

Bereavement Resources in the Piedmont Area

Support Groups

****All support groups are open to residents of any county****

Durham

Perinatal Loss Education and Support Class

No-cost support class for families who have experienced the loss of a baby through miscarriage, ectopic pregnancy, stillbirth, or newborn death. Registration is required. One session held on the 4th Monday of every other month from 5:30-7 p.m. at the Teer House (4019 N. Roxboro Rd.)

Web: <http://teerhouse.dukehealth.org>

Register: 919-416-3853

General Questions: Joanna Parker, 919-684-4750

General Loss Grief Group

No-cost, drop-in group open to adults grieving the death of a family member or friend of any age. 3rd Wednesday of the month from 2-3:30 p.m. at the Teer House (4019 N. Roxboro Rd.)

Web: <http://teerhouse.dukehealth.org>

Call: Joanna Parker, 919-684-4750

Chapel Hill

Compassionate Friends

Support group for any family member coping with the death of a child of any age regardless of religious affiliation. They meet the 3rd Monday of each month from 7-8:30 p.m. at the Evergreen United Methodist Church in Chapel Hill (11098 Highway 15/501 N.)

Call: 919-595-1010

Angels Too Soon

Safe, private, non-judgmental support group for parents who have experienced loss of an infant during pregnancy or the baby's first year, including support for those who have had a pregnancy terminated. Meets the 3rd Monday of the month from 7-8:30 p.m. at University United Methodist Church (150 E. Franklin St.)

Call: Beth Alexander, 919-929-7191, ext. 22

UNC Hospitals Bereavement Services

Offers three 7-week long general grief group sessions per year at the United Church of Chapel Hill (1321 Martin Luther King Jr. Blvd.) Sessions are no-cost and open to everyone. Each session includes 15 minutes of grief education, followed by group sharing.

Call: Heidi Gesner, 919-966-0716

Perinatal Loss Group (through UNC Hospitals)

No-cost support group for those who have lost a baby through miscarriage, ectopic pregnancy, stillbirth, or newborn death. Groups held on the 3rd Thursday of the month in the Women's Health Info. Center (101 Manning Dr.) Open to all members of the community. Interested individuals **must** RSVP, as sessions don't run all the time. Interpreters may be available.

Call: Darryl Owens, 919-966-7801

Greensboro

Women's Hospital of Greensboro

Carolyn Boyd is available for no-cost one-on-one grief counseling sessions at the Women's Hospital of Greensboro (801 Green Valley Rd.) to anyone who has lost a child from conception to age one.

Call: Carolyn Boyd, 336-832-6882

Heartstrings

Heartstrings Pregnancy and Infant Loss Support offers group and one-to-one support through its Connections program. This program matches a trained peer parent with a recently bereaved parent. The program has some Spanish-speaking peer parents available. They also offer subsequent pregnancy support and general support groups in the Piedmont area. Email or call for schedules and session locations. All programs are no-cost to all who have lost a baby from conception to one year of age.

Web: <http://www.heartstringssupport.org>

info@heartstringssupport.org

Call: 336-335-9931

Raleigh

Parent Care

No-cost support group for those with loss from conception until age one. Meets on the 1st and 3rd Thursday of the month from 7-8:30 p.m. in the library of St. Paul's Christian Church (3331 Blue Ridge Rd.)

Call: Lil Galphin, 919-350-8567

Compassionate Friends

Non-denominational support group comprised solely of bereaved parents coping with the death of a child of any age. Meets on the 2nd & 4th Tuesday of the month from 7:30-9:30 p.m. at Hayes Barton Baptist Church (1800 Glenwood Ave.)

Call: 919-833-4022

Grief Counseling	Statewide Resources
<p><i>Duke Hospice Bereavement Services and Counseling</i> Unicorn Bereavement Center offers grief counseling for individuals and families, support groups, a resource library, and bi-annual Services of Remembrance. Services are available to anyone in the greater Triangle area. Web: http://dhch.duhs.duke.edu Call: 919-644-6869</p> <p><i>UNC Dept. of Pastoral Care</i> Offers faith-based support to anyone who experiences a loss in the UNC Hospital system. Call: 919-966-0716</p> <p><i>First Candle</i> Promotes safe pregnancies and the survival of babies through the first years of life and supportive grief counseling for those who experience loss during pregnancy or after. Bilingual counselors available 24 hours a day, 7 days a week. Web: http://www.firstcandle.org Call: 1-800-221-7437</p>	<p><i>Education's Crisis and Bereavement</i> This website has been set up to provide Durham Public Schools with instant access advice on how to prepare for, and deal with, the sorts of challenging events such as death and sudden illness. Web: www.durhamlea.org.uk/cb/</p> <p><i>KinderMourn, INC</i> Offers services for bereaved parents and assists children and young people who are grieving the death of a family member or friend. Based in Charlotte. Web: http://www.kindermourn.org</p> <p><i>NC Healthy Start Foundation</i> Dedicated to reducing infant death and illness and to improving the health of women and young children in North Carolina. Web: www.nchealthystart.org/public/infantdeath/ Call: 919-828-1819</p>
National Resources	National Resources
<p><i>March of Dimes</i> Dedicated to improving the health of babies by preventing birth defects, premature birth and infant mortality. Web: www.marchofdimes.com</p> <p><i>National Sudden and Unexplained Infant/Child Death and Pregnancy Loss Resource Center</i> Serves as a central source of information on sudden infant death and on promoting healthy outcomes for infants from the prenatal period through the first year of life and beyond. Web: www.sidscenter.org</p> <p><i>SIDS Alliance of the Carolinas</i> Works in partnership with First Candle to prevent incidences of SIDS in the first year of life. Web: www.sidsalliance.org Call: Jannell Cardin, 336-736-3238</p>	<p><i>Compassionate Passage</i> Strives to be the “family voice” for supportive pediatric end-of-life care via advocacy, education, and research. Web: www.compassionatepassage.org</p> <p><i>Pregnancy Loss and Infant Death Alliance (PILDA)</i> Supports health care practitioners and parent-advocates in their efforts to improve care for families who experience the death of a baby during pregnancy, birth, or infancy. Web: www.plida.org</p> <p><i>Share - Pregnancy & Loss Support, Inc.</i> Resource for both parents and professionals, or anyone who’s life has been touched by the death of a baby through early pregnancy loss, stillbirth or death in the first few months of life. Web: www.nationalshare.org Email: share@nationalshareoffice.com Call: 1-800-821-6819</p>