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

**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**

*Duke Hospice Bereavement Services and Counseling*
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

*UNC Dept. of Pastoral Care*
Offers faith-based support to anyone who experiences a loss in the UNC Hospital system.
Call: 919-966-0716

*First Candle*
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

**Statewide Resources**

*Education’s Crisis and Bereavement*
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/

*KinderMourn, INC*
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

*NC Healthy Start Foundation*
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

**National Resources**

*March of Dimes*
Dedicated to improving the health of babies by preventing birth defects, premature birth and infant mortality.
Web: www.marchofdimes.com

*National Sudden and Unexplained Infant/Child Death and Pregnancy Loss Resource Center*
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

*Pregnancy Loss and Infant Death Alliance (PILDA)*
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

*Share - Pregnancy & Loss Support, Inc.*
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

Compiled by the Partnership for a Healthy Durham’s Infant Mortality Reduction committee: www.healthydurham.org (rev 9/09)