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
- Catholic Miscarriage Support www.catholicm miscarriagesupport.com
- Elizabeth Ministry www.elizabethministry.com
- The Apostolate of Hannah’s Tears www.hannahstears.net
- Sufficient Grace Ministries www.sufficientgraceministries.org
- Babies Remembered www.wintergreenpress.org

Other Resources

- Pockets of Light www.PocketsofLight.org
- Share Pregnancy & Infant Loss www.nationalshare.org
- Hope After Loss www.hopeafterloss.org
- Partnership for Maternal & Child Health 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 Cherokee 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