide your family with comfort and support during this difficult time.

This guide was created to offer support and resources you may need. It includes information on services for your emotional well-being and mental health, financial assistance, and more.

If you need additional support, guidance, or resources, please get in touch with the Partnership for Maternal and Child Health of Northern New Jersey. Our team is available to help connect you with services and answer any questions you may have.

(P) 973-268-2280 - info@pmch.org - www.pmch.org

Please reach out to us if there is something else you need that is not included in this guide. We are here to help.

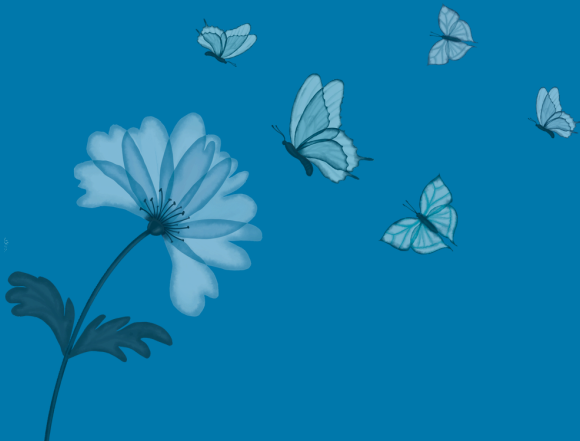


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Mental & Emotional Health

Depression, Anxiety, and Trauma After Loss

Losing a pregnancy or a baby can be very painful. You may feel sad, angry, confused, scared, or even numb. These feelings are normal. Everyone grieves in their own way, and there is no right or wrong way to grieve.

After a loss, some people may also feel depressed, anxious, or overwhelmed by what happened. These feelings can be hard to manage, but help is available, and healing can happen over time.

Signs you may need more support

Feeling sad after a loss is common. But if these feelings are very strong or last a long time, talk to your doctor or a mental health professional.

- Trouble sleeping or sleeping too much
- Eating more or less than usual
- Feeling angry, nervous, or very tired
- Not wanting to spend time with family or friends
- Feeling guilty, hopeless, or like you are not good enough
- Crying often
- Having low energy or trouble focusing
- Thinking about hurting yourself or someone else

If you are thinking about hurting yourself or someone else, get help right away. Call 988, contact your doctor, or go to the nearest emergency room.

Simple Ways to Care for Yourself

Taking care of yourself may feel hard right now, but small steps can help.

Get rest and eat healthy foods. Sleep and good nutrition help your body and mind heal.

Take one day at a time. Make a simple plan for your day. Be kind to yourself and remember that healing takes time.

Talk about your feelings. You do not have to go through this alone. Sharing your feelings with someone you trust can help.

Remember your baby in a special way. You may find comfort in prayer, meditation, writing in a journal, making something creative, or spending time outside.

Support Group Resources

Bergen County

NechamaComfort

What it offers: Peer support groups

Who is it for: Jewish families who have experienced pregnancy and infant loss

Format: Virtual

When it meets: Weekly on Tuesday afternoons & evenings

How to join: Visit nechamacomfort.org/support-groups-events to register

Cost: Free

Contact: 1-833-Nechama; info@nechamacomfort.org

Essex County

Pockets of Light

What it offers: Peer support group

Who is it for: Parents who have lost a baby during late pregnancy or shortly after birth; parents who have previously lost a baby and are CURRENTLY expecting; those who are raising a living child and have had a previous loss.

Format: Virtual & In-person

When it meets: Schedule varies

How to join: Registration is required. Contact Erin Truxillo to register at (973) 619-4277 or info@pocketsoflight.org.

Cost: Free

Contact: (973) 619-4277; info@pocketsoflight.org

Morris County

The Compassionate Friends – Morris Area Chapter (Denville)

What it offers: Peer support group

Who is it for: For families grieving the death of a child, grandchild, or sibling.

Format: In-person

Where it meets: 427 Franklin Road, Denville, NJ 07834 (AP Room in School)

When it meets: Second Thursday of each month at 7:30 pm

How to join: No pre-registration required

Cost: Free

Contact: (973) 568-4164; lilycap1972@gmail.com

The Compassionate Friends – Chatham Chapter

What it offers: Peer support group

Who is it for: For families grieving the death of a child, grandchild, or sibling.

