

Because We Care



Department of Pastoral Care

Helpful Numbers

<i>Hospital Information</i>	<i>804-828-9000</i>
<i>Office of Patient Accounting, VCUHealth</i>	<i>804-281-0610</i>
<i>Office of Financial Counseling, VCUHealth</i>	<i>804-828-0966</i>
<i>MCV Physicians (M.D. Billing Office)</i>	<i>804-342-1391</i>
<i>Decedent Affairs</i>	<i>804-828-1285</i>
<i>Department of Social Work</i>	<i>804-828-0212</i>
<i>Chaplain's Office</i>	<i>804-828-0928</i>

Notes



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401 North 12th Street
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Richmond, Virginia 23298-0664

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Dear Family Members,

Please accept our deepest sympathy for your loss. While no one can fully comprehend your pain at this time, please know that we are here to listen and to help in whatever ways possible.

We have prepared this packet to answer many of the questions that others who have experienced losses have asked. Some of the materials may not be easy for you to read at this time, but as time goes by, we hope the materials will assist you in the long and difficult journey of grief.

While written materials may provide assistance, they are no substitute for human contact. You may wish to be alone at times, but at other times the comfort of family, friends, and others who have faced losses can be very helpful.

Our thoughts and prayers are with you. The staff of the hospital is here to help you in any way we can, both now and over the next difficult months. Please do not hesitate to seek our assistance.

Sincerely and with sympathy,
The Pastoral Care Staff

Understanding Grief

Grief with its many ups and downs lasts far longer than society in general recognizes. There are many factors which determine the length and intensity of grieving, be patient with yourself.

Crying is an acceptable and healthy expression of grief and releases built-up tensions for both women and men. Cry freely as you feel the need.

There may be times when friends and relatives are uncomfortable around you and do not know what to say. Let them know when it is okay to talk about your loved one. Socializing may be difficult for a while.

Physical reactions to loss may include loss of appetite or over-eating, difficulty sleeping and lack of energy. You may also find it hard to concentrate on your usual activities. Try your best to take care of yourself: eat well, rest and exercise as you are able.

Avoid the use of drugs or alcohol. Medications should only be taken under the supervision of a physician.

Feelings of guilt are very common after a loss. It is normal to look back on the relationship and illness, and feel regret. Take it easy on yourself, forgiveness takes time.

Recognize the individuality of grief. While grief has some common elements, people will grieve differently, responding and coping as individuals. For some people, professional counseling may be helpful; others may seek a support group of persons who have experienced a similar loss which can ease the feelings of isolation and loneliness. If you feel you are having particular difficulty or just want someone to talk with, please call for help.

The feelings of children are often overlooked during this time. It is important for children to know they are loved and included as you go through this grief together.

You may feel you have nothing to live for and would like relief from the intense pain of grief. Be assured that others have had similar feelings. The pain does usually ease, but only with time.

You may want to put off major decisions for a period of time, to give yourself a chance to think more clearly.

Give your faith the opportunity to grow. Questions of faith and feelings of anger or despair are a normal part of grief. For many, faith offers the help to accept the unacceptable.

Suggestions for Helping You and Your Loved Ones

- Draw on your memory of past coping experiences. What you learned could help you now. Remember, there are no rules or timetables for grief. “It is what it is and it takes as long as it takes.” Everyone goes through grief differently, even parents of the same child or siblings of the same parent.
- Learn about grief. Many books and videos are available that might be helpful, especially people writing about their own experiences.
- Realize that other people are often unsure of what to say to you and may say insensitive things. They are usually only trying to be helpful.
- Allow yourself grieving times. Try to declare other times non-grieving times. This way you learn to find at least short periods of peace.
- Learn what you can do when the pain overwhelms you (go to a movie, call a certain friend, go for a walk, clean house, etc.) Have your coping mechanism in reserve for those times.
- Keep on with your life even if the joy seems gone. In time, habit and concentration will take over and you will have increasing moments of relief, even satisfaction. Even if you feel you are only going through the motions, it helps maintain your life structure.
- Be kind to yourself. Pretend you are a friend who needs your help and support. What would you do for them? What would you advise? Then do it.
- Seek out people who have experienced a similar tragedy or can relate to it. It can be good to seek out people in a similar situation who need your help too. Groups can be helpful. Groups are often available for particular losses such as the death of a child, a violent death, or death of a spouse. You may want to investigate groups in your area. Some groups are listed in this resource.
- Be supportive of your family. Invite them in; offer them your support, as you are able. You are still needed. It is easy to want to be protective.

