

## Grief Support Resources 2013

This is a list of some support groups/programs, websites, books, and sources of information that may be of interest to you and your loved ones now and in the days ahead. It is not meant to be inclusive of all that's available. The NH Department of Health and Human Services and the NH Office of the Chief Medical Examiner do not necessarily endorse the views or information presented on any of these sites, nor endorse any commercial products or information that may be presented or advertised on these sites.

### **State-wide Grief Support Groups/Programs**

- Compassionate Friends, Inc. is a national support organization for those whose lives have been touched by the death of a child of any age, from any cause. Call (630 - 990-0010) or check their website (<http://www.compassionatefriends.org/>) to find a support group in New Hampshire near you.

Watch their 13 minute video, "After A Child Dies", by clicking onto the link: [http://compassionatefriends.org/Other\\_Pages/After\\_a\\_Child\\_Dies.aspx](http://compassionatefriends.org/Other_Pages/After_a_Child_Dies.aspx), or via the homepage of their website: <http://www.compassionatefriends.org/>. The first half of the video shows adults sharing what they felt after the death of a child (of any age) as a parent or sibling; the second half is about The Compassionate Friends' support group, what it felt like to go the first time, why it was helpful, how to find where one is located near you.

- Many Visiting Nurse Associations or local Hospice programs offer grief support services. Contact the agency (listed in the Yellow Pages under "hospice") in your community to see if one is available that might meet the needs of you, your family members, or your loved ones.

### **Local Perinatal/Infant Loss Support Groups/Programs**

- Boston, Massachusetts - Support group for families whose infants and young children have died suddenly and unexpectedly of Sudden Infant Death Syndrome and other causes of death offered by the Massachusetts Infant and Child Death Bereavement Program of the Massachusetts SIDS Center. Monthly meetings. For details, call Program Director Mary McClain, RN, MS, 617-414-7437 or see website: <http://www.bmc.org/pediatrics-ma-sids.htm>
- Dover: Wentworth Douglass Hospital – Perinatal and Infant Loss Group/Program. Meets every other week for 6-week program. For details, call Nora Fortin, 740-2268
- Exeter: Exeter Hospital – Perinatal and Infant Loss Group/Program. Meets every other week for 6-week program. Call for meeting dates/times. 778-7311
- Keene: Hitchcock Clinic – Perinatal Loss Support Group. Meets 3<sup>rd</sup> Thursday of the month, 7 – 9 pm. Please call Linda Hakala, RN, & Becky Cleveland RTS Counselors at 354-6641 if you plan to attend/for details.
- Lebanon: Dartmouth Hitchcock Medical Center – Miscarriage and Infant Loss Support group. Meets at 6 pm on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday. Offered by the Women's Health Resource Center. Call for meeting location. 650 – 2600 (THEY ARE NOT MEETING AT THIS TIME)

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- Manchester: Elliot Hospital – SHARE Infant Loss Group for parents who have experienced a miscarriage, stillbirth or neonatal death, run by Labor and Delivery Nurses Brenda Smith and Kathy Overson. Meets monthly, 3<sup>rd</sup> Wed., 7:00 – 8:30 pm. For details, call 669-5300, ask for Labor and Delivery Unit.
- Nashua: St. Joseph Hospital – Perinatal Infant Loss Group, “Still Remembered” – support group for those who have experienced the loss of a pregnancy at any stage, or loss of an infant shortly after birth. Meets monthly, 4<sup>th</sup> Wednesday, 6:30 – 8:30 p.m.  
For details/to confirm meeting date, call Social Worker Barbara Halbmaier, at 882-3000 ext 63907.
- Nashua: St. Joseph Hospital – Parenting After Loss Support (PALS) – group for families parenting a surviving twin or triplet, or parenting a new baby following the death of a child. Babies/toddlers welcome to attend. Usually meets monthly, 2<sup>nd</sup> Saturday, 10 – 11:30 a.m. For details/to confirm meeting date, call Social Worker Barbara Halbmaier, at 882-3000 ext 63907.
- Portsmouth: Portsmouth Regional Hospital – Perinatal and Infant Loss Group/Program Meets every other week for a 6-week program. For details, call Barbara Jean Otearson, 433-6948
- Rochester: Frisbee Memorial Hospital – Seacoast Pregnancy and Infant Loss Support Group/Program – Meets every other week for 6-week program. For details, call Sargent Dillon, 332-7941.