Format: In-person

Where it meets: Halldorson Hall at The Presbyterian Church of Chatham, 240 Southern Blvd, Chatham Township, NJ 07928

When it meets: Third Sunday of each month at 7:00 pm

How to join: No pre-registration required

Cost: Free

Contact: (646) 402-1729; susan.esformes@verizon.net

Support Group Resources

Statewide & National

Griffin Cares Community Support Group

What it offers: Peer support groups

Who it's for: Birthing and non-birthing parents who have experienced a pregnancy or infant loss

Format: Virtual

When it meets: Open Group-Second Monday of each month from 8-9:30pm ET

How to join: New participants can join by submitting a registration form at griffincaresfoundation.org/support. Click on "join a group" to register.

Cost: Free

Contact: info@griffincaresfoundation.org

Postpartum Support International Pregnancy & Infant Loss Support Groups

What it offers: Peer support groups

Who it's for: Birthing and non-birthing parents who have experienced a pregnancy or infant loss **Format:** Virtual

When it meets: Schedule varies

How to join: Register for a free account with ShareWell at <https://sharewellnow.com/psi-support-groups>

Cost: Free

Contact: 1-800-944-4773

Star Legacy Foundation

What it offers: Peer support groups (English and Spanish)

Who it's for: Parents who have lost a baby during early or late pregnancy or shortly after birth; grandparents and extended family; fathers who have experienced a loss.

Format: Virtual

How to join: Visit <https://starlegacyfoundation.org/support-groups/> to register

When it meets: Schedule varies

Cost: Free

Contact: 952-715-7731; info@starlegacyfoundation.org

Adalyn Rose Foundation

What it offers: Support Groups (English and Spanish)

Who it's for: Open to loss parents - Provides comprehensive and continuous support to families grieving the loss of a baby or young child

Format: Virtual and in-person

How to join: <https://adalynrose.org/support-groups/>

When it meets: Monthly (schedule varies)

Cost: Free

Contact: 484-509-1032; info@adalynfoundation.com

Additional Support: Families experiencing pregnancy or infant loss may also contact the **NJ Family Health Line (1-800-328-3838)** for assistance in connecting with therapists, pregnancy and infant loss support groups, and other supportive community resources.

Services for Children & Teens

Imagine Grief Support Groups for Children & Teens

What it offers: Peer support groups

Who it's for: Children ages 3 and up, and parents who have experienced the loss of a child

Format: In-person (Mountainside & Newark) & Virtual

How to join: Visit <https://imajinenj.org/grief-peer-support-groups/> to fill out the Grief Support Inquiry Form

Cost: Free

Contact: 908-264-3100; info@imajinenj.org

Good Grief (Morristown Center)

What it offers: Peer support groups

Who it's for: Children ages 3 and up, and parents who have experienced the loss of a child

Format: In-person (Morristown) & Virtual for young adults

How to join: Registration and attendance at an orientation are required prior to participation. Contact Ariana Locascio to schedule an orientation.

Cost: Free

Contact: Ariana Locascio (908) 594-2012; ariana@good-grief.org



Financial Assistance

Burial & Memorial Services

If you need financial assistance with burial or memorial costs, the organizations below offer resources to help.

Athena Sanctuary

<https://athenamargauxsanctuary.org/forms/>

Athena Sanctuary is a non-profit that assists with funeral and memorial costs, counseling services, and other essential needs, such as transportation.

The TEARS Foundation

(848)469-8180 or (732) 694-8706

<https://thetearsfoundation.org/programs/funeral-assistance/>

TEARS Foundation provides financial assistance toward funeral and memorial expenses for families who have experienced the loss of a baby or child.

Walk in Sunshine Charity

<https://walkinsunshinecharity.org>

Walk In Sunshine supplies financial assistance for families who have lost a child. They donate up to \$1,000 for the final arrangements of any child loss in the New Jersey area from 20 weeks gestation until 18 years.

Funeraria Alvarez De Paterson, with locations in Paterson and Passaic, New Jersey, offers compassionate funeral and cremation services and grief support. Their team includes Rev. Frederick H. LaGarde Jr., a licensed funeral director who serves grieving families and can help discuss available options based on a family's needs and circumstances.

<https://www.funerariaalvarez.com/>

Some families in New Jersey may qualify for public assistance to help with funeral or burial costs through their county social services office, depending on their individual circumstances. A hospital social worker, county social services representative, or funeral director can help explain what options and supports may be available to you.

Honoring & Remembering Your Baby

Ideas and resources for memorial items and keepsakes to honor your baby.

