

## Bereavement Resource Guide for Mothers and Families

### Online Resources

- ❖ Light in the Darkness: Healthy Start Pregnancy and Infant Loss Support
  - Facebook: [lightinthedarknessHealthyStart](#)
  - Local Facebook group
- ❖ Miss Foundation
  - <https://missfoundation.org/>
- ❖ Bereaved Parents USA
  - <https://www.bereavedparentsusa.org/about/for-the-newly-bereaved/>
- ❖ SHARE
  - <http://nationalshare.org/>
- ❖ Postpartum Support International
  - <https://www.postpartum.net/>
  - PSI Helpline:
    - **1-800-944-4773** OR TEXT: 503-894-9453
- ❖ Rachel's Gift
  - <https://www.rachelsgift.org/>
- ❖ Pregnancy after Loss Support
  - <https://pregnancyafterlosssupport.com/support-in-your-area/>
- ❖ Helping Kids Grieve
  - <https://sesamestreetincommunities.org/topics/grief/>
- ❖ Return to Zero: H.O.P.E.
  - <https://rtzhope.org/parents>
  - Support Resources for Black Pregnancy and Infant Loss
    - [https://rtzhope.org/support-resources?fbclid=IwAR0cTVVNbBQeYc-SyB2ynb4\\_24bJhliPbqsUFn8l\\_1EExct9dGztswa8HfU](https://rtzhope.org/support-resources?fbclid=IwAR0cTVVNbBQeYc-SyB2ynb4_24bJhliPbqsUFn8l_1EExct9dGztswa8HfU)

### Community Resources

- ❖ Rachel's Gift: Infant Loss Support Group (In person and virtually)
  - <https://www.eventbrite.com/e/pregnancy-and-infant-loss-support-group-pensacola-fl-tickets-98630298879>
- ❖ Olive Baptist Church Grief Ministry
  - *Christian based support*
  - <https://www.olivebaptist.org/grief>
- ❖ Community Health Northwest Florida
  - *Grief and Loss Care Counseling*
    - <https://healthcarewithinreach.org/programs-services/behavioral-health-and-wellness/>
- ❖ The Compassionate Friends
  - *Monthly support group and a newsletter available by email. Child Loss Group*
  - Contact Linda
    - Phone: 405-625-4440
    - <https://www.compassionatefriends.org/chapter/tcf-of-pensacola/>

*Local counseling services on back*

## **Individual Counseling, specialized in grief and loss, including miscarriage and infant loss**

*Contact individual providers for information about sliding scale options and insurance*

- Margeaux Gibson, specializes in maternal health
  - 850-361-8851
  - <https://margeauxgibson.com/>
- Eileen Wolfe, specializes in maternal health
  - <https://www.betterhelp.com/eileen-wolfe/>
  - 850-377-9143
- Lisa Ann Poissant
  - 850-270-6494
  - <https://freeyourmindtherapyservices.com/>
- Lauren Reeves
  - 850-972-0518
  - <http://laurenreevescounseling.com/>
  - Website also has extensive grief directory for the panhandle.
- Bonnie Brown, LCSW
  - 850-695-1923
  - [bonnie-brown.com](http://bonnie-brown.com)
- Valerie's House
  - Bereavement Support for Children
  - (850) 582-8255
  - [crista@valerieshouse.org](mailto:crista@valerieshouse.org)
  - <https://valerieshouse.org/pensacola>
- For a full list of licenses therapists who specialize in grief, see:
  - <https://www.psychologytoday.com/us/therapists/grief/fl/pensacola>

## Miscellaneous

- Rachels' Gift Baby Blankets
  - <https://www.rachelsgift.org/baby-blankets.html>