



# GRIEF SUPPORT GUIDE

For stillbirth, miscarriage, and infant loss | Revised March 2023

## SUPPORT: INDIVIDUAL & GROUPS

**Star Legacy Foundation:** Grief support group options, all virtual. [More information and to register.](#)

**UnityPoint Health - Meriter Pregnancy and Infant Loss Program:** Holistic grief support, resources, and multidisciplinary family-centered care. Call (608) 417-5690.

**Agrace:** General grief support groups, in-person and virtual. Call (608) 327-7118 or [complete an inquiry form.](#)

**Bereaved Parents of Madison:** Parent support group for pregnancy or infant loss. Third Thursday of every month at 7:30 PM, virtual. Call or text Emily: (920) 643-0217, or [email group leaders.](#)

**Miscarriage Support Group:** Support group for those who experienced miscarriage. Second Wednesday of every month at 12:00 PM, virtual. To sign up, [email Julie.](#)

**Alana Rose Foundation:** Mourning Coffee online support group, second Sunday of every month at 8:00 AM [via Zoom.](#)



**Healing Our Hearts:** [Community-based grief support.](#) This organization is part of the Dane County Collaboration of Black Service Providers. Call (608) 821-0848 or complete a [referral form.](#)

**BeReAVED Together, Inc.:** Wellness-based groups, in-person and virtual. [Learn more.](#)

**The Compassionate Friends:** Support group for parents who have lost a child at any age. In-person at 4411 Monona Drive, Monona, WI 53716; third Thursday of every month at 7:00 PM. Contact Jim: (608) 512-2223. [Learn more.](#)

## ONLINE & PHONE OPTIONS

**Wisconsin Center for Stillbirth and Infant Death:** Referral and intervention for Wisconsin families who experienced a loss. [Email them](#) or [visit online to learn more.](#)

**Grief Support Line:** Phone line with certified grief counselors: (952) 715-7731, ext 1.

**First Candle:** 24-hour grief line: 1-800-221-7437. Three peer-to-peer support groups via Facebook for miscarriage, stillbirth, and sudden infant death. [Learn more.](#)



= the organization is led by a person of color



**Grieve Out Loud:** Pregnancy and infant loss peer support network, via closed Facebook group. [Request to join](#).

**Bereaved Parents of Madison:** Pregnancy and infant loss support group, via closed Facebook group. [Request to join](#).

**BeReAved Together, Inc.:** Peer support for bereaved parents, via closed Facebook group. [Request to join](#).

## PREGNANCY AFTER LOSS

**UW Health Hope After Loss Clinic:** Provide medical and emotional support for people impacted by a recent loss (miscarriage, stillbirth, neonatal, or infant), are pregnant after a prior pregnancy loss, and who wish to be pregnant after experiencing a loss. Call (608) 287-5898 to inquire.

**Rainbow Pregnancies of Madison:** [Bereaved Parents of Madison](#) program that provides support for people pregnant after loss. [Email Rebecca](#) to inquire.

## OTHER SUPPORT

**Mikayla's Grace:** Provide Angel Memory boxes, Baby Loss Comfort packages, and NICU care packages to local hospitals. Hospital/clinic will contact. [Learn more](#).

**Babies Gone Too Soon:** The *Angel Fund* helps with parent medical, memorial, and funeral expenses after an infant loss. [Eligibility requirements online](#).

**HUGS:** Bedside peer support during a loss including emotional, answering questions, and creating keepsakes. Hospital/clinic will contact. [Email them](#) with questions.

**Guardian Gunner:** Provide a 'box of sunshine' for bereaved parents – [Request a box online](#). Learn about [grief support events](#).

**Faith's Lodge:** "Child Loss Retreats" in Danbury, WI. Purpose is to support bereaved parents and families through grief counseling, group activities, and coping tools. [Learn more](#).

**Directory of bereavement services throughout Wisconsin:** [Learn more online](#).

*If you are struggling and need immediate mental health support, call or text 9-8-8, or call the Journey (Dane County) 24-hour Crisis Line at (608) 280-2600. If you are in imminent danger, call 9-1-1.*

