



## **Books, Websites and Community Resources**

**~ Empty Arms ~**


*Support and care for parents after miscarriage, stillbirth, or infant death*

### **Books**

#### **8:28 Hope in the Darkness**

*Based on Romans 8:28, this book is a reflection of God's love providing hope and healing through our darkest times of loss* by Karen Badal Hacker

#### **I Will Carry You** - Angie Smith

 **I'll hold you in Heaven** – Healing and hope for the parent who has lost a child through miscarriage, stillbirth abortion or early infant death by Jack Hayford

#### **Safe in the Arms of God: Truth From Heaven About the Death of a Child** - John MacArthur

#### **A Grace Disguised Revised and Expanded: How the Soul Grows through Loss** - Jerry Sittser

#### **In Heavenly Arms** - Shari Bridgman

Grieving the loss and healing the wounds of miscarriage

#### **Free to Grieve** - Maureen Rank

Healing & encouragement for those who have experienced the physical, mental and emotional trauma of miscarriage & stillbirth

#### **The Christmas Box** - Richard Paul Evans

#### **Healing After Loss** - Martha W. Hickman

Daily Meditations For Working Through Grief

#### **In a Heartbeat** - Dawn Siegrist Waltman

A journey of hope and healing for those who have lost a baby

#### **A Time to Be Born** - Julie Martin

Hope in the aftermath of miscarriage or stillbirth

#### **Silent Grief** - Clara Hinton

Miscarriage, child loss, finding your way through the darkness


#### **Child Loss: The Heartbreak and the Hope** - Clara Hinton


#### **Mourning Song** - Joyce Landorf Heatherley

 **When Pregnancy Fails** - Susan Borg and Judith Lasker  
Families coping with miscarriage, ectopic pregnancy, stillbirth and infant death

 **How to Survive the Loss of a Child** - Catherine M. Sanders  
Filling the emptiness and rebuilding your life

 **Grieving the Child I Never Knew: A Devotional Companion for Comfort in the Loss of Your Unborn or Newly Born Child** - Kathe Wunnenberg

 **Empty Arms** - Pam Vredevelt  
Hope and support for those who have suffered a miscarriage, stillbirth or tubal pregnancy

 **Dear Cheyenne** - Joanne Cacciatore-Garard  
A book for bereaved parents & for those who love them.

 **Empty Cradle, Broken Heart - Surviving the Death of Your Baby** - Deborah Davis, L., Ph.D.

 **A Silent Sorrow - Pregnancy Loss: Guidance and Support for You and Your Family** - Ingrid Kohn, M.S.W and Perry-Lynn Moffitt

 **Life Touches Life: A Mother's Story of Stillbirth and Healing** - Lorraine Ash

 **Hearing Jesus Speak into Your Sorrow** - Nancy Guthrie

 **Waiting with Gabriel: A Story of Cherishing a Baby's Brief Life** - Amy Kuebelbeck

 **Mommy Please Don't Cry** - Linda Deymaz

 **A Guide for Fathers: When a Baby Dies** - Tim Nelson

 **Tender Fingerprints** - Brad Stetson

## **Children's Books**

 **We Were Going to Have a Baby, But We Had an Angel Instead** - Pat Schwiebert & Taylor Bills

 **Someone Came Before You** - Pat Schwiebert

 **Something Happened: A Book for Children and Parents Who Have Experienced Pregnancy Loss** - Cathy Blanford

## **Music**

♪ **Beauty Will Rise** - Steven Curtis Chapman (written after the traumatic death of his 5 year old daughter)

**Scripture Lullabies "Hidden in my Heart" #1** <https://scripture-lullabies.com>

♪ **Hope is What We Crave** - For King and Country

♪ **Glory Baby** - Watermark

## **Instagram and Facebook Support**

**@828HopeInTheDarkness** - [www.828hope.com](http://www.828hope.com)

**@whiterobins\_memorybears**

**@thecomfortcub** - [www.thecomfortcub.org](http://www.thecomfortcub.org)

**@lets.talk.about.grief**

**@memoriesofanangel**

**@abeautifulremembrance** - [www.abeautifulremembrance.com](http://www.abeautifulremembrance.com)

**@grief\_club**

## **Websites and Community Resource**

### **Saddleback Church**

[www.saddleback.com](http://www.saddleback.com)

### **Empty Arms**

8-week grief support for loss of a baby to miscarriage, stillbirth and infant death.

EmptyArms@Saddleback.com or Voicemail – (949) 609-8370 or Karen@828HOPE.com

### **Grief Share**

13-week Grief support program offering care and support after losing a loved one.

Nanabear5677@gmail.com or 951 204 8366

### **Hope For Grief**

Grief Community support after losing a loved one. [www.hope4grief.com](http://www.hope4grief.com)

LariC@saddleback.com

### **Grieving Moms**

Support for women after experiencing loss of a child at any age.

supportgroups@saddleback.com or 949 609-8232

### **PAL**

Support for pregnant women after losing a baby. PAL@saddleback.com or 714-600-2008

### **Gloves for Grief**

[www.glovesforgrief.org](http://www.glovesforgrief.org)

Gloves for Grief is a nonprofit organization that creates experiences to promote healing and offers an opportunity to come as you are and connect with others who truly understand. G4G believes grief is not meant to be carried along. It is meant to be shared.