Suggestions for Helping You and Your Loved Ones (continued)

- Remember to give each other space. Be aware of unrealistic expectations of yourself or your loved ones.
- Maintain communication with your partner, sibling, children, and with a friend or pastor who truly cares about you and will listen to you.
- Try not to make major decisions or too many changes early in your grief.
- Nature can be healing. Tune in to the cycles of nature, to the struggles of animals. Absorb the beauty and wonder of the natural world and try to become a part of it. Let yourself flow with the spirit of the universe, you are a part of a greater reality.
- Pets can be a source of peace. If you have a pet, let them help. Animals live one day at a time, accept you as you are, need your care, and are consistently there.
- Continue any sort of creative work. Creativity is renewing of the self.
- Recognize that others may have problems and may be hurting. It may help ease your own pain to offer compassion.
- If you feel, after a while, that counseling or a support group may be helpful, seek out a counselor. It is important to ask for help.
- Remember to appreciate the good moments that you have had and all you still have. Thank people for whatever they contribute.
- Allow yourself to tell your story. It is an important part of healing.
- You may find it helpful to journal or write a letter to your loved one saying goodbye.
- Hold on to hope. With time, work and support, you will survive. It will never be the same, but you can learn again to appreciate life and the people in your life.
- Lastly, remember to be kind to yourself. Think this every day:

“I must be kind and compassionate with myself.”

Suggestions for Coping with Holidays

- ☐ Holidays and anniversaries are times when people may remember the past and wonder about the future. If there has been a death in the family, emotional wounds are left that can ache during these times of warmth and cheer. Feelings of isolation and loneliness can magnify.
- ☐ With planning and forethought, it is possible to get through these times. We hope the following suggestions are as helpful to you as they have been for others.
- ☐ Realize this is a new holiday, unlike the holidays of the past.
- ❖ Acknowledge the absence of your loved one, and choose a ritual in remembrance of them – visit the cemetery or memorial site, plant a tree, release balloons, and cry and smile in remembrance.
- ☐ Engage in spiritual activities that are comfortable for you.
- ❖ Do things because you want to do them, rather than because your loved one “would have wanted it that way.” Do what you are comfortable doing.
- ☐ Initiate activity. Plan your own holiday. Make phone calls to your relatives and friends.
- ☐ Be gentle with yourself. All wounds take time to heal. Realize you will feel sad at times.
- ☐ Take time to identify and take care of your needs. Get adequate rest and exercise. Be aware of the increased accessibility to sugar, caffeine and alcohol during the holiday season, and guard against overuse of these substances.
- ☐ Look at the holiday season as the beginning of a new journey, starting a New Year. Enjoy the gifts of the season found in special memories and visits with family and friends.
- ❖ Anniversaries of your loved one’s birthday, date of death, or other special occasions can be difficult and bring up many feelings. Plan extra time for quiet and reflection.

