



# Aaliyah

## IN ACTION

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](mailto:hello@aaliyahinaction.org) if you have any questions.

### **Support Groups**

While you may not be ready for quite some time, we at least want you to have a list of local support groups for when/ if you're ready.

#### **DC Pregnancy & Infant Loss Support**

[www.dc-plids.org](http://www.dc-plids.org)

Informal group meetings occurring monthly.

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#### **SAILS: Stillborn and Infant Loss Support**

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

Information on local and national counseling and support.

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#### **Star Legacy Foundation: Maryland Chapter**

[www.starlegacyfoundation.org/maryland-chapter/](http://www.starlegacyfoundation.org/maryland-chapter/)

Support groups for bereaved parents (also available in Spanish), fathers, parenting after loss and grandparents/ extended family.

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#### **J. Mason Foundation**

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

1:1 Bereavement services at no cost.

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#### **Anaya's Project**

[www.anayasproject.org/our-programs](http://www.anayasproject.org/our-programs)

*Conversations of Hope* support group and *Grief Recovery Method* support group.

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#### **University of Maryland: Center for Infant and Child Loss**

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

Counseling and support groups.

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#### **The Tears Foundation: Maryland Chapter**

[www.thetearsfoundation.org/maryland/](http://www.thetearsfoundation.org/maryland/)

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

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#### **Mis Share**

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

Monthly group support meetings

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#### **The Healing Instinct**

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

Father's bereavement group. Sliding scale tuition.