



Grief Support Groups After Loss of Baby or Child



In Person Groups

Baby Bear Foundation Support Group – You don't have to walk this road alone. Parents grieving miscarriage, stillbirth, newborn, or child death are welcome.

- Led by: Taylor Lerner, Psy.D, reproductive psychologist and mental health professional
- When: 2nd Friday of every month, 10:00–11:00 a.m.
- Location: Capital One Café @ Georgetown
- Website: <https://babybearfoundation>
- Social: @BabyBearFoundation
- Contact: laura@babybearfoundation.com

The M.I.S.S. (Miscarriage, Stillborn, and Newborn Death Support) Group – for parents and families who have experienced a pregnancy and infant loss including medical interruption due to anomalies. Meetings are held on the second Thursday of every month from 6:30 p.m. to 8:00 p.m. at the GBMC Campus, 6701 N. Charles Street, Towson, MD, in the Louis and Phyllis Friedman Building, Conference Room 3270.

- Contact: Debbie Johnston, MSW
 - Phone: (443) 721-1533
 - Email: djohnsto@gbmc.org
- Contact: Liz Hime, MSW
 - Phone: (443) 901-0972
 - Email: ehime@gbmc.org





Virtual Groups

Pregnancy Loss and Infant Death Peer Support Group of Washington, D.C. – Zoom meetings on the third Wednesday of the month for parents who have experienced miscarriage, stillbirth, infant/child death, or termination for medical reasons.

- Email: dcplids@gmail.com
- Website: <http://dc-plids.org/>

MIS Share (Miscarriage, Infant Loss, and Stillbirth) – based in Virginia, virtual meetings on the second Thursday of every month at 7:30 p.m. Eastern Time.

- Website: www.misshare.org/
- Facebook: <https://www.facebook.com/MISShareVA>
- Email: support@misshare.org

Jeanine McGrath, RN – Six-Week Support Group – for families who experienced miscarriage, stillbirth, or neonatal death.

- Contact: Jeanine McGrath
- Phone: (240) 481-3903
- Email: jeaninemcgrath@email.com

Share Pregnancy & Infant Loss – online support chat every Tuesday 7:00–9:00 p.m. CST, Pregnancy After Loss chat on the third Tuesday 7:00–9:00 p.m., Zoom support group on the third Monday at 11:00 a.m. CST.

- Contact: Rose Carlson
- Phone: (636) 947-6164
- Email: rcarlson@nationalshare.org
- Website: <https://nationalshare.org/>

The Center for Infant and Child Loss – Zoom support for perinatal loss (miscarriage, stillbirth, neonatal death) or SIDS, on the second Tuesday of every month 7:00–8:30 p.m.



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Foundation

- Contact: Chassis Hawkins-Younger
- Phone: (240) 438-1980
- Email: chbh53390@gmail.com

Postpartum Support International (PSI) – online support for early pregnancy loss, stillbirth and infant loss, parenting after loss, and Black Moms in Loss.

- Phone: 1-800-944-4773
- Website: www.postpartum.net/

My Child Has Wings – private social media support for parents who have lost a child.

- Contact: Jennifer Scott
- Phone: (202) 702-2121
- Facebook Group: <https://www.facebook.com/groups/mychildhaswingssupportgroup/>

Return to Zero: HOPE – support groups for early pregnancy loss, LGBTQ+, recurrent loss or infertility, and couples.

- Email: betsy@rtzhope.org
- Website: <https://rtzhope.org/>

Reflections Grief & Wellness Care – virtual support on the second Tuesday of every month at 7:00 p.m.

- Contact: Margaret Pilon
- Phone: 407-457-8491
- Email: Mpage@reflectionsgrwc.org
- Website: <https://reflectionsgrwc.org/>

Our Love Continues – Facebook bereavement community for Jewish parents after miscarriage, stillbirth, or loss decision.





NechamaComfort – free Zoom support for miscarriage, stillbirth, neonatal death, medical termination, or SIDS. All Jewish families welcome.

- Phone: 1-833-632-4262
- Email: info@NechamaComfort.org
- Website: www.nechamacomfort.org
- Social Media: Facebook & Instagram @NechamaComfort

Recurrent Pregnancy Loss Support Group – weekly virtual support led by Dr. Rayna Markin, PhD, for women with two or more pregnancy losses, every Monday 12:00–1:00 p.m. (Maryland residents only).

- Contact: Dr. Rayna Markin
- Phone: (301) 635-4606
- Email: rayna.markin@therapycenterperinatal.org

Telephone and Online Support

Star Legacy Foundation – Support Groups – early pregnancy loss, stillbirth, neonatal death, and Parenting After Loss.

- Phone: (952) 715-7731, ext 1
- Website: <https://starlegacyfoundation.org/support-groups/>

Star Legacy Foundation – Peer Companions – connect with grieving parents via phone, text, or email.

- Phone: (952) 715-7731, ext 2
- Email: info@starlegacyfoundation.org

Pregnancy Loss Support Program (PLSP) – peer telephone and virtual support for miscarriage, stillbirth, newborn death, and termination for medical reasons.



- Phone: (646) 884-9464
- Email: plsp@ncjwmy.org
- Website: www.pregnancyloss.org

Support for Men/Fathers

Star Legacy Foundation – Dad’s Grief Discussion Group – every second Monday of the month.

- Website: starlegacyfoundation.org/support-groups/

Men’s Perinatal Loss Group – six-week virtual psycho-education and peer support, limited to six participants. Sliding scale \$180–\$360.

- Contact: Adam Angel
- Phone: (410) 216-0747
- Email: adam@adamangeltherapy.com
- Website: www.adamangeltherapy.com

Sad Dads Club (SDC) – bereaved fathers support, every Thursday 8:30 p.m. EST on Zoom.

- Email: info@saddadsclub.org

Podcasts Addressing Loss and Grief

Confessions of a Grieving Mother – miscarriage, stillbirth, and infant loss. Episodes air every Thursday.

- Website: www.emmasfootprints.com/podcasts
- Available on: Apple Podcasts, Spotify

Sisters in Loss: Miscarriage, Pregnancy Loss, & Infertility Stories – stories of faith-filled Black women navigating grief.

- Website: ericamcafee.libsyn.com/
- Available on: Apple Podcasts, Spotify, YouTube

Guys and Grief – podcast for fathers navigating pregnancy and infant loss. Episodes air every Wednesday.

- Website: <https://guysandgrief.com/>
- Available on: Apple Podcasts, Spotify

What's Your Grief Podcast – hosted by mental health professionals Eleanor Haley and Litsa Williams.

- Website: whatsyourgrief.com/
- Available on: Apple Podcasts, Spotify