

## **Pregnancy and Infant Loss Support Resources**

### **Bangor**

Empty Arms or Greater Bangor  
2 support groups each month. Second Tuesday of each month is in person group at 6pm. The third Thursday of each month is virtual at 6pm.  
No registration necessary.  
6 State St, Suite 300  
Bangor, ME  
Contact: [emptyarmsbangor@gmail.com](mailto:emptyarmsbangor@gmail.com)  
[Emptyarmsbangor.org](http://Emptyarmsbangor.org)  
(207) 573-7871

### **Belfast**

Hope Blue Support Group  
Infant Loss support  
2<sup>nd</sup> Tuesday of each month at 6:30 PM  
Unitarian Universalist Church  
37 Miller Street  
Contact: Brynna Ledyard at  
[hopebluemaine@gmail.com](mailto:hopebluemaine@gmail.com) or at 617-549-3560

### **Brunswick**

Madeline's Mission  
<http://madelinemission.org/>  
Monthly support groups, more info at:  
[info@madelinemission.org](mailto:info@madelinemission.org)

### **Lewiston**

Sharing Through Experiences  
Central Maine Medical Center  
Conference Room H  
3<sup>rd</sup> Wednesday of the month from 7-8:30pm  
Contact: Kate Lydon (207)740-8105 or  
Tammy Fournier (207) 400-0093  
  
The Colby Fund  
Providing support to families in Central Maine that have experienced a loss in pregnancy or early childhood. Annual walk 3<sup>rd</sup> Sunday October  
<https://www.facebook.com/groups/113421695355214/>  
  
<https://sites.google.com/view/thecolbyfund/home>

### **Portland**

Grieving Still (miscarriage, stillborn, neonatal loss)  
3<sup>rd</sup> Thursday 6-7:30 PM  
\*ZOOM MEETING\*  
Contact: [Kelly.Chicoine@mainehealth.org](mailto:Kelly.Chicoine@mainehealth.org)

Healing Together (for parents who have interrupted pregnancies due to fetal anomalies)  
2<sup>nd</sup> Thursday 6-7:30 PM \*  
\*ZOOM MEETING\*  
Contact: [Kelly.Chicoine@mainehealth.org](mailto:Kelly.Chicoine@mainehealth.org)

Annual Pregnancy and Infant Loss Remembrance  
Candlelight Vigil  
October 15  
Maine Medical Center and virtual  
Contact: [Samantha.Giglio@mainehealth.org](mailto:Samantha.Giglio@mainehealth.org)

### **Statewide**

Sad Dads Club  
24/7 Private Discord Channel  
Support group for dads, virtual every Thursday at 8:30 PM  
<https://saddadsclub.org/>

### **York Region/New Hampshire**

Seacoast Perinatal Loss Support  
2 groups: one is for loss support, the other for support during pregnancy after loss.  
Contact: please join Facebook page  
<https://www.facebook.com/stilllifenh>  
October 15<sup>th</sup> Annual Memorial in Dover, NH  
Contact: [doula@houndhill.com](mailto:doula@houndhill.com)

## **Pregnancy and Infant Loss Support Resources**

### **National Online Communities**

Empty Arms Bereavement Support

<http://www.emptyarmsbereavement.org>

Grieving Parents Support Network

<http://grievingparents.net>

Pregnancy after Loss Support

<https://pregnancyafterlosssupport.org>

Portraiture and photography for families experiencing the loss of a baby

<https://www.nowilaymedowntosleep.org>

Return to Zero: H.O.P.E

[rtzhope.org](http://rtzhope.org)

Ryleigh's Resources

[ryleighsresources.org](http://ryleighsresources.org)

Share Pregnancy & Infant Loss Support

<http://nationalshare.org/online-support>

Star Legacy Foundation

Pregnancy loss, stillbirth, and neonatal death

Includes peer support options

<https://starlegacyfoundation.org/>

Financial support to families preparing for loss or NICU stay

<https://www.colettelouise.com>

For health professionals:

A Guide to Self-Care Practices for Professionals

<https://d1vy0qa05cdjr5.cloudfront.net/f12eaf97-8b20-40bf-8e68-2cf8c0a42842/Public/Resources/RTS-3140-E-A-Guide-to-Self-Care-Practices-for-Professionals.pdf>