



Finding Support Online

Online Support Groups

Many communities have paused their in-person support group for parents who have experienced infant loss. Additionally, many parents dealing with loss prefer to talk to and comfort each other using an online format. The following are some options for locating infant loss support online:

- **The Compassionate Friends** (TCF) is a national organization supporting parents who have lost a child of any age. TCF's website, www.compassionatefriends.org, lists local support groups as well as several closed Facebook support groups you can join:
 - Miscarriage and stillbirth:
www.facebook.com/groups/1416535188654265
 - Infant and toddler loss:
www.facebook.com/groups/1511758585777339
 - Loss of child ages 4-12:
www.facebook.com/groups/258423774673226
- The **First Candle** website, www.firstcandle.org, offers bereavement support and closed Facebook support groups:
 - Miscarriage:
www.facebook.com/groups/firstcandlemiscarriage/
 - Stillbirth:
www.facebook.com/groups/FirstCandleStillbirthSupport/
 - Sudden infant death:
www.facebook.com/groups/150905431768092/
- **March of Dimes** is a national organization advocating for the health of moms and babies. Among their many resources, they offer www.ShareYourStory.org, an online community where families who have experienced an infant loss can share their stories and support each other on their grief journeys.

- **Share Pregnancy and Infant Loss Support Network** has a number of resources. Online support at www.nationalshare.org consists of open and closed Facebook groups as well as scheduled online chats. Options are in both English and Spanish.
 - Miscarriage, stillbirth, or loss in the first few months of life: www.facebook.com/groups/175124182580274/
 - Visit website for scheduled dates and times of online chats: <http://nationalshare.org/online-support/>
- **Grieve Out Loud** offers both a closed Facebook group as well as an online pen-pal program to support parents grieving a miscarriage, stillbirth, or loss in the first few months of life:
 - To join the closed Facebook group: www.facebook.com/groups/GrieveOutLoud
 - To request a pen-pal: <http://www.grieveoutloud.org/pen-pal-program.html>