

FIMR

PALM BEACH COUNTY FETAL AND
INFANT MORTALITY REVIEW PROGRAM

Bereavement *Resources*



Florida Institute for
Health Innovation

RESULTS-ORIENTED. RESPONSIVE. DATA-DRIVEN



a program of:

Children's
Services Council

PALM BEACH COUNTY

Healthy. Safe. Strong.

"Mourning is not forgetting . . . It is an undoing. Every minute tie has to be untied and something permanent and valuable recovered and assimilated from the knot."
— Margery Allingham — *The Tiger in the Smoke* 2005

**FIMR calls the community to
understand the experience of your loss,
to see the uniqueness of your life
and the similarities of your experience to others',
to act upon everything we can, so that every baby has a better
chance;
to share our new knowledge with a passionate voice
so that tomorrow's families will not suffer.**

To learn more about the Palm Beach County FIMR program, please visit
www.flhealthinnovation.org/FIMR or contact us at
info@flhealthinnovation.org

We offer these resources to help provide support during this difficult time and to assist you and your family in your journey through grief. We hope you find comfort in knowing that the community is here for you and that there are many organizations and caring professionals ready to provide support as you make a courageous beginning in facing your loss.

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Support Groups, Counseling and Mental Health Services

MOMMIES ENDURING NEONATAL DEATH (M.E.N.D.)

A Christian non-profit organization whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly meetings, a bi-monthly newsletter, and website.

- **PBC Support Group Meetings: 2nd Thursday of every month at 7:00pm at Brookdale Lake Worth (3927 Hadjes Dr., Lake Worth, FL 33467).**
- **Contact: Jessica Gaddie; 561-843-3509 or jessica@mend.org**
- **Website: www.mend.org**
- **Find M.E.N.D. on Facebook at [m.e.n.d. palm beach, fl](https://www.facebook.com/m.e.n.d.palm.beach.fl)**

EVE'S VICTORY

Eve's Victory's mission is to bring hope, restore joy, and claim victory over a dark season that many families face when walking through premature birth, miscarriage, stillbirth, having a disabled and/or ill baby, or the loss of a child. They provide free care packages for families that have experienced a loss that are designed to bring comfort and healing in a hard circumstance.

- **Contact: contactus@evesvictory.com**
- **Website: www.evesvictory.com**

VITAS® HEALTHCARE

A pioneer and leader in the hospice movement since 1978, is the nation's leading provider of end-of-life care. VITAS offers grief and bereavement support, including two free counseling sessions, for families that have experienced the loss of a baby in PBC, along with referrals for continued support.

- **Contact: Jason Fairbanks; 561-733-6326 or jason.fairbanks@vitas.com**
- **Website: www.vitas.com/fl/palm-beach-hospice/hospice-care-services/bereavement-and-grief-resources**

HOSPICE OF PALM BEACH COUNTY--TRUSTBRIDGE BEREAVEMENT CENTERS

A program of Hospice of Palm Beach County, offers a variety of free services and support tools including support groups, workshops and family activities that are open to everyone in Palm Beach and Broward counties who has lost a loved one.

- **Phone: (561) 227-5175**
- **Toll free: (888) 499-8393**
- **Website: www.trustbridge.com/services/grief-support**

HOUSE OF LOVEILLIONAIRES: "ENGAGING, EDUCATING, EMPOWERING AND ENRICHING THE LIVES OF STRONG SURVIVORS FROM ALL DISTINCTIONS AND WALKS OF LIFE"

The House of Loveillionaires provides access to crisis counseling and mental health awareness to educate and enlighten the mind, wellness techniques and connections to help sustain the body, in addition to hosting empowerment forums designed to nurture and rejuvenate one's spiritual being and soul.

