

# PERINATAL LOSS RESOURCE LIST

## Local Grief Support Groups (Not Faith Based)

- ◆ Pockets of Light– Montclair, NJ (973) 619-4277
- ◆ St. Joseph's Regional Medical Center– Paterson, NJ (973) 754-3828
- ◆ Healing Hearts, Men's Support Group & Pregnancy After A Loss at Valley Hospital– Ridgewood, NJ (201) 447-8539
- ◆ Overlook Medical Center– Summit, NJ (908) 522-2946
- ◆ St. Barnabas Perinatal Loss Group– Livingston, NJ (973) 322-5745
- ◆ Pregnancy & Newborn Loss Support Group-UMC Hackensack, NJ (201) 996-5131
- ◆ Perinatal Bereavement Support Group-Englewood Hospital (201) 608-2333
- ◆ The Hudson Shea Foundation-Ridgewood, NJ (845) 553-5088 (Men)
- ◆ Holy Name Medical Center, Teaneck, NJ (201)833-3058
- ◆ Compassionate Friends (Bergen/Passaic) 201-567-0089

## Catholic & Christian Online Resources

- ◆ All Embrace [www.allembrace.com](http://www.allembrace.com)
- ◆ Catholic Miscarriage Support [www.catholicmiscarriagesupport.com](http://www.catholicmiscarriagesupport.com)
- ◆ Elizabeth Ministry [www.elizabethministry.com](http://www.elizabethministry.com)
- ◆ The Apostolate of Hannah's Tears [www.hannahstears.net](http://www.hannahstears.net)
- ◆ Sufficient Grace Ministries [www.sufficientgraceministries.org](http://www.sufficientgraceministries.org)
- ◆ Babies Remembered [www.wintergreenpress.org](http://www.wintergreenpress.org)

## Other Resources

- ◆ Pockets of Light [www.PocketsofLight.org](http://www.PocketsofLight.org)
- ◆ Share Pregnancy & Infant Loss [www.nationalshare.org](http://www.nationalshare.org)
- ◆ Hope After Loss [www.hopeafterloss.org](http://www.hopeafterloss.org)
- ◆ Partnership for Maternal & Child Health [www.partnershipmch.org](http://www.partnershipmch.org)

## Blogs/Online Groups

- ◆ Lost Innocent <https://lostinnocentsblog.wordpress.com/>
- ◆ Mommy To A Little Saint [Facebook Group](#)

## Books

- ◆ [Sufficient Grace](#) by Kelly Gerken
- ◆ [I Never Held You: Miscarriage, Grief, Healing and Recovery](#) by Ellen M. DuBois
- ◆ [Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death](#) by Sherokee Ilse
- ◆ [A Silent Sorrow: Pregnancy Loss - Guidance and Support for You and Your Family](#) by Ingrid Kohn

## Prayer Books

- ◆ [Mourning a Miscarriage– Prayers for a Couple Grieving the Death of Their Unborn Child](#) by The Elizabeth Ministry
- ◆ [The Original" Mothers Manual](#) by S.J. A. Francis Coomes

