

Parent and Family Resource Guide



Counseling Specializing In Grief

For a comprehensive list of providers who identify as training in treating and serving individuals and families experiencing perinatal mental health issues: <https://psidirectory.com/>

Escambia/Santa Rosa Counties

- KR Counseling
 - Phone 850-760-2300
 - Website: <https://krcounseling.org>
 - Address: 6704 Plantation Rd. Unit C, Pensacola

- Faith and Hope Counseling Center
 - Phone 850-471-3430
 - Website: <https://faithandhopecounseling.com/>
 - Address: 9999 Chemstrand Rd, Pensacola

- Bonnie Brown, LCSW
 - Phone 850-232-6935
 - Website: www.bonnie-brown.com
 - Address: 8818 N Palafox St, Pensacola

- Adult and Child Mental Healthcare
 - Phone 850-466-3200
 - Website: acmhc-fl.org
 - Escambia: 112 West Cervantes St, Pensacola
 - Santa Rosa: 4622 Summerdale Dr, Pace

- Lauren Reeves, LMHC
 - Phone 850-972-8272
 - Website: www.laurenreevescounseling.com
 - Address: Jay, Florida

- Margeaux Gibson (specializes in the care of women)
 - Phone 850-361-8851
 - Website: www.margeauxgibson.com
 - Address: Cordova Park, Pensacola.
 - *Address given after appointment made*

- Kwanza Spencer, Spencer Counseling and Therapy
 - Phone: 850-972-9897
 - Website: <https://www.spencercounselingandtherapy.com/>
 - Address: 6866 Pine Forest Rd Suite A, Pensacola

- Brian Harper LMHC (specializes in trauma recovery)
 - Innovative Direction/ Pensacola Counseling
 - Phone: 850-583-1342
 - Website: www.pensacolacounseling.com
 - Address: 4400 Bayou Blvd Suite 20, Pensacola

- Jodie Jensen
 - Phone 850-660-8770
 - Address: 913 Gulf Breeze Parkway, Gulf Breeze

- Community Healthy Northwest Florida
 - Phone: 850-512-1420
 - Website: healthcarewithinreach.org
 - Address: 1380 N. Palafox St, Pensacola

- Nicole Bowman, certified through Postpartum Support Intl
 - Ellie Mental Health
 - Phone: 850-733-7892
 - Address: 8354 N. Davis Highway, Ste 200, Pensacola
- Daniel's Harbor
 - Phone: 850-780-3496
 - Website: www.danielsharbor.com
 - Address: 1754 Sea Lark Lane, Navarre
- Santa Rosa Counseling Center
 - Phone: 8580-626-7779
 - Website: www.santarosacounselingcenter.com
 - Address: 5642 Jones Street, Milton

Walton/Okaloosa Counties

- New Heights Counseling and Counseling
 - Phone: 850-757-1552
 - Website: florida-counseling.com
 - Address: 1992 Lewis Turner Blvd, Ste 1057, Fort Walton Beach
- Ryan Bullard, certified in maternal mental health
 - BeHealthy Counseling
 - Phone: 850-347-5457
 - Website: behealthycounseling.org
 - Address: 128 John King Road, Ste 18, Crestview
- Patrick McCorry, MSW
 - Beach Blue Counseling
 - Phone: 850-359-6444
 - Website: beachbluecounseling.com
 - Walton County
- Kaitlyn Partin, specializes in Pregnancy and Postpartum Mental Health
 - Bay Area Psychological Consultants
 - Phone: 850-729-0303
 - Website: bayareapsychconsult.com
 - Address: 1417 N. Partin Drive, Ste 1, Niceville

Alabama

- Healthy Minds Consulting LLC (Leilani Mason)
 - Phone: 251-333-2777
 - 3421 Highway 21 N, Atmore AL
- Southwest Alabama Behavioral Health Care Systems:
 - Serving Clarke, Conecuh, Escambia, and Monroe Counties
 - 251-575-4203
 - Website: swamh.com
 - Address: 328 W. Claiborne St, Monroeville, AL

