

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

### **1. North Carolina Family Health Resource**

Line toll-free number, 1-800-367-2229, between 8:00AM and 6:00 PM, Monday through Friday

### **2. SIDS Alliance/First Candle**

Hotline at 1-800-221-7437.

Provides the opportunities to talk with other families who have lost a child to SIDS.

Caller will be connected with a Hotline volunteer. The National SIDS Alliance may also be accessed on the worldwide web at <http://www.firstcandle.org>.

### **3. 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

[http://www.kindermourn.org/grieving\\_parents](http://www.kindermourn.org/grieving_parents)

### **4. 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

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

## **5. Heartstrings**

P.O. Box 10825, Greensboro, NC 27404 (P): 336-335-9931 (other locations: Winston-Salem and Kernsville)

*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.heartstringssupport.org/>

## **6. The Compassionate Friends**

Locations 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:*

Grief Support for Grandparents, Grief Support for Siblings, Online Support

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

## **7. UNC Center for Women's Mood Disorders**

UNC Women's Hospital (P): 919-966-7801

*Programs:*

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

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

## **8. 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>

**9. GriefShare**

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

*Program:*

13 weekly sessions for those who have lost a family member or friend

**10. Harnett County Department of Public Health**

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

*Grief Counselor:* Cristina Worthington

**11. Randolph County Infant Loss Group**

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

*Email(s):* [tim.pheagin@hospiceofrandolph.com](mailto:tim.pheagin@hospiceofrandolph.com) and [JCardin@naylenshope.com](mailto: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

**12. 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.