Children ~ The Forgotten Grievers

Today psychologists and social workers, clergy and teachers are responding to what many grandparents have learned through the years, that children, like adults, grieve the death and loss of significant people, pets, places and things in their lives. Children experience many of the same emotions as adults, but often do not have the language or skill to name the experience. As a result of children not talking about the loss, we, as a society, have mistakenly assumed that children simply do not grieve to the extent that adults grieve. Research by Alan Wolfelt, Director of the Center for Loss and Life Transition, Elizabeth Kubler-Ross, physician and scholar in the area of death and dying, and Ken Doka, grief specialist and professor, confirm what life teaches us, that children grieve and grieve deeply. Wolfelt reminds us in his work that grief is not so much about understanding as it is about the ability to love. While infants and young children do not have the language capacity to express grief, they certainly have the prerequisite ability of loving and in so doing, grieve when that person or object of loving is no longer present.

Grief responses will be influenced by the developmental stages of children, and as children mature and move from a less mature understanding of death and grief to a more mature understanding their responses will change as well. Children who experience the death of a parent or a sibling will respond to that loss through each of the developmental stages of life, returning to the loss upon each new maturational level. Children demonstrate most significantly that grief is a process, not an event. Babies will often show their sadness through body language and teenagers will often show their sadness through withdrawal or outrageous behavior. Each age of childhood possesses its own ways of responding, but it is not unusual for children to exhibit similar characteristics as adults. For instance, just as adults have difficulty with concentration and completing tasks so do children and teens. Their response will manifest as declining grades in school or more disruptive behavior than usual. It can also manifest as withdrawal from previously enjoyed friends and activities.

Significant loss for children and teens makes them different from many of their friends. They find themselves unable to enjoy familiar and favorite friends and activities. They miss the support that is typically available to them. When a sibling dies or a parent dies, they not only lose the loved one who died, but often the parent or parents who are so devastated themselves that it is difficult to offer their child support. Supporting grieving children and teens requires of us intentional observation and insight into what they are saying to us in words and actions. It is necessary for the adults in their lives to be astute observers of even the subtle changes that may occur. Asking for help from other significant adults

to intuit what a child is feeling is very helpful. No one would ask of a parent to do this alone, for the grief each of us feels at such a time can only dull our ability to recognize the needs of children and teens.

Supporting grieving children is an awesome task and one to be shared by parents, extended family, friends, teachers, coaches and pastors. It will take many adults to offer a grieving child the kind of support that will encourage recognition of support systems and coping skills already in place. If we can offer only one thing to grieving children let it be our willingness to be good and faithful listeners. In listening and validating feelings, we offer children an opportunity to wrestle with a part of life that is inevitable and painful. While adults want to protect children from pain, our ways of protecting rarely offer them relief and reconciliation with their grief.

Practical, helpful ways of supporting grieving children are inclusive. Children are very aware when someone is dying. Opportunities for saying good-bye in their own way will be helpful for later grief reconciliation. Offering children choices about attendance at the visitation or funeral, offering children the opportunity to provide their own ritual of saying good-bye, and involving children in this difficult and painful experience of life reminds them and affirms them as to their place in the family. Around the death of a loved one, children can participate in creating a memory box that gives them a special place for items of remembrance of their loved one. For very young children and infants, memory boxes prepared for them will offer support as they move through their own lives. School age children are very ritual people and are capable and needful of creating rituals – releasing balloons at the funeral, writing a poem to be read, painting a picture to display at the service – for their own processing of grief. Through the gift of supportive adults and creative space children can live with, move into and gradually reconcile their grief and life without their loved one.

Children ~ *the forgotten grievers* ~ need the opportunity to express who they are and who they are becoming as they too experience the death of a loved one and the difficult grief and mourning that follow.

*Rev. Dr. Ann Sidney Charlescraft
Chaplain and Bereavement Counselor*

Supporting Grieving Children

- Recognize and value the grief of children.
- Validate their feelings.
- Know that children tend to “go in and out” of grief. They will process and dwell on the loss for a little while and then go play. They will repeat this process many times in the course of grief reconciliation.
- Play is one way children make sense of their world and their grief.
- Not all children talk about their grief, yet they grieve.
- Some children do not seem to be affected (but don’t be fooled!)
- Grieving children may experience physical reactions:
 - stomach aches
 - concentration problems
 - distraction
 - listlessness
 - loss of appetite
 - increased appetite
 - fatigue
- Developmental age will influence reactions to death/loss.
- Children need clear, honest explanations about death.
- Children will ask questions. They need to hear the story many times as they attempt to understand and reconcile the death of their loved one.
- Adult reactions teach children about death and impact the way children process their own grief.

