

## Grieving parents find support online

By Kellie Bliss

*HAND of the Peninsula*

*The following online infant-loss resource list was compiled by Kellie Cunningham Bliss in honor of her daughter, Rose Tamikka Bliss, who was born and died on July 1, 2001.*

What I personally found most helpful was talking with other parents who had experienced loss, creating tangible things, like a scrapbook, to remember my baby, writing in my journal and expressing myself through poetry, reading other women's stories of infant/pregnancy loss, lighting a candle by her photo every night, scattering her ashes on her due date and breaking things to get the anger out. (I bought a lot of cups, plates, saucers at the thrift store!).

I also found it very helpful in the early months following my loss, to not answer the phone, and communicate via email for a while.

### **Centering Corporation**

7230 Maple Street  
Omaha, NE 68134  
(402) 553-1200  
<http://www.centeringcorp.com>

Provides books and workshops about grief.

### **A Place to Remember**

<http://www.aplacetoremember.com>

Committed to publishing and providing

uplifting support materials and resources for those who have been touched by a crisis in pregnancy or the death of a baby. A forum in a bulletin board type format is available.

### **SHARE Pregnancy and Infant Loss Support, Inc.**

<http://www.nationalshareoffice.com>

SHARE provides support to those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth or newborn death. All information packets, correspondence, and support are free of charge for bereaved parents.

### **March Of Dimes**

<http://www.marchofdimes.com>

Click on "bereavement materials" to order a free packet of wonderful support materials for grieving parents.

### **Perinatal Loss**

<http://www.tearsoup.com>

An online catalog of bereavement resources that includes beautiful, tiny urns to hold a baby's ashes, personalized announcement cards, and special albums for keeping precious memories (such as photographs, a lock of hair, footprints, etc.). Many hand-crafted items that can help you honor your baby's short life.

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# **eScrip is effortless way to support grieving families**

Imagine raising hundreds of dollars a year to benefit HAND of the Peninsula without doing anything other than shop as usual.

eScrip is a fundraising program that allows participating merchants to contribute a percentage of your grocery loyalty card, credit card, and debit/ATM card purchases to HAND of the Peninsula.

There is no cost at all to you. Simply register any or all of your cards for use in the program, and specify HAND of the Peninsula (**eScrip ID 141808774**) as your organization of choice. Then, participating merchants will automatically transfer a percentage of your purchases to HAND each and every month. Since eScrip was introduced in 1999 by Electronic Scrip Inc., ESI has distributed over \$120 million to schools and non-profit organizations such as ours.

Complete information on the eScrip program is available at [www.escrip.com](http://www.escrip.com). Registration may be completed at the same site. Questions about HAND's participation in the eScrip program may be directed to [info@HANDsupport.org](mailto:info@HANDsupport.org) or (650) 367-6993.

We urge all of our families, relatives and friends to participate in this great and effortless fundraising program. Remember to keep your eScrip registration current anytime your registered card numbers change or you change cards. eScrip contributions to HAND on behalf of our participating families have ranged up to \$350 per family per year!

## **Helping After Neonatal Death**

### **Chapters:**

**HAND of the Peninsula**  
P.O. Box 3693  
Redwood City, CA 94064  
(650) 579-0350 crisis line  
<http://www.HANDsupport.org>

**HAND of Santa Cruz Co.**  
P.O. Box 3693  
Redwood City, CA 94064  
(650) 367-6993 office  
(831) 438-4513

**HAND of Santa Clara, Contra Costa, Alameda Counties, Central Valley**  
1-888-908-HAND

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### **Helping Hands**

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## **Online** *continued from page 1*

### **Hygeia**

www.hygeia.org  
800-893-9198

Offers online chatrooms discussing many different types of losses.

### **Honored Babies**

<http://www.honoredbabies.org>

A place where mothers whose babies have died (miscarriage, ectopic pregnancy, stillbirth, neonatal death, infancy death, and/or pregnancy termination) can add their babies to an Online Memorial, join an Online Support Group Email List (there's also one for Grandmothers), and submit their "entire story" for book publication.

### **Pregnancy/Infant Loss**

[www.littleangelsonlinestore.com](http://www.littleangelsonlinestore.com)

A source of items for remembrance including bracelets and keepsake boxes.

### **M.E.N.D.**

**Mommies Enduring Neonatal Death**  
<http://www.mend.org>

Offers a bi-monthly newsletter and three separate support groups: 1) for those who have recently lost a baby to miscarriage, stillbirth and infant death, 2) pregnancy group for those who are considering becoming pregnant or are currently pregnant after a loss and 3) a fathers group.

### **M.I.S.S.**

**Mothers In Sympathy & Support**  
<http://www.misschildren.org>

The mission of M.I.S.S. is to allow a safe haven for parents to share their grief after the death of a child. M.I.S.S. provides support to parents enduring the tragedy of stillbirth, neonatal death and infant death from any cause including SIDS, congenital and genetic anomalies.

Grief education for parents and professionals is their main focus.

### **Missing Grace**

<http://www.MissingGrace.com>

This site has an abundance of material to help bereaved parents in the grieving process including personal online support, medical information to answer questions related to the cause and future prevention of stillbirth, information on ways to take action in your state to promote stillbirth awareness, descriptive lists of national and international support groups.