- **Contact: 561-352-5418**
- **[Facebook.com/houseofloveillionaires](https://www.facebook.com/houseofloveillionaires)**
- **Instagram: [@houseofloveillionaires](https://www.instagram.com/houseofloveillionaires)**

COMPASSIONATE FRIENDS

This national network with local chapters provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

- **National Office:** (630) 990-0010; Toll free: (877) 969-0010
- **Boca Raton Chapter:** (561) 368-0324
- **Western Palm Beach County Chapter, Royal Palm Beach:** (561) 315-0306 or (561) 640-9056
 - **Men's Group:** (561) 723-4084
 - **Sibling's Group:** (410) 723-4084
- **North PBC Chapter, Palm Beach Gardens:** (561) 882-1426 or (561) 627-9868
- **Website:** www.compassionatefriends.org

CHILDREN'S BEREAVEMENT CENTER

The Children's Bereavement Center provides Peer Support Groups for children, teens and young adults (elementary through college) as well as adults who are grieving the death of a loved one. The Children's Bereavement Center also extends supportive services and resources to families, caregivers, schools and the community. All peer support groups are free of charge.

- **PBC Support Group:**
Franklin Academy Charter School (7882 S Military Trail, Boynton Beach, FL 33463)
- **Contact:** 561-257-2627
- **Website:** childbereavement.org

(Adult support groups are also available in Miami-Dade, Miami Beach and Broward. For more information, contact: 305-668-4902).

MENTAL HEALTH-GUIDING PEOPLE TO SERVICES (GPS)

"IT'S OK TO GET HELP"

This help line is available to provide guidance to mental health resources in Palm Beach County. Call if you would like to talk to a support team member. Line open-8:30am to 5pm.

- **Phone:** (561) 801-HELP (4357)
- **Website:** www.mhapbc.org

NATIONAL SHARE OFFICE

Provides easy access to support groups across the country as well as a list of local groups and contacts within each state.

- **Website:** www.nationalshareoffice.com
- **Palm Beach County Share Groups:**

Hospice of Palm Beach County
Dept: Horizons Bereavement Center
5300 East Avenue
West Palm Beach, FL 33407

- **Phone:** 561-227-5175 ext. 5177

200 Butler Street, Ste. 103
West Palm Beach, FL 33407

- **Phone:** 561-301-1408
- **Email:** SHAREingfacts@hotmail.com

PALM BEACH/TREASURE COAST 211

A team of specially trained staff to assist callers through its help line with crisis intervention, suicide prevention, information, assessment and referral to community services, 24 hours a day, 365 days a year.

- Phone: 211
- Website: www.211palmbeach.org

PSYCHOLOGY TODAY THERAPISTS--GRIEF THERAPISTS IN PALM BEACH COUNTY

If you're looking for help with grief in Palm Beach County or for a private Palm Beach County grief therapist, these professionals provide grief counseling and grief support. They include grief therapists, grief psychologists, grief psychotherapists and grief counselors. This site allows you to search specific locations and choose a therapist/service that you are comfortable with.

- Website: www.psychologytoday.com/us/therapists/florida

Community Resources

FLORIDA SIDS ALLIANCE

Continuous source of assistance to parents who unexpectedly lost a child, particularly due to Sudden Infant Death Syndrome (SIDS).

- Phone: 1(800) SIDS-FLA or 1(800) 743-7352
- Website: angellofhopecfl.wordpress.com/fl-sids-alliance

WOMEN, INFANT AND CHILDREN (WIC)

WIC is a program that provides nutrition services to WIC eligible mothers. WIC clinics continue to provide services to mothers who have experienced a miscarriage or fetal and infant loss up to 6 months postpartum.

- Phone: 1 (800) 342-3556
- Website: www.floridahealth.gov/programs-and-services/wic

Online Resources

A PLACE TO REMEMBER

Uplifting support resources for those who have been touched by a crisis in pregnancy or the death of a baby.

- Toll free: 1 (800) 631-0973
- Website: www.aplacetoremember.com

AMERICAN PREGNANCY ASSOCIATION

Support for parents who have lost a baby due to miscarriage and ectopic pregnancy via telephone and forums.

- Phone: 1 (800) 672-2296
- Website: americanpregnancy.org/pregnancy-loss

BABY LOSS

Information and support online for anyone affected by the death of a baby during pregnancy, at birth, or shortly afterwards.

- Website: www.babyloss.com
- Email: Support@babyloss.com

CENTER FOR LOSS IN MULTIPLE BIRTH (CLIMB)

Provides parent-to-parent support for all of who have experienced the death of one or more twins or higher multiple birth children at any time from conception through birth, infancy and early childhood.

