

# Coping with a Child's Death or Life-limiting Illness

## Resources for Oregon Families

You are in an unimaginable situation. We want you to know you are not alone. We understand that your child will always be a rich part of your family story. There is support for your grief journey that allows you to hold your cherished memories close. The death of a child is not something you get over, it is something you learn to live with. We hope these resources will help you do that.

### In-Person Support Groups and Counseling

*Ask your child's health care or hospice professional for local resources.*

**Bereaved Parents USA:** <https://tinyurl.com/y2l5azgd> Peer support groups in the Springfield/Eugene area.

**Brief Encounters:** <https://tinyurl.com/y6mu2bkq> Pregnancy and infant loss support groups in Portland.

**Compassionate Friends:** <https://tinyurl.com/yampoyun> Peer-led monthly support groups in several Oregon locations.

**Dougy Center for Grieving Children and Families:** <https://www.dougy.org> Free counseling, support, and resources in Portland. For families grieving a death or a child's life-limiting illness.

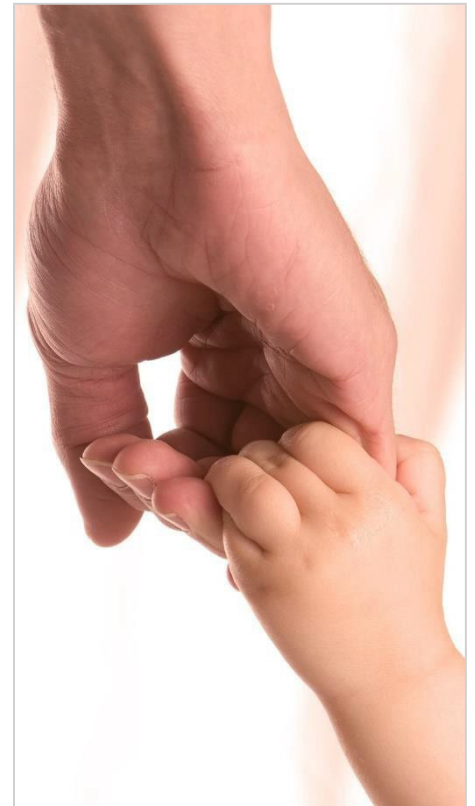
**Grief Recovery Method:** <https://tinyurl.com/yyr5ctrq> Database of counselors trained in "The Grief Recovery Method." Various Oregon locations.

**Grief Share:** <https://www.griefshare.org> Christian support groups for all ages. Various Oregon locations.

**Hope Bereavement Services:** <https://tinyurl.com/yxkyht6c> Support groups and counseling from PeaceHealth in Vancouver, Washington.

**Me Too:** <https://oregonhospice.org/metoo/> Free, facilitated grief groups for kids, teens, and adults, from the Oregon Hospice and Palliative Care Association in the Portland Metro area.

**Northwest Catholic Counseling Center:** <https://www.nwcounseling.org/> Catholic counseling services (sliding scale fees) in NE Portland.



Questions? Contact us.  
We're here to help.  
1-855-323-6744

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

**OCCYSHN**

Oregon Center for Children and  
Youth with Special Health Needs



**DOERNBECHER  
CHILDREN'S  
Hospital**

## Coping with a Child's Life-Limiting Illness

**Courageous Parents Network** <https://tinyurl.com/y6mj7ubm>  
For parents of seriously ill children.

**Handling a Difficult Prenatal Diagnosis**  
<https://tinyurl.com/y5tgych5> Blog post Seattle Children's Hospital.

**Having "The Conversation" with Your Seriously Ill Child** <https://tinyurl.com/y9wq83ul> Conversation-starter kit

**My Love Will Follow You There** <https://tinyurl.com/y5h9oa8c>  
Picture book of meditations for dying children

**Parenting a Child with a Life-Limiting Illness**  
<https://tinyurl.com/y6bofn5y> Toolkit from Global Genes.

## Online Grief Support and Resources

**Alive Alone:** <https://tinyurl.com/y2blea6l> Support for parents left childless.

**Bereaved Parents USA:** <https://tinyurl.com/y2l5azgd>  
Resources and support.

**First Candle:** <https://firstcandle.org/> Sudden Infant Death Syndrome support.

**MISS Foundation:** <https://missfoundation.org/> Resources and support for families. Building a family retreat in AZ.

**Return to Zero:** <https://tinyurl.com/y2xf9dug> Documentary about stillbirth.

**Share:** <http://nationalshare.org/heal/> Pregnancy and infant loss support.

**Star Legacy Foundation:** <https://tinyurl.com/y3g4s5bz>  
Stillbirth support.

## Financial Support

**Macy Elizabeth Foundation:** <https://tinyurl.com/y2tqfh6m>  
Funds for NW Oregon families facing the end of a child's life.

**Nick Wilson Charitable Group:** <https://tinyurl.com/y62vmzas>  
Funds for families with children at Doernbecher's Hospital.

**Tears Foundation:** <https://thetearsfoundation.org/> Funds for burial or cremation costs for Washington families.

## Retreats and Places of Healing

*Scholarships and stipends may be available.*

**Camp Erin:** <https://tinyurl.com/yxzgc6hg> Free camp weekend for 6- 17 year olds. Staffed by bereavement professionals. Various US locations.

**Comfort Zone:** <https://tinyurl.com/y2pfxbwx> Free camps for 7-17 and 18-25 year olds grieving the loss of a sibling or parent. Various US locations.

**Faith's Lodge:** <https://faithslodge.org> Weekend lakeside retreat for grieving parents, and for parents of medically complex children. Michigan.

**Return to Zero:** <https://rtzhope.org/retreat>  
Retreats for bereaved mothers. Various US locations.

## Memories and Memorials

**First Candle:** <https://firstcandle.org/about-us/>  
Sudden Infant Death Syndrome advocacy, support, and memorials.

**Grief Watch:** <http://www.griefwatch.com/>  
Resources for bereaved families.

**Kindness Project:** <https://tinyurl.com/y5kf5wdr>  
Honor a lost child with acts of kindness and commemorative cards.

**Now I Lay Me Down to Sleep:**  
<https://tinyurl.com/vdv8d> National network of photographers who take pictures of infants for their grieving families.

**Star Legacy Foundation:**  
<https://tinyurl.com/y5fyof8h> Memorial web pages commemorating babies who died.

*The Oregon Family to Family Health Information Center is a project of the Oregon Center for Children and Youth with Special Health Needs. It is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). This content should not be construed as the official position or policy of, nor should any endorsements be inferred by OHSU, HRSA, HHS, or the U.S. Government.*

*This resource was created in collaboration with Bridges Palliative Care Team at Doernbecher Children's Hospital, and parents.*