

Pregnancy and Infant Loss Resources

Pregnancy and infant loss is an unimaginable pain for individuals and families. The resources below are meant to guide you and your family as you navigate grief after a loss. The journey through this grief is long and difficult, but you are never alone. Explore the resources below to find support that meets your family's unique needs.



Support Groups

Postpartum Support International offers several support groups on pregnancy and infant loss. Look on their website to find which group best fits you and your family's needs.

Rachel's Gift Emerson Hospital partners with Rachel's Gift to provide support to families, who have experienced loss. They have a pregnancy and infant loss group, a men only monthly support group, and a couples monthly support group.

Rooted Resilience Cambridge Emerson Hospital sponsors their monthly pregnancy and infant loss support group led by Katie Stockman. Groups run the second Monday of each month from 7-8:30pm.

Online Resources

Rachel's Gift offers several online resources for families pre-delivery, post-delivery, and in recovery. In the Grief Support tab you will find pamphlets for mothers, fathers, grandparents, and friends & family, recommended reading, care options post delivery, memorial items, Rachel's Garden Memorial Wall, and much more.

Kudoboard collaborate to create a unique memorial site. Add memories, photos, or videos; invite others to contribute; share it at a funeral, online, or in-person, or print it out as a book or poster. It's saved forever.

Bereaved Parents of the USA is a national nonprofit led by bereaved parents. The organization provides support, resources, gatherings, and a newsletter for bereaved parents and families. BPUSA also provides support to bereaved siblings.