Groups For Those Grieving A Death

Most all groups require advanced registration

Escambia County Support Groups

- Valerie's House Pregnancy and early infant loss support group
 - For loss of infant up to 1 year of age
 - 3rd Wednesday of each month, 6-8PM
 - Contact: pensacola@valerieshouse.org
 - *Additional programs available for siblings*
- The Compassionate Friends, Pensacola
 - Supporting family after child loss
 - 2nd Tuesday of each month 630PM-8PM
 - Contact: Debbie, 850-516-0810, tcfpensacola@yahoo.com
- GriefShare
 - Christian based curriculum
 - Dates and locations change throughout the year
 - You can locate a meeting by typing in a zip code on the website www.griefshare.org

Santa Rosa County

- GriefShare
 - Christian based curriculum
 - Dates and locations change throughout the year
 - You can locate a meeting by typing in a zip code on the website www.griefshare.org

Walton/ Okaloosa Counties

- The Compassionate Friends, Niceville
 - Supporting family after child loss
 - Phone based support
 - Contact: Diane, 850-865-7918, dianekingsleytcf@gmail.com
- GriefShare
 - Christian based curriculum
 - Dates and locations change throughout the year
 - You can locate a meeting by typing in a zip code on the website www.griefshare.org
- Santa Rosa Beach Community Church
 - Learning through Loss Support Group
 - Contact: 850-267-2599

Alabama

- GriefShare
 - Christian based curriculum
 - Dates and locations change throughout the year
 - You can locate a meeting by typing in a zip code on the website www.griefshare.org

Online Support

- Hand To Hold
 - NICU Bereavement Support
 - <https://handtohold.org/bereavement/>
- Share: Pregnancy and Infant Loss
 - *Our services include bed-side companions, phone support, face-to-face and online support group meetings, resource packets, private online communities, comfort kits, memorial events, training for caregivers, and so much more*
 - <https://nationalshare.org/>
- The TEARs Foundation
 - Ongoing support groups, Funeral Assistance, Financial Assistance
 - www.thetearsfoundation.org
- Still Standing Magazine
 - Family support, magazine for bereaved parents, online support group
 - www.stillstandingmag.com
- MISSFoundation: For families struggling with traumatic grief
 - *The MISS Foundation provides support for families struggling with traumatic grief. We provide Family Support Packets with information and resources for bereaved parents, grandparents and siblings. Upon request, we will connect you with a volunteer HOPE mentor.*
 - <https://www.missfoundation.org/grieving/>
- Compassionate Friends Online Support
 - *Whether your family has had a child die (at any age, from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.*
 - www.compassionatefriends.org
- M.E.N.D.
 - *M.E.N.D. is here to provide hope and healing through your journey after the loss of your baby. M.E.N.D. (Mommies Enduring Neonatal Death) is a Christian, non-profit organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death.*
 - www.mend.org
- PALS (pregnancy after loss support)
 - *PALS supports courageous mamas pregnant again after a loss through connection with peers, awareness in the community, education of providers, and advocacy around the world.*
 - www.pregnancyafterlosssupport.org
- Rachel's Gift
 - Monthly and weekly support groups for women, men, and couples
 - <https://www.rachelsgift.org/infant-loss-support-groups>
- Bereaved Parents of the USA
 - <https://www.bereavedparentsusa.org/>
 - Local Santa Rosa Chapter: Jennifer Howard, 850-313-3129

- Postpartum Support International: Resources after pregnancy, stillbirth, or infant loss.
 - *PSI offers a wealth of resources for a wide range of needs, including free peer support services including Support Groups, Peer Mentor Program, Specialized Support Coordinators, Discussion Tools for Parents Experiencing Loss, Provider Directory*
 - <https://www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum>
- *RTZ: Return to Zero*
 - *RTZ HOPE is a community of bereaved parents, families, and providers offering inclusive resources and holistic support for anyone whose life has been touched by loss, including infertility, secondary infertility, miscarriage, ending a wanted pregnancy, stillbirth, infant or toddler death, loss through surrogacy or failed adoption.*
 - <https://rtzhope.org/parents>
- Project Sweet Peas: For infant loss in the NICU
 - <https://www.projectsweetpeas.com/bereavement-support.html>

