

Support Groups for Parents and Families in North Carolina (death of an infant or child)

1. SIDS Alliance/First Candle (National)

Grief Support Hotline: 1-800-221-7437.

Programs:

Online peer-to-peer support groups offer safe and supportive places for individuals and families to share information and experiences surrounding pregnancy and infant loss. More information can be found at <https://firstcandle.org/bereavement/online-support-groups/>

2. KinderMourn

1320 Harding Place, Charlotte, NC 28204 (P): 704-376-2580

Mission:

Provides hope for bereaved parents, grieving children and teens by offering support and counseling programs, creating awareness of bereavement issues and empowering the community to effectively assist those who have suffered an unthinkable loss.

Programs:

Grieving Parents, Empty Arms, Grieving Children and Teens, Children's Play Therapy, School and Outreach

<https://www.kindermourn.org/programs>

3. The Shore Grief Center

Base is Central NC (Raleigh, Cary and Wilson) but their reach is 60 miles within Wake Forest, NC (P): 919-368-6286

Mission:

The Shore Grief Center's mission is to provide peer based grief support groups for children, teens and adults who have experienced the death of someone important in their lives.

Programs:

Cameron's Kids Grief, Save the Teens Grief, Adult Grief Groups, Bereaved Parents- Wilson & Cary, Bereaved Parents- of USA/ Central NC Chapter (child, grandchild or sibling loss), Wake Forest Survivors of Suicide Loss

<https://www.theshoregriefcenter.org/>

4. Heartstrings

P.O. Box 10825, Greensboro, NC 27404

Other locations in Winston-Salem and Kernersville

(P): 336-335-9931

Mission:

To provide compassionate validation, bereavement education and hope to families who have suffered pregnancy, infant and child loss through distinctive peer-based support programs guided by bereaved parents in partnership with professional facilitators.

Programs:

Pregnancy & Infant Loss Support (group), Connections (one-one support), Subsequent Pregnancy (for those who are pregnant again), Child Loss Support (parents grieving the loss of child(ren) aged 1-23)

<http://www.heartstringsupport.org/>

5. The Compassionate Friends

Local chapters in: Chapel Hill, Durham, Raleigh, Fayetteville, Greensboro, Wadesboro, Locust and Kinston

Mission:

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends 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.

Programs:

Local chapter meetings, online support, private Facebook support groups, national/regional conferences and work groups

Find a local chapter at: <https://www.compassionatefriends.org/>

The National Institute for Trauma & Loss in Children Hotline: 1-877-306-5256

6. UNC Center for Women's Mood Disorders (UNC Women's Hospital)

(P): 919-966-7801

Email: Darryl Owens at diowens@unch.unc.edu to attend a support group

Programs:

UNC Perinatal Loss Support Group, counseling sessions (one-on-one)

<http://www.med.unc.edu/psych/wmd/perinatal-loss-support-group>

7. Parentcare, Inc

Raleigh, NC (P): 919-350-8567

Mission:

Caring for parents who have experienced the death of their child, a place to share, a place to support each other and a respect for the time it may take to cope with our loss.

<http://www.parentcareinc.org/home.html>

8. GriefShare

P.O. Box 1739, Wake Forest, NC (P): 800-395-5755

Mission:

Seminars and support groups for those who have lost loved ones are led by people who want to help.

Program:

13 weekly video seminar sessions for those who have lost a loved one, followed by guided group discussions with time for personal study and reflection.

Find a support group near you: <https://www.griefshare.org/findagroup>

9. Harnett County Department of Public Health

307 West Cornelius Harnett Blvd. Lillington, NC 27546 (P): 910-814-6254

Grief Counselor: Cristina Worthington

10. Randolph County Infant Loss Group

416 Vision Dr Asheboro, NC (P): 336-940-7104

Email(s): tim.pheagin@hospiceofrandolph.com and JCardin@naylenshope.com

Support for those who are grieving the loss of an infant, whether through miscarriage, stillbirth, and neonatal death, SIDS, molar pregnancy or other loss

11. The Piedmont Triad Sudden Infant Death Network

(P): 336-676-9868, Sandy Kennedy

Mission:

Helping bereaved families through their grief by sharing resources and experiences to families of infants who have died of SIDS from newborn to 2yrs of age.

Services:

Support group, ongoing telephone support, support guide.

For more information: <http://sids-network.org/map/mapnc.htm>