*Adapted from Helping Children Cope with Death,
The Dougy Center. ASC 2010*

*I know I cannot hold you for long,
Capturing you for my world.
But rest gently with me,
If only for a moment,
That I may treasure the memory
And the beauty of the gift that you are.*

*Michael Berman, MD
2001*

Grief is like a River

by Cynthia G. Kelly

*My grief is like a river – I have to let it flow,
but I myself determine just where the banks will go.*

*Some days the current takes me in waves of guilt and pain, but there
are always quiet pools where I can rest again.*

*I crash on rocks of anger; my faith seems faint indeed, but there are
other swimmers who know that what I need are loving hands to hold me
when the waters are too swift, and someone kind to listen when I just
seem to drift.*

*Grief's river is a process of relinquishing the past
by swimming in hope's channels I'll reach the shore at last.*

Without Remorse

by Tom Clancy

*And if I go, while you're still here . . .
know that I live on, vibrating to a different measure,
behind a veil you cannot see through.*

*You will not see me, so you must have faith.
I wait for the time when we can soar together again,
both aware of each other.*

*Until then, live your life to its fullest and when you need me,
Just whisper my name in your heart. . .
I will be there.*



Funeral and Burial Options

We realize that, at this most difficult of times, it is very difficult to make decisions about the final care of your loved one. It is our sincere hope that the following information will help you make those decisions according to the wishes of your family. If you cannot handle these details yourself, perhaps another family member, friend, chaplain or social worker would be helpful.

If you have decided to have a private burial or cremation, you must now select a funeral home. A full listing is available in the Yellow Pages. Funeral providers will discuss the services they provide as well as the types of funerals and burials available. When you call the funeral home they will ask for the hospital (VCU Medical Center), the doctor's name, the legal next of kin and their phone number.

The funeral home is required by law to tell you exactly what they are charging you for each service before they provide it. The actual cost will be affected by the funeral home you choose, and the type of funeral services and cemetery chosen.

Some considerations include:

Casket: Size and style can alter cost.

Cremation: A casket is not necessary if there is no viewing. There will be crematory and medical examiner fees. If a viewing is desired before the cremation, a casket must be purchased or rented. Cremated remains may be buried, scattered or kept.

Direct Burial: Most funeral homes will allow a private viewing by family members only before a direct burial. Services are usually held at the graveside or in a church.

Viewing/Funeral Home: Funeral homes provide private rooms for families to greet relatives and friends prior to the funeral service. Visitation may be immediately prior to the service or the day/evening before. Services may be held at the funeral home, a church or at the graveside.

Cemetery: Fees vary for a plot and the opening/closing of the grave. Cemeteries also vary as to the number of cremations that can be buried in one plot.

Home Burial: Some churches maintain burial land for its members that is free or at a greatly reduced rate. Some areas, particularly rural, allow for home burial. The funeral home will check local ordinances regarding this practice.

Financial Considerations

We understand that the cost of a funeral may be a burden on your family resources. There are funds available through some counties for families that qualify. You would need to contact the Department of Social Services in your city/county to determine if funds are available. We would also suggest that you discuss the cost of the funeral openly with the funeral home. Charges will vary from one funeral home to another and many are willing to make alternative financing arrangements or give special rates for their services. If a funeral home is unwilling to work with you, perhaps another one will.

In addition to initial funeral expenses, there will certainly be other financial concerns you face during this time. You may now be responsible for many areas of financial management with which you are not familiar. There are some helpful numbers on the inside front cover of this booklet.

