



We hope this list of bereavement resources within the DMV 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 n 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.

DC Pregnancy & Infant Loss Support

www.dc-plids.org

Informal group meetings occurring, virtually, monthly. Some in-person meet ups.

SAILS: Stillborn and Infant Loss Support

www.bornintosilence.org

Information on local and national counseling and support.

The Compassionate Friends: DC Chapter

www.compassionatefriends.org/chapter/tcf-of-the-district-of-columbia/

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

The Tears Foundation: Maryland Chapter

www.thetearsfoundation.org/maryland/

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

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

@stillcountsorg
@sistersinloss
@rtzhope

@stillbirthmamafightingforlight
@thekatherinelazar
@aliandeenterprise

@stillmyson
@the_worstgirlgang_ever
@wellnessandgrief