**Bereavement Resources for Pittsburgh Parents**

**Bereaved Parent Support Group**

Hosted by the [Supportive Care Department](http://www.chp.edu/our-services/supportive-care) of [UPMC Children's Hospital of Pittsburgh](http://www.chp.edu/)

**Date:** Second Wednesday of each month

**Time:** 7 to 8:30 p.m.

**Location:**[Children's Home of Pittsburgh and Lemieux Family Center](http://www.childrenshomepgh.org/)

5234 Penn Ave.

Pittsburgh, PA 15224

Free parking is available.

Questions about our Bereaved Parent Support Group:

Lori Malazich

Bereavement Coordinator

UPMC Children's Hospital of Pittsburgh

Phone: 412-692-3585

Email: lori.malazich@chp.edu

<https://midatlanticmilkbank.org/bereaved-families/>

**Mother’s Milk Bank-** A bereavement support group for adults, called Lost & Found, is a family driven group that provides a neutral place to feel and share. The group meets the fourth Thursday evening of every month from 7:00 to 8:30 p.m.

[HEALING HEARTS INFANT BEREAVEMENT RESOURCES](http://www.cribsforkids.org/healingheartsinfantbereavementresources/)

Meetings: 1st Tuesday of each month from 7:00pm-9:00pm

Through support and other resource materials, the Healing Hearts Infant Bereavement Resources program, an initiative of Cribs for Kids®, assists families who have been touched by a crisis in pregnancy or the death of a baby.

Location: Cribs for Kids, 5450 Second Avenue, Pittsburgh, PA 15207

Contact: Andrea Wilson, MSW, Support and Education Coordinator, 412-322-5680 Ext. 4 or awilson@cribsforkids.org

[ACHING ARMS](https://www.achingarmspgh.com/)- achingarmspgh.com

Meetings: 3rd Tuesday of every month 7:00pm – 9:00pm

Aching Arms is a parent led support group for families who have lost a child and has been helping families in the Pittsburgh area for five years. We support each other through sharing our stories, our struggles, and our strategies for coping with such an overwhelming loss. We are able to help and support each other through our monthly meetings or through email.

Location: The Children’s Home of Pittsburgh & Lemieux Family Center, 5324 Penn Ave, Pittsburgh, PA 15224

Contact: Sarah Runco achingarms@gmail.com

[HUGS FOR HEALING HEARTS (PREGNANCY LOSS SUPPORT GROUP)](http://www.stclair.org/calendar/view_dates/event%3A45)

Meetings: 2nd Monday of each month, 7:00pm-8:30pm

HUGS for Healing Hearts is a pregnancy loss support group for women and their families who have experienced a miscarriage, stillbirth or newborn death. The group is facilitated by St. Clair Hospital staff, with support from parents who have experienced their own losses.

Location: Medical Library, St Clair Hospital, Fourth Floor, 1000 Bower Hill Road, Pittsburgh, PA 15243

Contact: For information and to register, please call 412-942-5877

[M.I.S.S. FOUNDATION](https://missfoundation.org/support-team-member-search)

Meetings: 1st Tuesday of every month 7:30pm-9:00pm

Mothers in Sympathy and Support (M.I.S.S.) Foundation is for families grieving the loss of a child, including, but not limited to: infant/young child death, pregnancy loss, SIDS, Stillbirth, Prematurity, Medical termination

Location: St. John’s Lutheran Church, 311 Cumberland Road, Pittsburgh, PA 15237

Contact: Please contact lead group facilitator if you are interested in attending: laurie.jackson@missfoundation.org

**Pittsburgh-area Bereavement Programs**

The [Highmark Caring Place](http://www.highmarkcaringplace.com/cp2/index.shtml) champions the cause of grieving children by creating awareness of their needs, providing programs for them and their families, and empowering the community to effectively support them. The Caring Place program is a family program that focuses on the needs of children. There is no cost to the families for these groups or for any services provided by the Highmark Caring Place. The Caring Place is a community service, offered to all members of the community, regardless of health insurance.

The [Good Grief Center (GGC)](http://www.goodgriefcenter.com/) provides compassionate support services and resources to individuals of all ages coping with the death of someone important in their life, including a companion animal. Located in western Pennsylvania, GGC offers support to any part of the English-speaking world over the phone by calling 412-224-4700 or toll-free 1-888-474-3388 or through its website.

