



PERINATAL BEREAVEMENT SUPPORT GROUPS

[Christiana Care Loving Arms Parent Support Group](#)

Third Monday of every month, 6:15 – 7:45 PM, Christiana Hospital, Conf. Room 1000
Please join other parents who have also suffered a loss. The Loving Arms Parent Support Group is a self-help group that provides time to ask questions, share thoughts or just listen. The support group is here to help parents and families who have had an ectopic pregnancy, miscarriage, stillbirth or neonatal death. You can come by yourself, with your spouse or partner, or bring a friend. You can come to talk, or just listen. To confirm the date of the next meeting and for more information about the annual memorial service please call 302-733-4367.

[ChristianaCare Center for Women's Emotional Wellness](#)

Licensed, highly skilled and caring specialists in behavioral health who provide outpatient counseling and medication treatment for individuals affected by perinatal loss. Call [302-733-6662](tel:302-733-6662) or email cwew@christianacare.org.

[GriefShare](#)

Find help at GriefShare, a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Visit or join a group at any time and attend as many meetings as you like.

Some area meeting locations (visit website for complete list including dates & times)

- Greenbank Church of Christ - 511 Greenbank Rd, Wilmington, DE
- Bethel AME Church - 604 North Walnut Street, Wilmington, DE
- Agape Love Fellowship - Wilmington, DE
- Brandywine Valley Baptist Church - 7 Mt. Lebanon Road, Wilmington, DE
- Asbury United Methodist Church - 300 East Basin Road, New Castle, DE
- CrossPoint Wesleyan Church - 333 Georgetown Road, Carneys Point, NJ
- Calvary Chapel of Delaware County - 500 Brandywine Drive, Chadds Ford, PA
- Bible Fellowship Church - 808 Old Baltimore Pike, Newark, DE
- Christ the Cornerstone Church - 3135 Summit Bridge, Bear, DE
- LifeHouse Church - 101 Karins Blvd., Townsend, DE
- The Journey – 713 East Chestnut Hill Road, Newark DE – Virtual



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[Sonia Schorr Sloan Maternal Mental Health Program](#)

A community-based, outpatient program by Jewish Family Services which provides maternal behavioral health care for people who experience pregnancy loss and/or perinatal mood and anxiety disorders (PMADs). Such support and education will help ensure you gain and strengthen the coping skills to move forward, successfully recover, and care for yourself and your family.

[Supporting Kidds](#)

The Center for Grieving Children and Their Families - providing a compassionate pathway to healing for grieving children and their families, and to empower the community to support them in the grieving process.

Online Resources

[M.E.N.D. \(Mommies Enduring Neonatal Death\)](#)

A Christian, non-profit organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death to provide hope and healing through your journey after the loss of your baby.

[Share Pregnancy and Infant Loss Support, Inc.](#)

Serving those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth, or in the first few months of life. There are currently no Share Chapters in Delaware, however the National Share office hosts weekly online group chats that are free of charge to our families.

- The online Pregnancy Loss Group (for the loss of baby through miscarriage, still birth or in the first weeks of life) meets every Tuesday from 7pm-9pm CST.
- The 3rd week is dedicated to Pregnancy After Loss (for those pregnant after a loss or trying to become pregnant).

Call 800-821-6819.

The Share office also maintains an active presence on Facebook, with three support groups and Share's National page. To join any of these groups, visit <https://www.facebook.com/NationalShare/groups>



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[Compassionate Friends](#) offers both [local support groups](#) as well as an [online support group](#) to families after losing a child.

[Share Pregnancy and Infant Loss Support](#) offers [in-person and online support groups](#).

[Still Birth Day](#) offers an online Christian focused loss community and [bereavement doula support services](#) for a loss in any trimester.

[First Candle](#) offers a 24/7 Grief Support Hotline at [1-800-221-7437](tel:1-800-221-7437). First Candle is committed to ending Sudden Infant Death Syndrome (SIDS) and other sleep-related infant deaths while providing bereavement support to families who have experienced a loss

[PALS Pregnancy After Loss Support](#)

As a mom pregnant after a loss, you don't quite fit into the loss groups anymore, but you also don't feel like you fit in the "normal" pregnancy community. PALS helps fill that gap with online support groups and in-person Meet-Ups to support you through trying to conceive, pregnancy, and parenting after loss.

[Unborn Memorials](#)

A place to give love and honor to your child's life. This online memorial can be a helpful alternative and part of your journey of healing. If your child was miscarried or stillborn you may not have had an opportunity to have a burial for your child. This online memorial can also be a place for you to express the love you have for that child which will remain forever.