

# SCN RESOURCES

FOR  
CURRENT  
AND FORMER  
SCN PARENTS

THE EXPERIENCE OF HAVING A BABY IN THE NICU CAN BE FRIGHTENING, ISOLATING, AND OVERWHELMING. HERE ARE A FEW RESOURCES THAT PARENTS WITH A BABY IN THE NICU, OR WHO HAVE ALREADY RETURNED HOME MAY FIND HELPFUL:

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**Fragile Beginnings Virtual Support Group**– This Zoom support group for parents whose babies have spent time in the NICU provides an opportunity to connect with other parents who have shared similar experiences and concerns. Thursdays, 10:30–11:30 am. Complete registration to receive zoom link.

**Postpartum Support International Support Group**– intended for parents of babies who are currently or formerly in the NICU. Connecting with others who have experienced the uniquely stressful environment of a NICU will provide parents with understanding, as well as helpful tools and resources. Whether your baby is currently in the NICU or you have finally returned home, our NICU parents support group is here for you.

Parents who have a baby in the NICU or are now home after a NICU stay are invited to reach out to our Specialized Coordinator for NICU parents.

**Graham’s Foundation**– Foundation founded by a preemie parent offering care packages, mentoring from other preemie parents, MyPreemie app, and many other resources for parents, friends, and family.

**Hand To Hold**– online resource offering support groups, peer mentoring, podcasts, online communities, counseling, family stories, and other educational resources. Resources available in Spanish.

**NICU Helping Hands**– Online resource offering support, peer mentors, and information.

**NICU Parent Network**– National organization of NICU peer support organizations

**The NICU Dad**– website dedicated to supporting dads with babies in the NICU. Resources include podcasts, facebook groups, apps, and blog.

**Please reach out to your Nurse, Pediatrician, Social Worker, or OB if you have concerns about your own mental health or your partner’s.**