### **Angel Babies Forever Loved**

<http://www.angels4ever.com>

Offers a chat room and email support groups. Run by other grieving parents/volunteers.

### **Remembering Our Babies**

<http://www.october15.com>

Memorial and support website for miscarriage, stillbirth, and loss of a child. Online book with true stories of women coping with loss and infertility.

### **The Compassionate Friends**

<http://www.compassionatefriends.org>

A national parent-to-parent support group. Lots of valuable information at this site for parents who have lost children of any age and under any circumstance. There is information on local chapters available as well.

### **AGAST Alliance of Grandparents, A Support in Tragedy**

<http://www.agast.org>

In its ten-year history, AGAST has grown from a small group into an internationally recognized organization offering registered members an online forum and newsletter.

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## Support Meetings

Support meetings are informal gatherings where parents can receive and give support by sharing common experiences as we work through and resolve our loss. We cordially invite you to attend.

Meetings may start out with a topic of discussion, but everyone is free to bring up any questions or aspects of their loss which may concern them.

Attending your first meeting does take courage, but parents who attend find a comforting network of support, encouragement, friendship and understanding.

Nothing is required of you. There are no dues or fees. You need not speak one word. Even if you no longer need the meetings for yourself, come and share your experiences with someone who has recently suffered a loss.

### HAND of the Peninsula

Support meetings are held on the first and third Wednesday of the month. Contact: Jill Ludwig (650) 367-6993

**Time:** 7:30-9:30 P.M.

**Dates:** Dec. 3 and 17  
Jan. 2 and 16, 2008  
Feb. 6 and 20  
March 5 and 19  
April 2 and 16

**Location:** Ellsworth Room at Mills Health Center, 100 S. San Mateo Dr., San Mateo

### HAND of Santa Cruz

Support meetings are held on the third Wednesday of the

month. Contact: Kristie Shulman (831) 438-4513.

**Time:** 7:30-9:30 P.M.

**Dates:** Dec. 17  
Jan. 16, 2008  
Feb. 20  
March 19  
April 16

**Location:** Congregational Church of Soquel

## Pregnancy Support Meetings

Parents who are pregnant again after a loss have special emotional and psychological needs. Pregnancy Support Group meetings address the concerns of bereaved parents who have started or are thinking about starting another pregnancy. Fathers are especially encouraged to attend.

HAND of the Peninsula holds subsequent pregnancy support meetings on the second Wednesday of the month as needed. Please call the HAND office (650) 367-6993 if you plan to attend or need more information

**Time:** 7:30-9:30 P.M.

**Dates:** Dec. 10  
Jan. 9, 2008  
Feb. 13  
March 12  
April 9

HAND of Santa Cruz subsequent pregnancy meetings are held on the first Wednesday of

each month. Please call (831) 438-4513 for more information.

## Donations

Our warmest thanks to those who have sent donations to HAND of the Peninsula. It is through your support that HAND is able to grow and help others.

**Shirley and David Guidi**, in memory of their granddaughter Natalie

**Marissa Lee**, in memory of Natalie Guidi

**Patricia Bruno**

**Julie and Mike Wilcox**

**Nancy Faulstich**

**Nancy Krop and J. Mike Hedblom**

**Santa Cruz Mothers of Twins Club**

**Arnold Ricard**, in memory of his late wife Jeannette

**Julie Van Gelder and Brent Gregory**, in memory of Benjamin Gregory

**Patricia Leeper and Craig Ball**, in memory of Abigail and William Leeper Ball

**Mary and William Schorr**, in memory of their son

**Kristi and Robert Zuniga**, in memory of Mariana Teresa Zuniga

**Emily and John Corpos**, in memory of Maria's 32nd birthday

**Lili Saki**, in memory of nephews Neema and Ideen Heydari



*HAND of the Peninsula*

# **Volunteer Training**

*January 26, 2008*

Co-founders, Emily Corpus and Celia Hartnett, have scheduled a day-long volunteer training workshop on Saturday, Jan. 26, 2008, at Sacred Heart Preparatory School, 150 Valparaiso Ave. in Atherton.

HAND parents, friends or relatives interested in giving back by supporting newly bereaved parents are welcome to participate whether they feel ready to jump in and help right away or down the road. For more information call (650) 367-6993 or email [info@HANDsupport.org](mailto:info@HANDsupport.org)

## **Online** *continued from page 3*

### **Healing Hearts for Bereaved Parents**

<http://www.healingheart.org>

Matches pen pals by similar loss.

### **Griefnet.org**

<http://www.griefnet.org>

Offers more than 50 email support groups. A companion site, Kidsaid.com is where children may find information and ask questions.

When you're ready to try again, here is an online support group:

### **SPALS Subsequent Pregnancy After a Loss Support**

<http://www.spals.com>

SPALS is a warm and compassionate community of about 400 members who have experienced the loss of a child due to miscarriage, selective termination, stillbirth, neonatal death, sudden infant death, or accidental death and share mutual support and information regarding subsequent pregnancy.