- Website: www.climb-support.org

CENTERING CORPORATION AND GREIF DIGEST MAGAZINE

Provides educational resources, a quarterly magazine and an online bookstore for families and caregivers. Topics covered include infant loss, bereaved parents, loss of a spouse, children and grief, pet loss, general grief resources and more.

- Website: www.centering.org

COMPASSION BOOKS

Offers exceptional mailorder reading materials for people of all ages to help them grow through the losses they experience in life.

- Website: www.compassionbooks.com

FIRST CANDLE

Provides bereavement and counseling resources to families who have lost a baby. First Candle's peer-to-peer online support groups are a safe and supportive place to share information and experiences surrounding pregnancy and infant loss. As a member, you can connect with other people experiencing grief, anger, anxiety, and depression.

- Website: firstcandle.org/bereavement/online-support-groups

GRIEF SHARE: A SEASON OF GRIEF

Provides daily encouragement through free daily email messages designed to encourage you. Sign up and start receiving daily support through the healing process.

- Website: www.griefshare.org/dailyemails

GRIEF SPEAKS: MEN AND GRIEF

Provides recommendations and guidelines to men about handling the grieving process.

- Website: www.griefspeaks.com/id38.html

HYGEIA FOUNDATION

Community of compassion, empathy and support for families who have endured the tragedy of miscarriage, stillbirth and neonatal / infant loss.

- Phone: 1 (800) 893-9198
- Website: www.hygeia.org

MARCH OF DIMES

Offers online grief and bereavement resources and an online community where families who have lost a baby can talk to and comfort each other.

- Website: www.marchofdimes.org/complications/loss-and-grief.aspx

M.I.S.S. FOUNDATION

Provides support and long term aid to families after the death of a child from any cause.

- Phone: (602) 279-MISS (6477) or 888-455-MISS (6477)
- Website: www.missfoundation.org

NATIONAL STILLBIRTH SOCIETY

The mission of the parent-led National Stillbirth Society is to "educate, agitate and legislate" for greater stillbirth awareness, research and reform.

- Website: www.stillnomore.org

ONLINE GRIEF SUPPORT

Provides a unique and meaningful way to celebrate the lives of those loved and lost. The site offers access to 50 email grief support groups, providing help to people working through loss and grief issues of many kinds.

- Website: www.griefnet.org

RYLEE'S HOPE

Providing support for families that have suffered miscarriage, stillbirth or infant loss.

- Email: ryleeshope@gmail.com
- Website: deckerotwellphotog.wixsite.com/ryleeshope/the-project

VIRTUAL MEMORIALS

A place where thousands of lives are celebrated, documented and shared. Virtual Memorials aims to provide comfort during the difficult times of grief.

- Website: www.virtual-memorials.com

Financial Assistance

TEARS FOUNDATION

Compassionately lifts a financial burden from families who have lost a baby by providing funds to assist with the cost of burial or cremation services. Also offer parents comprehensive bereavement care in the form of grief support groups and peer companions.

- Phone: (253) 200-0944
- Website: www.thetearsfoundation.org

The following is a list of financial health resources for assistance and advice about managing your money, managing debt, planning for the future, and making big purchases:

Local and Digital Options	Contact/Website
Practical advice and how to guides	
The Consumer Financial Protection Bureau has a whole website providing free guides on everything from getting an auto loan to working with a debt settlement provider.	www.consumerfinance.gov/consumer-tools/
The Florida Department of Financial Services, Consumer Assistance Division can answer general insurance and financial questions to help you control and manage healthcare costs.	Call the toll-free helpline at 1-877-693-5236, or visit: www.myfloridacfo.com/division/consumers/