Memorial Items

Now I Lay Me Down To Sleep - Remembrance Photos

Free photographer to take commemorative photos of your baby.

www.nowilaymedowntosleep.org

Pregnancy & Infant Loss Ornaments

Return to Zero HOPE's website has links to beautiful memorial ornaments.

<https://rtzhope.org/gift-guides/pregnancy-infant-loss-ornaments>

Jasper Fox Project

Weighted stuffies and blankets available for purchase.

<https://www.jasperfoxproject.org/shop>

Further suggestions: Designers and artists on Etsy and Amazon create memorial and commemorative items **jewelry, ornaments, blankets, and candles.**

Other Resources

Courage in Time

Curated bereavement boxes, grief and postpartum resources, and connection to other bereaved families.

<https://www.courageintime.com/courage-box>

The Madd Ox Foundation

Resource for bereaved families and hospitals for stillbirth support.

<https://www.maddox-foundation.org/>

Our Hearts Align Care Package

Free miscarriage, pregnancy, and infant loss care packages.

<https://www.ourheartsalign.org/miscarriage-care-packages>

Through the Heart Comfort Kit

Free care package for those who have experienced a pregnancy loss.

Requires shipping fee.

<https://throughtheheart.org/request-a-kit/>

Books

Pregnancy & Infant Loss (General)

Broad guides that explain what loss looks like emotionally, physically, and relationally.

A Silent Sorrow: Pregnancy Loss By Ingrid Kohn et al.

Gentle guidance for families experiencing miscarriage or pregnancy loss.

At a Loss: Finding Your Way After Miscarriage, Stillbirth, or Infant Death By Donna Rotherth

Practical support for processing grief after pregnancy or infant loss.

Empty Cradle, Broken Heart: Surviving the Death of Your Baby By Deborah Davis et al.

Honest guidance for coping with early pregnancy or infant loss.

The Baby Loss Guide By Zoe Clark-Coate

A supportive overview for parents navigating any pregnancy or infant loss.

The Miscarriage Map: What to Expect When You're No Longer Expecting By Dr. Sunita Osborne

Clear guidance on the emotional and physical aspects of miscarriage.

To Tend and To Hold: Honoring Our Bodies, Our Needs, and Our Grief Through Pregnancy and Infant Loss By Eileen Rosete

Compassionate support for self-care and healing after loss.

Unexpected: Real Talk on Pregnancy Loss By Rachel Lewis

Honest personal and professional insights for grieving parents.

Memoirs & Personal Stories

First-person accounts from mothers, fathers, or families navigating loss.

Ask Me His Name: Learning to Live and Laugh Again After the Loss of My Baby By Elle Wright

A heartfelt memoir about grief and finding joy after loss.

Life Touches Life: A Mother's Story of Stillbirth and Healing By Lorraine Ashe

Personal journey through stillbirth and recovery.

When Hello Means Goodbye By Paul Kirk & Pat Schweibert

A family's story of loss, remembrance, and healing.

Support for Fathers

Books written specifically for dads' experiences, or including meaningful sections for partners.

Grieving Dads: To the Brink and Back By Kelly Farley & David DiCola

Honest insights and guidance for fathers navigating loss.

He Lost His Baby Too: Survival Guide for the Grieving Dad By Kelly Farley & David DiCola

Practical and emotional support for grieving dads.

Books

Workbooks & Journals

Interactive, therapeutic guides to process grief, reflect, and memorialize.

Navigating Grief Workbook: Evidence-Based Exercises to Move Through Grief and Heal By Anna Darbonne PsyD

The Pregnancy and Baby Loss Guided Journal: Your Space to Process, Grieve, and Heal After Miscarriage, Stillbirth, or Other Reproductive Loss By Rachel Rabinor, LCSW
A guided journal to support emotional processing and reflection.

Books Available in Spanish / Libros en Español

Interactive, therapeutic guides to process grief, reflect, and memorialize. | Guías interactivas y terapéuticas para procesar el duelo, reflexionar y honrar la memoria.

La Cuna Vacía: El doloroso proceso de perder un embarazo By Rosa Jové, M. Àngels Claramunt, Mónica Álvarez, and Emilio Santos Leal

Morir cuando la vida empieza: Conocer y despedir al hijo al mismo tiempo By Sílvia López García and María Teresa Pi-Sunyer Peyrí

Las voces olvidadas: Pérdidas gestacionales tempranas By Cristina Silvente, Laura García Carrascosa, M. Àngels Claramunt, and Mónica Álvarez

¡Y decidí vivir! El largo viaje tras la ausencia de mi bebé By María Eugenia Barreto

For Children

Children's Books About Loss of a Baby Sibling / Twin

Always My Twin By V. Samuels & N. Clemmons (Ages 5–10)
Helps children understand and honor the loss of a twin or sibling.