### **Other sources of perinatal/infant grief support**

- NH Department of Health and Human Services’ SIDS Program  
For information on SIDS and local/national grief support resources, Tel: (603) 271-4517 or 800-852-3345, extension 4517.
- SHARE Pregnancy and Infant Loss Support, Inc.- <http://www.nationalshare.org/> - A national organization for those whose lives are touched by the tragic death of a baby through early pregnancy loss, stillbirth, or in the first few months of life, offering information, support and resources. Tel.: 800-821-6819
- First Candle SIDS Alliance  
Tel.: 800 - 638-7437  
Grief Counselors – 24/7 at 1-800-221-7437

National SUID/SIDS Resource Center  
Tel.: 866-866-7437

### **All Deaths**

- Bereaved Parents of the USA – Rockingham/Essex County, NH Chapter (see national website: <http://www.bereavedparentsusa.org/>) - A self-help support organization of parents, grandparents, aunts, uncles and siblings who have grieved the death of a child of any age – miscarriage through adulthood. The group has monthly meetings, a newsletter, annual Memory Walk, Annual Service of Remembrance, and does community outreach. For information, check website: [www.bprockessex.org](http://www.bprockessex.org), or call Chapter Leader: 887-4302.

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- M.I.S.S. – Mothers in Sympathy and Support – [www.misschildren.org](http://www.misschildren.org) - A volunteer-based organization committed to providing crisis support and long-term aid to families after the death of a child from any cause. MISS also participates in legislative and advocacy issues, community engagement and volunteerism, and culturally competent, multidisciplinary, education opportunities.
- A Place to Remember – [www.aplacetoremember.com](http://www.aplacetoremember.com) - Uplifting support materials, information, and resources for those grieving the loss through crisis pregnancy, miscarriage, stillbirth or infant death. Offers a Remembrance Book, a Grief Sharing bulletin board, and a Grief Resource page.
- Center for Loss in Multiple Birth (CLIMB) - [www.climb-support.org](http://www.climb-support.org) - For parents in the United States, Canada, Australia, New Zealand and beyond who have experienced the death of one or more, both or all of twins or higher multiples at any time, from conception through birth, infancy and childhood.
- Sudden Unexplained Death in Childhood Program - <http://sudc.org/page.asp> - (800) 620-SUDC) - Provides general information, resources, and support related to families who have experienced the sudden unexplained death of a child.
- Webhealing.com - [www.webhealing.com](http://www.webhealing.com) - an interactive grief web site where visitors can discuss issues related to grief and healing or browse recommended grief books, grief articles, grief links and the Internet's first memorial page, the Honor Page.
- National Sudden and Unexpected Infant/Child Death and Pregnancy Loss Resource Center at Georgetown University – [www.sidscenter.org](http://www.sidscenter.org) (866-866-7437) - Risk reduction, prevention, and bereavement information for sudden unexpected infant/child death and pregnancy loss, including stillbirth and miscarriage.
- Grief Haven - [www.griefhaven.org](http://www.griefhaven.org) - A website (a grief haven) where parents, siblings, family members, friends, and specialists can come and find what is available. Includes support groups and organizations, and other forms of support.
- The Healing Place - [www.thehealingplaceinfo.org](http://www.thehealingplaceinfo.org) - Grief support programs for grieving children, adolescents and their families or guardians. The focus is young people ages 3-19 and their families who have experienced the death of a sibling, parent, grandparent, friend or other loved one that may need support or guidance in dealing with the grief associated with that loss.
- Good Grief Resources – <http://goodgrief.org/links.html> - A grief referral directory providing complete contact information to find the products and services that will help individuals on their grief journey and discover excellent support resources for all kinds of loss.