Free money coaching and financial health workshops	
Capital One offers free, 1-on-1 coaching appointments with certified life coaches that are trained to help you connect your finances to your goals and dreams. Coaching is available to everyone; you don't need to be a Capital One customer.	www.capitalone.com/local/moneycoaching
Capital One also offers free workshops on a wide range of financial health topics throughout the year at multiple locations.	www.capitalone.com/local/events
Low cost credit counseling	
<p><u>Over the phone</u> The National Federation of Credit Counselors (NFCC) is the largest and longest serving nonprofit financial counseling organization in the United States. If you call them they can connect you to credit counselors who can speak with you about your options and situation on the phone in English or Spanish.</p> <p><u>In person</u> Money Management International (MMI) is a credit counseling provider with a physical location in Southeast Florida. You can call to make an appointment or visit their branch location to meet with a credit counselor.</p>	<p>Call 1-800 388-2227 or find a local partner at www.nfcc.org/locator/</p> <p>Visit an MMI office:</p> <ul style="list-style-type: none"> • 7200 Corporate Center Dr., Miami, FL 33126 • 6303 Blue Lagoon Dr., Suite 400, Miami, FL 33126 <p>You can also visit www.moneymanagement.org/locations/florida</p>
Nonprofit tax and financial counseling	
United Way of Palm Beach County provides free help with taxes at tax time	unitedwaypbc.org/taxes/
Nonprofit housing and financial counseling	
The Urban League of Palm Beach County provides housing counseling and financial empowerment services	www.ulpbc.org/ http://www.ulpbc.org/economic-empowerment/

Recommended Reading

A Father's Grief. (2002). Duke University Health System Bereavement. Information on fathers' feelings after the death of an infant, how to help the wife/partner, and tips for handling grief. Also available in Spanish.

After Sudden Infant Death: Facing Anniversaries, Holidays and Special Events. (2005). Resource Center. Information and strategies for grieving parents as they approach special family gatherings and holidays.

After the Loss of Your Baby. (2008). Connie Nykiel, Centering Corporation. Booklet for adolescent mothers offering information on grief, medical definitions, and issues surrounding family and the infant's father. Available for purchase online.

List of Do's and Don'ts for Friends and Relatives Who Want to Help. (No date). First Candle. List of things to do and say that may help, as well as things to avoid.

Men Don't Cry, Women Do: Transcending Gender Stereotypes of Grief. (1999). Do men and women grieve differently? This text, while emphasizing that there are many ways to cope with grief, offers a refreshing change from the popular gender stereotypes of grief. Two patterns of grieving are described: an intuitive pattern where individuals experience and express grief in an effective way (stereotyped as female); and an instrumental pattern where grief is expressed physically or cognitively (stereotyped as male).

Pregnancy & Newborn Loss. From *Hurt to Healing: Dealing with the Death of Your Baby.* (2008). March of Dimes. Overview of grief related to pregnancy and newborn loss, includes coping strategies, access to bereavement materials, fact sheets, and resource organizations.

Single Parent Grief. (2002). Duke University Health System Bereavement. Information on grief following the death of an infant, designed for single parents, particularly single mothers, with specific strategies for coping with grief and identifying appropriate self-care and social supports. Also available in Spanish.

Surviving the Death of a Baby. (2003). First Candle. Advice for grieving parents, children, grandparents, child care providers, and friends and relatives.

The Death of a Child, the Grief of the Parents: A Lifetime Journey. (2011). Resource Center. Resource on the process of grief, describing bereavement as a set of tasks for the bereaved. Topics covered include factors that may interfere with the grief process, sudden infant death syndrome, fathers, and families needing additional support, non-traditional families, ways to comfort a grieving parent, ways that help parents cope and heal, and recommended resources.

The Grief of Stepparents When a Child Dies. (2008). Compassionate Friends. Information on grief following the death of a child, with an emphasis on factors that particularly affect stepparents.

The Grieving Child: Helping Children Cope with Grief When an Infant Dies. (2011). Resource Center. Common reactions that children of different ages exhibit when an infant dies and how to help these children. Also addresses seeking support services and funeral and family rituals.

Using Books To Help Children and Adolescents Cope with Death: Guidelines and Bibliography. Hospice Foundation. Guidelines on how to select resources, a selected bibliographies of materials for adults, picture and coloring books for preschoolers and beginning readers, storybooks and other texts for primary school readers, literature for middle school readers, and literature for high school readers.

When a Baby Has Died. (2007). First Candle. Overview to help parents who have experienced the death of an infant.

When a Man Faces Grief / A Man You Know Is Grieving (1998). Two books in one. One half is for men who are grieving, with 12 helpful suggestions, each a chapter by itself. The other half is for those who want to understand and help men who are grieving, also in twelve short, helpful chapters.