

PREGNANCY & INFANT LOSS RESOURCES



Centralized Scheduling: 866-923-6478
<https://sandiego.navylifesw.com/fleet-family-support-center/facebook.com/FFSCSD>



Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

POSTPARTUM HEALTH ALLIANCE

San Diego-based resource that provides lists of PPD support groups, books, and mental health providers. Call 1-888-724-7240 or visit www.postpartumhealthalliance.org

DELIVERING HOPE: PERINATAL LOSS SUPPORT GROUP

In-person support group at Naval Medical Center. First Tuesday of the month from 6:30-8 pm in Bldg. 4's Fellowship Hall. Contact Jamie Gilchrist at 619-385-3613.

NATIONAL POSTPARTUM DEPRESSION WARMLINE

1-800-PPD-MOMS

SHARP GROSSMONT HOSPITAL

Confidential Postpartum Support Group: Thursdays, 2:30-3:30 pm <https://www.sharp.com/locations/hospitals/sharp-mary-birch>
Type "postpartum support groups" in the search tab and select Sharp Grossmont Hospital. One-time login is required to access this virtual support group.

ISABELLA GIRAFFE CLUB

Resource for infant loss/stillborn and medically fragile babies. Call 858-449-6554 or visit www.isabellasgiraffeclub.org

POSTPARTUM SUPPORT INTERNATIONAL

Resource for NICU parents, birth trauma, stillborn & fetal loss that also offers military resources. Support is available in different languages and online support groups are offered in all time zones. www.postpartum.net

EMPTY CRADLE

A not-for-profit organization that serves San Diego and Riverside Counties. Designed for families that have lost a baby to miscarriage, stillborn, infant death and SIDS. Offers support via Facebook, phone, and email, and hosts monthly meetings as a forum for parents to discuss feeling and concerns. Visit www.emptycradle.org or call 619-573-6515.

COMPASSIONATE FRIENDS

Has over 500 chapters in all 50 states. They offer bereaved parents support groups, peer counseling, as well as books and media. They also have siblings and grandparents support groups. www.compassionatefriends.org

INTERNATIONAL STILLBIRTH ALLIANCE

Uniting bereaved parents and other family members. www.stillbirthalliance.org

MISCARRIAGE HURTS

Confidential space for those touched by miscarriage. www.miscarriagehurts.com

INSTITUTE OF PRODUCTIVE GRIEF CARE

Provides information and resources including a memorial page for those lost, lists of support groups, medical concerns regarding pregnancy loss, and miscarriage support for partners and for support for men specifically. www.reproductivegrief.org
619-501-9414

MISCARRIAGE MATTERS

Offers global support to parents devastated by miscarriage and stillbirth. www.mymiscarriagematters.org

CENTER FOR LOSS IN MULTIPLE BIRTH (CLIMB)

Provides parent-to-parent support for those who have experienced the death of one or more children. www.northsidepnl.com/loss-of-a-multiple.html