### **Drunk Driving Deaths**

- Mothers Against Drunk Driving - [www.madd.org](http://www.madd.org) - Go to “Victim Services”

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## **Homicides**

- National Organization of Parents of Murdered Children, Inc - [www.pomc.com](http://www.pomc.com)
- NH Victim's Office of Victim/Witness Assistance, Department of Justice – <http://doj.nh.gov/victim> - Provides 24-hour direct services and support, including crisis intervention and referrals, assistance with funeral arrangements, orientation to the criminal justice system, etc., for all of the state's homicide cases. Toll free: 1-800-300-4500 (in NH only) or (603) 271-1284. TDD Access Relay NH 1-800-735-2964.

## **New Hampshire Community Mental Health Center Locations**

Community Mental Health Centers provide a variety of services for issues that may arise immediately following the death of a child, or in the months and years afterwards. These services may be used by anyone in the family who is affected by the loss. They can add to the services of the other resources identified in this packet, or can be used before or afterwards, depending upon each individual's needs. A sliding fee scale is available for those without insurance coverage. Listed below are the Community Mental Health Centers throughout the state. Most Centers have smaller offices located in neighboring towns near the city/towns listed on the next page.

### **Northern Human Services**

[www.northernhs.org](http://www.northernhs.org)

3 12<sup>th</sup> Street  
Berlin, NH 03570  
752-7404

55 Colby Street  
Colebrook, NH 03576  
237-4955

25 West Main Street  
Conway, NH 03818  
447-2111

29 Maple Street  
Littleton, NH 03561  
444-5358

70 Bay Street  
Wolfeboro, NH 03894  
569-1884

### **West Central Services**

9 Hanover Street, Suite #2 Street  
Lebanon, NH 03766  
448-0126  
[www.wcbh.org](http://www.wcbh.org)

### **Genesis Behavioral Health**

111 Church Street  
Laconia, NH 03246  
524-1100  
[www.genesisbh.org](http://www.genesisbh.org)

### **Riverbend**

PO Box 2032  
Concord, NH 03301  
1-800-852-3323  
[www.riverbendcmhc.org](http://www.riverbendcmhc.org)

### **Monadnock Family Services**

17 93<sup>rd</sup> Street  
Keene, NH 03431  
357-5270  
[www.mfs.org](http://www.mfs.org)

### **Community Partners**

25 Old Dover Road  
Rochester, NH 03867  
516-9418  
[www.dssc9.org](http://www.dssc9.org)

### **Seacoast Mental Health Center**

1145 Sagamore Avenue  
Portsmouth, NH 03801  
431-6703  
[www.smhc.org](http://www.smhc.org)

### **Greater Nashua Mental Health Center at Community Council**

100 West Pearl Street  
Nashua, NH 03060  
889-6147  
[www.ccofnashua.org](http://www.ccofnashua.org)

### **Mental Health Center of Greater Manchester**

401 Cypress Street  
Manchester, NH 03103  
668-4111  
[www.mhcgmm.org](http://www.mhcgmm.org)

### **Center for Life Management**

10 Tsienneto Road  
Derry, NH 03038  
434-1577  
[www.clmnh.org](http://www.clmnh.org)

## Grief Support Resources 2013

### **Books**

These books have been recommended by parents faced with a similar situation who found them particularly helpful. Their personal comments follow.

- The Book of Eulogies, by P. Theroux – *“Eulogies delivered about and by many well-known people.”*
- A Broken Heart Still Beats, by Anne McCracken – *“This is the best by far. It is a compilation of writings of different (famous mostly) people who have lost children.”*
- How To Go On Living When Someone You Love Dies, by Therese A. Rando, Ph.D.
- In Memoriam by A. Tennyson – *“This is just so beautifully and poetically written that the words are still some of the most powerful for me.”*
- Lament For A Son, by N. Wolterstorff – *“Not even sure if this is still in print but written by a noted theologian about his struggle with his faith after his son's death.”*
- Living When A Loved One Has Died, by Earl A. Grollman – *“The most comforting, helpful, readable book – we’ve given it to others and still re-look at it every so often. A must.”*
- A Severe Mercy, by S. Vanauken – *“This is a collection of letters written by C.S. Lewis to his friend on the death of his wife but I found it very relevant and helpful.”*
- Transcending Loss: Understanding the Lifelong Impact of Grief and How to Make it Meaningful, by Ashley Davis Prend, A.C.S.W.