Others who may be helpful:

Lawyer

Accountant

Minister

Banker

United Way Representative

Department of Social Services

Veteran Affairs in your city/county

Books That May Be Helpful

General Grief Resources

- Bozarth, Alla Renee** *Life is Goodbye, Life is Hello: Grieving Well Through All Kinds Of Loss.* Hazelden, 1994
- Bozarth, Alla Renee** *A Journey Through Grief: Gentle, Specific Help to Get You Through the Most Difficult Stages of Grieving.* Hazelden, 1994
- Claypool, John.** *Tracks of a Fellow Struggler.* Word Publishers, 1974
- Doka, Kenneth J.** *Living with Grief.* Taylor & Francis, 1998
- Doka, Kenneth J.** *Grief Is a Journey.* Atria Books, 1999
- Doka, Kenneth J.** *Living with Grief After Sudden Loss.* Taylor & Francis, 1996
- Doka, Kenneth J. & Terry Martin** *Men Don't Cry, Women Do: Transcending Gender Stereotypes of Grief (Series in Death, Dying, and Bereavement).* Routledge, 1999
- Jenkins, Bill** *What to Do When the Police Leave: A Guide to the First Days of Traumatic Loss.* VBJ Press, 2001
- Kubler-Ross, E.** *On Death and Dying.* MacMillian, Inc. 1969
- Lewis, C. S.** *A Grief Observed.* Bantam Books, 1983
- Strommen, Maerton & A. Irene** *Five Cries of Grief.* Harper, 1993
- Rando, Theresa A.** *How to Go On Living When Someone You Love Dies.* Bantam, 1988
- Tatelbaum, J.** *The Courage to Grieve.* Harper & Row, 1980
- Westberg, Granger** *Good Grief.* Fortress Press, 1971

Death of an Infant

- Atlas, Janel C.** *They Were Still Born: Personal Stories about Stillbirth.* Rowman & Littlefield Publishers, 2009
- Davis, Deborah L.** *Empty Cradle, Broken Heart: Surviving the Death Of Your Baby.* Fulcrum Publishing, 2016
- Douglas, Ann & Sussman, John R.** *Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss.* 1st Edition Taylor Trade Publishing, 2000
- Kirk, Paul & Schwiebert, Pat** *When Hello Means Goodbye.* Grief Watch, 2012
- Kluger-Bell, Kim** *Unspeakable Losses.* W.W. Norton, 1998
- Nelson, Tim** *A Guide for Fathers: When a Baby Dies.* Tim Nelson, 2007

Death of a Child

- Day, Sandy** *Morning Will Come.* North Carolina: Caleb Cares, 1993
- Rando, Theresa A.** *Parental Loss of a Child.* Research Press Co., 1986
- Schiff, Harriet** *The Bereaved Parent.* Penguin Books, 1978

Helping Children Cope

- Doka, Kenneth J.** *Children Mourning, Mourning Children.* Taylor & Francis, 1995
- Huntley, Theresa** *Helping Children Grieve.* Augsburg Books, 2002
- Johnson, Joy** *Keys to Helping Children Deal with Death and Grief.* Barron's Educational Series, Inc., 1999
- LaTour, Kathy** *For Those Who Live: Helping Children Cope with the Death of a Brother or Sister.* Centering Corporation, 1991
- Schuurman, Donna** *Helping Children Cope with Death.* The Dougy Center for Grieving Children, 1997
- Temes, Robert** *The Empty Place.* New Horizon Press, 1992
- Wolfelt, Alan** *Helping Children Cope with Grief.* Accelerated Development, 1994

