

*Please accept our deepest sympathies on the loss of your child. We hope this guide will help you find a support group, book or online community that will be of some comfort during this difficult time.*

Tragically, nearly 1,400 New Jersey families experience the loss of a baby during pregnancy or infancy every year. The New Jersey Fetal-Infant Mortality Review (NJ FIMR), sponsored by the Partnership for Maternal and Child Health of Northern New Jersey and the New Jersey Department of Health, seeks to better understand why these tragedies happen. Working with families that have experienced a loss is an important piece of a statewide public health effort to reduce fetal and infant mortality.

FIMR offers grieving families services including a home visit/interview. The interview includes questions about your pregnancy, prenatal care, delivery of your baby and care in the hospital, as well as services you received and those you wished had been available. Information you share is confidential and will be used to improve care for pregnant women and children.

If you do not receive a call from a FIMR representative, would like to participate in the program, find out about additional resources for families, or just need to talk, please call us at 973-268-2280 ext. 110.



## *After Your Loss*

A Resource Guide for Families after  
Pregnancy, Newborn, or Infant Loss



Funded by a grant from the NJ Department of Health



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[www.partnershipmch.org](http://www.partnershipmch.org)



## Local Grief Support Groups

### Bergen County

**AFTER (Medically-indicated termination) at Hackensack UMC**  
(551) 996-5264

**Compassionate Friends (Bergen/Passaic)**  
(201) 567-0089

**Englewood Hospital**  
(973) 894-3635

**Holy Name Medical Center**  
(201) 833-3058

**NechamaComfort (for Jewish families)**  
(201) 724-4093

**Hackensack UMC Pregnancy and Newborn Loss Support Group**  
(551) 996-5131

**Valley Hospital: Healing Hearts Support Group, Men's Support Group, and Pregnancy After a Loss Support Group**  
(201) 447-8539

### Essex County

**Compassionate Friends**  
(973) 953-7325

**Pockets of Light, Peer Support Group**  
(973) 841-7524

**St. Barnabas Perinatal Loss Group**  
(973) 322-5745

### Morris County

**Compassionate Friends**  
(973) 270-7908

**Morristown Medical Center Perinatal Loss Group**  
(973) 971-5748

### Passaic County

**St. Joseph's Regional Medical Center**  
(973) 754-3451

### Sussex County

**Newton Medical Center**  
(973) 940-8140

### Union County

**FATE (Feelings After Termination Experience)**  
(973) 972-3302

**Overlook Medical Center**  
(908) 522-2946

## Online Support Resources

**Now I Lay Me Down to Sleep Photographers**  
(877) 834-5667  
[www.nowlaymentdowntosleep.org](http://www.nowlaymentdowntosleep.org)

**The Tears Foundation (Burial assistance)**  
(848) 469-8180 or (732) 694-8706  
[www.thetearsfoundation.org](http://www.thetearsfoundation.org)

**SIDS Center of New Jersey**  
(551) 996-3219

**A Place to Remember**  
[www.aplacetoremember.com](http://www.aplacetoremember.com)

**A Heart Breaking Choice (Medical Interruption of Pregnancy)**  
[www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

**Alliance of Grandparents**  
[www.grandbrigade.org](http://www.grandbrigade.org)

**Bereaved Parents of the USA**  
[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

**CLIMB (Center for Loss in Multiple Birth)**  
(907) 222-5321  
[www.climb-support.org](http://www.climb-support.org)

**Compassionate Friends**  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

**First Candle/SIDS Alliance**  
[www.firstcandle.org](http://www.firstcandle.org)

**Hope After Loss**  
[www.hopeafterloss.org](http://www.hopeafterloss.org)

**MISS (Mothers in Sorrow and Sympathy)**  
[www.missfoundation.org](http://www.missfoundation.org)

**March of Dimes**  
[www.marchofdimes.com/loss](http://www.marchofdimes.com/loss)

**SHARE**  
[www.nationalshare.org](http://www.nationalshare.org)

**SPALS (Support During Subsequent Pregnancy)**  
[www.spals.com](http://www.spals.com)

**Stillborn and Still Breathing**  
[www.stillbornandstillbreathing.com](http://www.stillbornandstillbreathing.com)

## Books

### For Grieving Parents

*A Silent Sorrow, Pregnancy Loss: Guidance and Support for You and Your Family*, by Ingrid Kohn, et al.

*Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death*, by Sherokee Ilse

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

*Grieving Dads: To the Brink and Back*, by Kelly Farley and David DiCola

*Help, Comfort, and Hope After Losing Your Baby in Pregnancy or the First Year*, by Hannah Lothrop

*Life Touches Life, a Mother's Story of Stillbirth and Healing*, by Lorraine Ashe

*Parenthood Lost: Healing the Pain After Miscarriage, Stillbirth, and Infant Death*, by Michael Berman

*The Lone Twin, Understanding Twin Bereavement and Loss*, by Joan Woodward

*When Hello Means Goodbye*, by Paul Kirk and Pat Schweibert

### For Grieving Children

*Always My Twin*, by Valerie Samuels and Najah Clemmons

*Molly's Rosebush*, by Janice Cohn

*Remembering Our Baby*, by Patty Keough

*Thumpy's Story*, by Nancy Dodge

### Children's and Family Grief Services

**Good Grief (Morristown)**  
(908) 522-1999

**Hearts and Crafts Grief Center (Hillsdale)**  
(201) 818-9399

**Imagine, A Center for Coping with Loss (Westfield)**  
(908) 264-3100