Remembering Our Baby By Patty Keough (Ages 4–10)
Supports children through memory and grief after a baby's death.

The Invisible String By Patrice Karst (Ages 4–8)
Explains love and connection despite loss.

The Lone Twin: Understanding Twin Bereavement and Loss By Joan Woodward (Ages 6–12)
Insightful support for children coping with the loss of a twin.

Podcasts

The Joyful Mourning Podcast – Ashlee Proffitt

thejoyfulmourning.com/listen

A faith-based podcast offering encouragement and practical support for grieving parents after miscarriage, stillbirth, or infant loss.

Sisters in Loss – Erica M. McAfee

Available on major podcast platforms

A podcast amplifying Black women's stories of miscarriage, pregnancy loss, and infertility, while providing education and advocacy resources.

Online Resources

A Heart Breaking Choice | aheartbreakingchoice.com

Compassionate support for families facing or grieving a medical interruption of pregnancy.

Bereaved Parents of the USA | bereavedparentsusa.org

Peer-led support and connection for parents grieving the death of a child.

CLIMB (Center for Loss in Multiple Birth) | climb-support.org

Support and understanding for families experiencing the loss of one or more babies from a multiple pregnancy.

The Compassionate Friends | compassionatefriends.org

A national network offering local chapters and heartfelt peer support after the death of a child.

First Candle | firstcandle.org

Bereavement support and education for families affected by SIDS and other sudden infant deaths.

March of Dimes – Loss & Grief Resources | marchofdimes.org/loss

Trusted information and gentle guidance for families navigating miscarriage, stillbirth, or infant loss.

Online Resources

MISS Foundation (Mothers in Sorrow and Sympathy) | missfoundation.org

Provides crisis support, advocacy, and remembrance programs for grieving families.

Share Pregnancy and Infant Loss Support | <https://nationalshare.org>

Provides emotional support, education, and resources for bereaved parents and siblings.

NJ Stillbirth Resource Network | njstillbirth.org

New Jersey–based advocacy, education, and support for families impacted by stillbirth.

SIDS Center of New Jersey | <https://rwjms.rutgers.edu/departments/pediatrics/sids-center>

Local education, advocacy, and caring support for families affected by sudden infant loss.

Star Legacy Foundation | starlegacyfoundation.org

Offers family support, research, and advocacy focused on stillbirth and pregnancy loss.

Common Questions

How do I stop baby-related mail?

If you are getting baby-related mail and wish to get off the list, contact the following companies to remove yourself from their lists. This will not stop every call or mailing, but it will catch the bulk. It may take several weeks to take effect.

Mailing Preference Service
P.O. Box 9008
Farmingdale, NY 11735

Direct Marketing Association Inc.
1615 L Street
Washington, DC 20036
212-768-7277 x1888
DMAchoice.theDMA.org

For telephone solicitation removal:
Mailing Preference Service – Phone
Reference
P.O. Box 9014
Farmingdale, NY 11735

Donotcall.gov

How can I reduce baby & pregnancy ads?

Many online ads are based on your recent searches, clicks, and purchases. While you may not be able to stop them entirely, you can often reduce them.

- Review the ad or personalization settings on platforms you use, such as Google, Facebook, Instagram, TikTok, and Amazon.
- Look for options like Ad Preferences, Ad Topics, or Personalization, and choose “see less” for pregnancy, baby, or parenting content.
- Clear recent search or shopping history if that feels right to you.
- Hide individual ads when they appear.
- Ask someone you trust to help adjust settings if it feels overwhelming.

It can take time for algorithms to update. If ads continue to appear, it is not because you did something wrong.

What should I do with gifts & other items?

After a loss, there is no single right way to handle gifts and other baby items. The decision is deeply personal and should be made when you are ready, without pressure. Common options include storing items for a future baby, returning them to givers, donating to charity, or creating keepsake items. If you feel comfortable, ask a trusted friend or family member to help you with whatever you decide to do with the items.

Notes

Connect with Us

**New Jersey Postpartum Resources and Support Network
Partnership for Maternal and Child Health of Northern New Jersey**

150 Meadowlands Parkway, Suite 401
Secaucus, NJ 07094
Office: 973-268-2280
Info@pmch.org - www.pmch.org

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