Children's Books

- Hanson, Warren** *The Next Place.* Waldman House, 1997
- Holmes, Margaret M.** *Molly's Mom Died: A Child's Book of Hope Through Grief.* Centering Corp., 1999 (older children)
- Holmes, Margaret M.** *Sam's Dad Died: A Child's Book of Hope Through Grief.* Centering Corp., 1999 (older children)
- Karst, Patrice** *The Invisible String.* Devorss & Co., 2000 (preschool & elementary age)
- Sabin, Ellen** *The Healing Book.* Watering Can, 2006 (all ages)
- Stickney, Doris** *Waterbugs & Dragonflies.* The Pilgrim Press, 1998 (elementary age)

Pet Loss

- Anderson, Moira** *Coping with Sorrow on the Loss of Your Pet.* Peregrine Press, 1994
- Kosins, Martin** *Maya's First Rose: Diary of a Very Special Love.* Villard Books, 1992
- Peterson, Linda** *Surviving the Heartbreak of Choosing Death for Your Pet.* Greentree Publishing, 1997
- Quackenbush, Jamie & E. Gravelly** *When Your Pet Dies.* Simon & Schuster, 1985

Support Resources

Department of Pastoral Care 804-828-0928
Annual Memorial Services – Contact the Department for dates

Bon Secours Hospice
Bereavement Coordinator 804-627-5372

Comfort Zone Camp - www.comfortzonecamp.org/
Grief support for children, teens, and adults 804-377-3430

Compassionate Friends – www.compassionatefriends.org
Support groups for parents, adults, siblings or grandparents who have lost a child.

Chapters through Capital area
Richmond Chapter: 804-458-9000
National Office: 877-969-0010

Full Circle Grief Center – www.fullcirclegc.org 804-912-2947
Support groups for grieving children and their families
Patterson Avenue, Richmond, Virginia

Hospice of Virginia Grief Support Groups
Andrea Skeens, Bereavement Services Coordinator 804-281-0451

LifeNet Donor Family Advocate
Debbie Hutt 757-609-4685

Mothers Support through Grief
Barbara Tyler 804-484-9366

Pet Loss Counseling Resources
The Center for Human-Animal Interaction 804-827-PAWS (827-7297)
VCU School of Medicine

IAMS Pet Loss Support Resource Center 888-332-7738

Practical Things to Consider After a Person Dies in the Hospital

At the time of Death:

- ☐ Notify medical professionals, if appropriate, immediate family and close friends
- ☐ Notify Power of Attorney of death and end of their responsibilities
- ☐ Deal with donation of bodily organs or tissues, as appropriate
- ❖ Make arrangements for the Decedent's Body according to the Coroner's Hospital instructions with Funeral Home or Crematory
- ☐ Make arrangements for care of dependents and/or pets

One to three days after Death:

- ☐ Find any instructions the Decedent may have made regarding his/her funeral arrangements.
- ☐ Compose obituary or death notice and arrange publication
- ☐ Determine the primary person(s) responsible for arranging the funeral and to address other concerns: answer the phone, collect mail, officiate at the ceremony, take care of perishable property, find someone to stay at home during the ceremony, provide food for family and friends after the funeral, and cancel services such as food delivery or homecare.
- ☐ Complete funeral and burial arrangements.
- ❖ Notify Decedent's employer and/or organizations they belonged to about the death.

One to ten days after Death:

- ❖ Locate Decedent's legal and financial papers: Will, safe deposit box keys & arrangements, trust agreements, marriage agreements, life insurance policies, pension or IRA statements, income tax returns for several years, gift tax returns, marriage, birth, death certificates, divorce papers, military records, computer bookkeeping records, certificates of deposit, bank statements, checkbooks, notes payable or receivable, motor vehicle titles, deeds, mortgages, title policies, leases, stock or bond certificates and statements, bankruptcy filings, partnership or corporate agreements, unpaid bills, health insurance.
- ☐ Obtain death certificates, either through Funeral Director or county Vital Records.

