

Coping with a Child's Death or Life-limiting Illness

Resources for Oregon Families

You are in an unimaginable situation. We want you to know you are not alone. We understand that your child will always be a rich part of your family story. There is support for your grief journey that allows you to hold your cherished memories close. The death of a child is not something you get over, it is something you learn to live with. We hope these resources will help you do that.

In-Person Support Groups and Counseling

Ask your child's health care or hospice professional for local resources.

Bereaved Parents USA: <https://tinyurl.com/y2l5azgd>

Peer support groups in the Springfield/Eugene area.

Brief Encounters: <https://tinyurl.com/y6mu2bkq>

Pregnancy and infant loss support groups in Portland.

Compassionate Friends: <https://tinyurl.com/yampoyun>

Peer-led monthly support groups in several Oregon locations.

Dougy Center for Grieving Children and Families: <https://www.dougy.org>

Free counseling, support, and resources in Portland for families grieving a death or a child's life-limiting illness.

Grief Recovery Method: <https://tinyurl.com/yvr5ctrq>

Database of counselors trained in "The Grief Recovery Method." Various Oregon locations.

Grief Share: <https://www.griefshare.org>

Christian support groups for all ages. Various Oregon locations.

Hope Bereavement Services: <https://tinyurl.com/yxkyht6c>

Support groups and counseling from PeaceHealth in Vancouver, Washington.

Me Too: <https://oregonhospice.org/metoo/>

Free, facilitated grief groups for kids, teens, and adults, from the Oregon Hospice and Palliative Care Association in the Portland Metro area.

Northwest Catholic Counseling Center: <https://www.nwcounseling.org/>

Catholic counseling services (sliding scale fees) in NE Portland.



Questions? Contact us.

We're here to help.

1-855-323-6744

www.oregonfamilytofamily.org

OCCYSHN

Oregon Center for Children and
Youth with Special Health Needs



**DOERNBECHER
CHILDREN'S
Hospital**

Coping with a Child's Life-Limiting Illness

Courageous Parents Network <https://tinyurl.com/y6mj7ubm>
For parents of seriously ill children

Handling a Difficult Prenatal Diagnosis
<https://tinyurl.com/y5tgych5>
Blog post Seattle Children's Hospital

Having "The Conversation" with Your Seriously Ill Child <https://tinyurl.com/y9wq83ul> Conversation-starter kit

My Love Will Follow You There <https://tinyurl.com/y5h9oa8c>
Picture book of meditations for dying children

Parenting a Child with a Life-Limiting Illness
<https://tinyurl.com/y6bofn5y> Toolkit from Global Genes

Online Grief Support and Resources

Alive Alone: <https://tinyurl.com/y2blea6l>
Support for parents left childless

Bereaved Parents USA: <https://tinyurl.com/y2l5azgd>
Resources and support

First Candle: <https://firstcandle.org/>
Sudden Infant Death Syndrome support

MISS Foundation: <https://missfoundation.org/> Resources and support for families. Building a family retreat in AZ

Return to Zero: <https://tinyurl.com/y2xf9dug>
Documentary about stillbirth

Share: <http://nationalshare.org/heal/>
Pregnancy and infant loss support

Star Legacy Foundation: <https://tinyurl.com/y3g4s5bz>
Stillbirth support

Financial Support

Macy Elizabeth Foundation: <https://tinyurl.com/y2tqfh6m>
Funds for NW Oregon families facing the end of a child's life.

Nick Wilson Charitable Group: <https://tinyurl.com/y62vmzas>
Funds for families with children at Doernbecher's Hospital

Tears Foundation: <https://thetearsfoundation.org/>
Funds for burial or cremation costs for Washington families

Retreats and Places of Healing

Scholarships and stipends may be available.

Camp Erin: <https://tinyurl.com/yxzgc6hg>
Free camp weekend for 6- 17 year olds. Staffed by bereavement professionals. Various US locations.

Comfort Zone: <https://tinyurl.com/y2pfxbwx>
Free camps for 7-17 and 18-25 year olds grieving the loss of a sibling or parent. Various US locations.

Faith's Lodge: <https://faithslodge.org> Weekend lakeside retreat for grieving parents, and for parents of medically complex children. Michigan.

Return to Zero: <https://rtzhope.org/retreat>
Retreats for bereaved mothers. Various US locations.

Memories and Memorials

First Candle: <https://firstcandle.org/about-us/>
Sudden Infant Death Syndrome advocacy, support, and memorials.

Grief Watch: <http://www.griefwatch.com/>
Resources for bereaved families.

Kindness Project: <https://tinyurl.com/y5kf5wdr>
Honor a lost child with acts of kindness and commemorative cards.

Now I Lay Me Down to Sleep:
<https://tinyurl.com/vdv8d> National network of photographers who take pictures of infants for their grieving families.

Star Legacy Foundation:
<https://tinyurl.com/y5fyof8h> Memorial web pages for families wanting to share their stories.

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