## **8:28 Hope in the Darkness**

[www.828hope.com](http://www.828hope.com)

The mission of 8:28 Hope in the Darkness is to provide compassionate care, counsel, and support to individuals and families navigating the challenging journey of grief.

## **Forever Footprints**

<http://www.foreverfootprints.org>

## **OC Walk to Remember**

The OC Walk to Remember is a nonprofit organization that supports parents who have lost a baby in pregnancy or infancy. The mission of the OC Walk to Remember is to raise money for local organizations that support parents who have experienced miscarriage, pregnancy loss, or infant loss of any kind, as well as be a resource center for parents, doctors, nurses, hospitals, support groups, and anyone in need of support or information. In October they hold a 5K event. The site also has a blog you can follow.

## **Share: Pregnancy and Infant Loss Support**

[www.nationalshare.org](http://www.nationalshare.org)

Founded in 1977, Share is dedicated to supporting parents and families who've experienced the death of a baby during pregnancy or infancy. All information packets, correspondence, and support are free of charge for bereaved parents.

## **CLIMB: Center for Loss in Multiple Birth**

[www.climb-support.org](http://www.climb-support.org)

Provides parent-to-parent support and a newsletter for those who've experienced the death of one or more of twins or higher multiple birth children at any time from conception through birth, infancy and early childhood.

## **Compassionate Friends**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

## **A Heartbreaking Choice**

[www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

For those parents who choose to interrupt their pregnancies after poor prenatal diagnosis, there is very little in the way of support programs. With this site and the dedication of courageous parents willing to reach out, we hope to create a safe haven of encouragement and validation.

## **Hannah's Prayer**

[www.hannah.org](http://www.hannah.org)

Hannah's Prayer desires to provide Christian based support and encouragement to couples around the world who are struggling with the pain of infertility, pregnancy loss or early infant death. They also have a newsletter.

## **Preeclampsia Foundation**

[www.preeclampsia.org](http://www.preeclampsia.org)

This organization is dedicated to funding research, raising public awareness and providing support for those who have been touched by preeclampsia and other hypertensive disorders of pregnancy.

## **M.I.S.S. (Mothers In Sympathy & Support)**

[www.missfoundation.org](http://www.missfoundation.org)

The mission of M.I.S.S. is to allow a safe haven for parents to share their grief after the death of a child. MISS provides support to parents enduring the tragedy of stillbirth, neonatal death and infant death from any cause.

## **Mommies Enduring Neonatal Death**

[www.mend.org](http://www.mend.org)

M.E.N.D. is a Christian organization whose purpose is to reach out to those who have lost a child due to miscarriage, stillbirth or early infant death and offer a way to share experiences and information through meetings and the bi-monthly newsletter.

## **Pregnancy Loss**

[www.pregnancyloss.info](http://www.pregnancyloss.info)

A website devoted to miscarriage medical information and support. Medical information includes questions and answers concerning the causes, symptoms, diagnosis, treatment and recovery involved in the stages of a miscarriage.

## **American Sudden Infant Death Syndrome Institute**

[www.sids.org](http://www.sids.org)

The SIDS Institute, a national nonprofit healthcare organization, is dedicated to the prevention of sudden infant death and the promotion of infant health through an aggressive, comprehensive nationwide program of research, clinical service, education and family support.

## **Pregnancy & Infant Loss Awareness Month & Remembrance Day**

[www.october15th.com](http://www.october15th.com)

The official site of Pregnancy & Infant Loss Remembrance Day. October is Pregnancy & Infant Loss Awareness Month. This site offers support, online memorials, educational information, merchandise, and more.

## **Angel of Hope Monument**

[www.careandkindness.org/angelofhope](http://www.careandkindness.org/angelofhope)

The Angel of Hope Monument is a place for grieving parents to gather who have lost a child of any age, for any reason. There are many angels throughout the world; the Lake Forest angel is the only monument in Southern California. Based on the book *Christmas Box* by Richard Paul Evans.

## **HAND**

[www.handonline.org](http://www.handonline.org)

Hand's mission is to help parents, their families, and their healthcare providers cope with the loss of a baby before, during or after birth.

## **Blog posts and Podcasts**

- ❖ Depth by Jodi Rosser - [www.jodirosser.com](http://www.jodirosser.com)
- ❖ Unabashed You by Rechelle Conde Nau – [www.Unabashedyou.com](http://www.Unabashedyou.com)
- ❖ Simply Wholehearted - [www.simplywholehearted.com](http://www.simplywholehearted.com)
- ❖ Grief Out Loud by the Dougy Center - Grief Out Loud Podcast | Listen & Subscribe - Dougy Center
- ❖ Grief 2 Great Day - Stefanie Cabaniss - Christian Grief Coach, Purpose After Loss Coach  
[www.grief2greatday.podbean.com](http://www.grief2greatday.podbean.com)
- ❖ Life Beyond Loss; The Podcast by Louise Creswick  
[www.louisecreswick.com/the-podcast-s1-e1](http://www.louisecreswick.com/the-podcast-s1-e1)

