

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
Emptyarmsbangor.org
(207) 573-7871

Belfast

Hope Blue Support Group
Infant Loss support
2nd Tuesday of each month at 6:30 PM
Unitarian Universalist Church
37 Miller Street
Contact: Brynna at hopebluemaine@gmail.com

Brunswick

Madeleine's Mission
<http://madelinemission.org/>
info@madelinemission.org

Lewiston

Sharing Through Experiences
Central Maine Medical Center
Conference Room H
3rd Wednesday of the month from 7-8:30pm
Contact: Kate Lydon (207)740-8105 and 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 3rd Sunday October
<https://www.facebook.com/groups/113421695355214/>
<https://babyalligatortears.wordpress.com/>

Portland

Grieving Still (miscarriage, stillborn, neonatal loss)
3rd Thursday 6-7:30 PM
ZOOM MEETING
Contact: Kelly.Chicoine@mainehealth.org

Portland

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

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

Rockport

Held Support Group
Miscarriage or pregnancy loss
Beebe Health Center
15 Anchor Drive
Registration requested by going to penbaywaldo.coursestorm.com or 207-301-3950

Statewide

Sad Dads Club
Support group for dads, virtual every Thursday at 8:30 PM
<https://saddadsclub.com/about/>

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 15th Annual Memorial in Dover, NH
Contact: 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

Ryleigh's Resources

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>