



We hope this list of national bereavement resources will be helpful as you start your healing process. Feel free to contact us at hello@aaliyahinaction.org (@aaliyahinaction) if you have any questions or, if you feel the time comes, ever want to be involved in our work in reaching and supporting families.

Support Groups

While you may not be ready for quite some time, we at least want you to have a list of local & national no cost support groups for when/ if you're ready.

The Tears Foundation: Find a Chapter

<https://thetearsfoundation.org/chapters/>

Support groups for pregnancy loss, bereaved siblings, termination for medical reasons, fathers and grandparents.

The Compassionate Friends: Find a Chapter

<https://www.compassionatefriends.org/find-support/chapters/chapter-locator/>

Monthly support group for bereaved parents (not baby loss specific).

M.E.N.D. (Mommies Enduring Neonatal Death)

<https://www.mend.org/nationwide-online-support-group>

Weekly support group for all perinatal losses.

Sad Dad's Club

<https://saddadsclub.com/>

Weekly virtual support group.

Supportive Instagram Accounts

@stillcountsgorg
@sistersinloss
@rtzhope

@stillbirthmamafightingforlight
@thekatherinelazar
@aliandeenterprise

@stillmyson
@the_worstgirlgang_ever
@wellnessandgrief