Hotlines/ Warmlines

- Postpartum Support International Helpline
 - 1-800-944-4773 (English and Espanol),
 - Text help to 1-800-944-4773
 - Text in Espanol: 971-203-7773
- Compassion Helpline
 - Free service for bereaved SHH NICU families, call 24/7 and speak with a licensed therapist, you have access per Dignity Memorial
 - Phone: 1-866-649-9641
- C.O.P.E Center Helpline
 - DeFuniak Springs 850-892-HEL
 - Santa Rosa Beach 850-267-2220
- Bridgeway Center Crisis Line (Drug and Alcohol Treatment)
 - Fort Walton Bch 850-244-9191
 - Crestview 850-682-0101
- Lakeview Center Mobile Response Team
 - Escambia/ Santa Rosa 866-517-7766
- US-based National Suicide Hotline 1-800-273-8255;
- Call or Text the 899 Lifeline anytime, 24/7 (text or dial 899)

Sibling Support

- Camp Monarch: Nonie's Place
 - 6 week grief camp for children and teens ages 5-17 in Escambia county
 - To register, please call: 850-417-2754
- Valerie's House: Pensacola
 - Open-ended peer support groups and activities for children to heal after a significant loss in their life
 - To learn more: 850-582-8255
- Helping Kids Grieve
 - Sesame Street themed resources for helping children understand grief
 - <https://sesamestreetincommunities.org/topics/grief/>
- The Warm Place
 - Recommended reading for child grief
 - www.thewarmplace.org
- Nonie's Place
 - Grief support for children
 - Contact: childrensupportservices@choosecovenant.org
 - <https://www.noniesplace.org/>

Memorial and Burial Resources

- Annual Sacred Heart Hospital Ceremony of Remembrance
 - Contact Jess with SHH pastoral care at: 850-416-7928
- March of Dimes Virtual Memory Board/ Wall of Remembrance
 - Leave a message as a tribute to your little one, also has many other resources
 - www.marchofdimes.org/complications/loss-and-grief.aspx
- Molly Bears
 - Special weighted personalized teddy bears for families coping with infant loss
 - www.mollybears.org
- Memory Of
 - Online website you can create in memory of your baby, handmade remembrance tokens
 - www.memory-of.com
- Now I Lay Me Down To Sleep/ NILMDTS
 - Bereavement portraits taken in the NICU and edited by NILMDTS, remembrance ideas, memory gifts
 - www.nowilaymedowntosleep.org
- Remembering Our Babies October 15th
 - Creates awareness and remembrance, how to plan your own remembrance event)
 - www.october15th.com
- Escambia County Healthy Start Coalition National Pregnancy and Infant Loss Remembrance Ceremony
 - Event occurs around October 15th
 - Please follow Escambia County Healthy Start Coalition on Facebook for event info
- Dignity Memorial Timeless Touch Keepsakes
 - Memorial jewelry and keepsakes
 - Please contact Patrick Hartsfield at 850-432-7805
 - Let them know if you are calling about a Sacred Heart NICU baby
- Trappist Caskets
 - Monks of New Melleray Abbey offer a casket at no cost to families who have lost a child
 - Phone-888-433-6934
 - www.trappistcaskets.com
- Heaven's Gain
 - Specializes in providing services and products for infant loss including caskets and urns
 - Phone-513-607-6083
 - www.heavensgain.org

Helpful Hints

- To stop mass mailing: go to www.dmachoice.org to register and decide what mail you do or do not want, or use the mail in form and send it to: DMA p.o. Box 900 Cos Cob, CT 06807
- Phone Calls: You can register online for the National Do Not Call Registry by visiting www.donotcall.gov, or register by phone 888-382-1222 or 866-290-4236
*you must call from the phone number you wish to register
- Insurance Companies: If you are receiving correspondence from your insurance company that may be disturbing to you, you may contact your customer service department. You will find the customer service number for your insurance plan located on your insurance card.
- Gift Registries: For most retail stores you can call and ask the store manager or representative to remove your name and delete your registry.
- How To Change Facebook Advertising: logon, settings (which will take you to general account settings), left hand side menu, last section is "ads", click ads, hover over ads and remove any that you do not want to see
- Caring bridge (free personal app or website that allows you to keep family and friends updated in a difficult time in a private, ad free space) www.caringbridge.org