Contact:

- ❖ Police to check Decedent's house occasionally, if vacant
- ☐ Attorney to assist with transfer of assets, probate issues
- ☐ Accountant or tax preparer to determine which tax returns need to be filed
- ☐ Investment professional to get information about assets or holdings
- ☐ Bank to locate accounts, safe deposit box
- ☐ Insurance agent to obtain claim forms
- ☐ Social Security to stop monthly check and learn of benefits
- ☐ Social Services to learn of benefits
- ☐ Veterans Affairs to stop monthly check and learn of benefits
- ☐ Applicable pension agencies to stop monthly check and learn of benefits
- ☐ Utility companies to change or discontinue service
- ☐ Newspaper to stop subscription and/or submit an obituary
- ☐ Post office, if necessary, to forward mail
- ☐ Any social media accounts to discontinue services

Three to six months after Death:

- ☐ Take your time, get good advice and delay making big changes or decisions.

When Death Comes Before – or Soon After – Birth

We want to extend to you our most heartfelt sympathy at this difficult time. The death of a child before or shortly after birth is a traumatic experience. We recognize that you are grieving the loss of so many hopes, wishes, and dreams – still, we cannot imagine the pain you’re feeling, and we realize that this experience continues for you even after you leave this hospital. We want to provide you with tools that will aid your healing and recovery – when you’re ready. While we understand that no two families react to death in the same way, we offer these resources as potential starting points for your grief journey.

Compassionate Friends: www.compassionatefriends.org

Provides comfort, hope, and support to families experiencing the death of a child with local chapters throughout Virginia and all over the country.

First Candle: www.firstcandle.org/grieving-families/

Support for families affected by SIDS through grief counselors available 24/7 at 1-800-221-7437 as well as closed Facebook groups for online conversations.

Heartbreaking Choice: www.aheartbreakingchoice.com

Resources for those who have undergone a pregnancy termination due to a poor prenatal diagnosis, problems with their own health, or for the health of another fetus (selective reduction).

Mothering Your Heart: www.motheringyourheart.com

Provides space to explore what it means to “mother a child who is not in our arms.”

Mothers in Sympathy and Support: www.missfoundation.org

Provides online and local support groups to families experiencing the death of a child.

Pregnancy and Infant Loss Remembrance Day: www.october15th.com

Promotes community education and awareness for families experiencing the death of a child through miscarriage, stillbirth, or neonatal death.

SHARE Pregnancy Loss and Infant Death Support: www.nationalshare.org

Provides support toward positive resolution of grief experienced at the time of, or following the death of a baby.

Tambien en Español: www.nationalshare.org/share-espanolesperanza/

Stillbirthday: www.stillbirthday.com

Resources for all walks of loss: early and late miscarriage, stillbirth, infant loss.

National Organizations

First Candle/National SIDS Hotline

1-800-221-7437

Offers crisis counseling, literature, information, and referral for support groups. Focus is on support for families affected by SIDS. Grief counselors available 24/7.

www.firstcandle.org/grieving-families/

Compassionate Friends

PO Box 3696 Oak Brook, IL 60522

1-877-969-0010

Provides education, correspondence, group development guidelines and a quarterly newsletter.

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a child.

www.compassionatefriends.org

Parents of Murdered Children

1-888-818-7662

The National Organization of Parents of Murdered Children, Inc. (POMC) is the only national self-help organization dedicated solely to the aftermath and prevention of murder. POMC makes the differences through on-going emotional support, education, prevention, advocacy, and awareness.

www.pomc.org

American Association of Suicidology

1-202-237-2280

Serves as a clearinghouse for referrals to support survivors of suicide.

Publishes quarterly newsletter.

www.suicidology.org

Mothers against Drunk Driving (MADD)

1-800-GET-MADD (1-800-438-6233)

National office will refer victims of drunk driving crashes to their nearest local chapter of MADD. If a nearby chapter is not available, telephone counselors will offer guidance and support.

<http://www.madd.org/victim-services/>



**Post Office Box 980664
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*Artwork courtesy of Unicia Buster, Art Specialist
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