[stillstandingmag.com](http://stillstandingmag.com/)

[stillremembered.org](https://stillremembered.org/#section-projects)

[facesofloss.com](http://facesofloss.com/)

[projectsweetpeas.com](https://www.projectsweetpeas.com/)

[babylossfamilyadvisors.org](http://www.babylossfamilyadvisors.org/parent-services.html)

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

[throughtheheart.org](http://www.throughtheheart.org/)[abilto.com](https://www.ableto.com/)

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

[tcfpittsburgh.org](http://tcfpittsburgh.org/home.aspx)

[gratefulness.org](http://gratefulness.org/light-a-candle)

[grievingdads.com](https://grievingdads.com/)

[griefhaven.org](http://www.griefhaven.org/index-firstpage.shtml)

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

[griefshare.org](https://www.griefshare.org/)

[marchofdimes.com](https://www.marchofdimes.org/complications/dealing-with-your-grief.aspx)

[starlegacyfoundation.org](http://starlegacyfoundation.org/)

[mendinginvisiblewingsblog.wordpress.com](https://mendinginvisiblewingsblog.wordpress.com/)

[centering.org/free-grief-books/infant-loss-resources.html](https://centering.org/free-grief-books/infant-loss-resources.html)

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

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

[birthbreathanddeath.com/best-care-practices/](http://www.birthbreathanddeath.com/best-care-practices/)

<http://infantandchildloss.org>

<https://www.highmarkcaringplace.com/cp2/index.shtml>

<https://www.dougy.org>

<http://www.fernside.org>

**Dealing With Engorgement and Discomfort**

Cold compresses can reduce swelling and ease discomfort. Apply compresses for 15 to 20 minutes four times a day, or as needed.

Consider using an over the counter pain reliever such as acetaminophen or ibuprofen.

Cabbage leaves contain enzymes that aid in relieving engorgement. Wash cold, raw, green cabbage leaves and crush the leaf veins to release the enzymes. Place “compresses” of these leaves inside your bra cups. Replace cabbage leaves about every two hours, or as they wilt, until your milk supply decreases. Often, women feel relief in as little as two hours.

Pump or hand express milk just enough to relieve pressure.

Wear a supportive bra. Do not bind your breasts as this may cause plugged ducts.

**How long will it take for my body to stop producing milk?**

Every mother will have a di erent experience. Factors such as the age of your baby, the stage of your pregnancy, or how often you were previously nursing/pumping may play a part.

Weaning is relatively easy and quick for some mothers while it takes several weeks for others.

Sometimes, breasts may produce drops of milk for weeks or months after weaning.

Please contact the milk bank with more questions.

Web: midatlanticmilkbank.org Phone: (412) 281-4400
Email: info@midatlanticmilkbank.org

Counsellors

Judith Gusky Counseling Services

e: judithgusky@gmail.com

w: [pimhservices.com](http://www.pimhservices.com/)

Jodie Hnatkovich

e: jodie@forwardwellnesscounseling.com

p: 412-660-6100

w: [forwardwellnesscounseling.com](http://www.forwardwellnesscounseling.com/)

Schellhaas Funeral Home

Free cremation for deceased infants.

p: 724-934-3000

[NICU Helping Hands](http://www.nicuhelpinghands.org/)

Free ‘Angel’ gowns for families of babies who have passed in the hospital.

p: 1-817-584-1437

[Molly’s Bears](https://mollybears.org/)

Makes weighted teddy bears specific to the weight of babies who have passed for families who have experienced infant loss. There is a fee associated with this service.

[Stillbirthday](https://stillbirthday.com/)

Website for locating bereavement doulas and bereavement resources. Support for birth prior to, during, and after birth in any trimester. Resources include birth plans, information on what to expect, and ways to connect to both local and online support.

[COPE Hotline](http://www.copefoundation.org/cope-line/)A resource for individuals grieving the loss of a child at any age with an immediate need for support. Manned by trained COPE Line volunteers, who can provide resources, referrals, information, and emotional support. Available Monday-Friday, 9 am-9 pm, and Saturday-Sunday, 10 am-3 pm.

p: (516) 364-2673

[Grieve Out Loud Pen-Pal Program](http://www.grieveoutloud.org/pen-pal-program.html)Links bereaved mothers, fathers, or grandparents to fellow baby or pregnancy loss mothers, fathers, or grandparents. The intent is to give you a one-on-one resource to talk openly about yourself, your pregnancy, delivery, your child, and everything you are feeling with someone who has also suffered pregnancy and/or infant loss.