

Experiencing the loss of a beloved child can be devastating. Often it is difficult to know where to go to receive emotional support. Oklahoma Family Network (OFN) has put together a list of bereavement resources to assist families taking that fragile first step towards healing.

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Bereavement Brochure

OFN Tipsheet For Those Encouraging Someone Who Has Lost A Child

AGENCY Support

Oklahoma Family Network

Offering one-on-one mentoring for families who've experienced the loss of an infant or child; Contact Joni Bruce at 405-271-5072.

March of Dimes FREE Bereavement Folder with Keepsake Envelope

One folder provided for FREE to bereaved parent or grandparent. You can request a folder by e-mail or phone call to the national office. The envelope in which the materials are sent contains no information indicating that the contents address bereavement. Delivery time is 2-3 weeks.

Bereavement Support Groups for Children

Calm Waters

Offers free grief support groups for children and their families. Since feelings of loss vary with age, children meet in groups with other peers in the same age range. Parents/Guardians are requested to stay so that they can better understand how their child/children are experiencing the loss. Questions or inquires can be directed to phone (405) 841.4800 or info@calmwaters.org

Kids Place

"Provides a safe and supportive environment for children as they mourn the death of family members or friends." Questions or inquires can be directed to phone (844) KIDS (5437) or email kidsplace@edmondchurchofchrist.com or follow the hotlink to <http://www.edmondchurchofchrist.com>

Bereavement Support Groups for Adults

PRIDE: Parents Responding to the Infant Death Experience

"PRIDE is a support group for parents responding to an infant death experience. Through regular contact with others in similar situations, members share a common bond and receive emotional support."

*Mercy Health Center, Meets quarterly. Call (580) 220-6613 for dates and times.

*Integris Third Age Life Center, Second Thursday each Month, 7:00 PM. Call (405) 949-4044 for more information.

*Norman Regional Hospital Education Center, Fourth Thursday each Month, 7:00 PM. Call (405) 690-0481 and (405) 307-3500 for more information.

*Deaconess Hospital, Third Monday each Month, 7:00 PM. Call (405) 604-6118.

Compassionate Friends

" The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process."

Norman Chapter #1044; Meets the 3rd Tuesday of each month in the Community Services Building, North Conference Room, Corner of 12th and East Maine St. Call (405) 360-4287 or email at normanchaptertcf@hotmail.com for more information.

North Oklahoma City Chapter #1180; Meets 2nd Thursday each Month, 7:30 PM. Mayflower Congregational Church, 3901 NW 63rd. Street, Oklahoma City. Call (405) 496-8763.

Websites

Share Your Story: National online March of Dimes NICU and Grief Support Community. Families offering support and hope to other families caring for children born prematurely, with birth defects, or who are experiencing the sorrow of losing a beloved child. Monitored by March of Dimes Staff physicians, social workers, etc. to provide additional support information and quality of care. This website can be found at this location: shareyourstory.org

Now I Lay Me Down To Sleep - Chat forum : Offers support for bereaved families. This forum is sectioned into groups so that you can easily navigate the site and locate topics of interest. A separate group is offered for families who chose to carry to term. This website can be found at this location: www.nowisleep.com

SIDS Families Message Boards: Provides a safe and supportive environment for families experiencing the devastation of losing a precious child to SIDS. This website can be found at this location: <http://www.sidsfamilies.com/phpbb/index.php?c=1>

There are private online support groups on various social networks, like www.facebook.com , www.myspace.com , www.cafemom.com , and www.babycenter.com . Usually these sites require you join their social network. Membership is free. Specific kinds of losses can be more easily located when using these forums , for example: there are Stillborn only groups on facebook, Groups for mommies of PUV angels, etc.

A FEW Selected Books, Videos, and Brochures will take suggestions.. this is very tentative now

"Unsung Lullabies: Coping with Miscarriage," VHS tape, 47 minutes. Injoy Videos, 3970 Broadway, Suite B4, Boulder CO 80304, (800) 326-2082. Considering that approximately 1 in 5 pregnancies end in miscarriage, it is surprising that most couples are surprised by the grief they experience. This video shares the stories of eight women and men.

"We Will Remember," James Miller, 1992. VHS tape, 10 minutes. Willowgreen Productions, Fort Wayne, IN. Available from Compassion Books, (704) 675-9670. A gentle video that invites bereaved people to pause and remember. Helpful for rituals and commemorative services, blends images from nature with serene music. There is also a companion book available: Helping the Bereaved Celebrate the Holidays.

"What Bereaved Children Want Adults To Know About Grief," Alan Wolfelt, 1995. Audiotape, 25 minutes, plus booklet. Accelerated Development, 1900 Frost Road, Suite 101, Bristol PA 19007-1598, (800) 821-8312. Booklet/audiocassette package redone in 1995. Offers 15 principles about grief as it relates to children, and then describes them in the language a grieving child might actually use.

"When Your Baby Dies," Boulder County Hospice, Inc., 2118 14th St., Boulder, CO 80302. Answers questions which arise after the death of an infant, including seeing and holding the baby, final arrangements, you feelings and the hospital staff's feelings.

"Who Cares for the Caregiver?", video from Family Health Institute, 503 N. State St., Alma, MI 48801, (517) 463-2779. This lecture by Jack M. Stack, MD, and discussion of the pain experienced by a wide range of caregivers includes dysfunctional behaviors and methods of dealing with losses.