

# 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 professionals for local resources.*

[Bereaved Parents USA](#) Peer support groups in the Springfield/Eugene area.

[Brief Encounters](#) Pregnancy and infant loss support groups in Portland.

[Compassionate Friends](#) Peer-led monthly support groups in several Oregon locations.

[Dougy Center for Grieving Children and Families](#) Free counseling, support, and resources in Portland. For families with seriously ill children and those grieving a death.

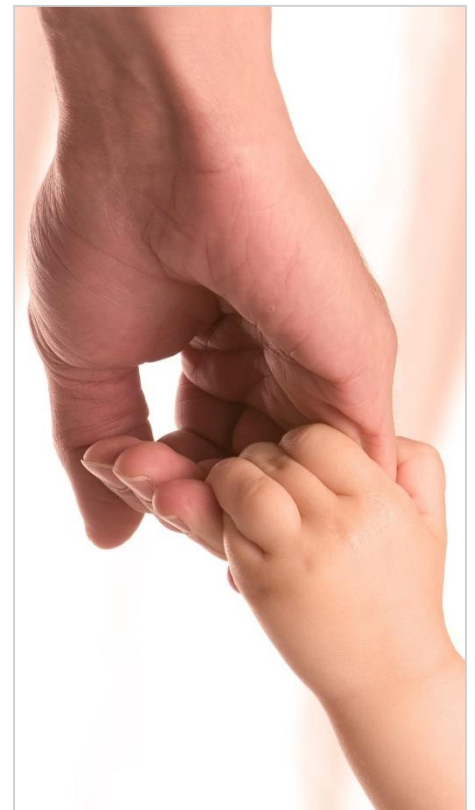
[Grief Recovery Method](#) Database of counselors trained in the "The Grief Recovery Method." Various Oregon locations.

[GriefShare](#) Christian support groups. Various Oregon locations.

[Hope Bereavement Services](#) Support groups and counseling from Peace Health in Vancouver, Washington.

[Me Too](#) Free facilitated grief groups for kids, teens, and adults, from the Oregon Hospice and Palliative Care Association in the Portland area.

[Northwest Catholic Counseling Center](#) 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](#) Support for parents of seriously ill children.

[Handling a Difficult Prenatal Diagnosis](#) Blog post from Seattle Children's Hospital.

[Having "the Conversation" with Your Seriously Ill Child](#) Free conversation-starter kit.

[My Love Will Follow You There](#) Picture book of meditations for dying children.

[Parenting a Child with a Life-Limiting Illness](#) Toolkit from Global Genes, Allies in Rare Disease.

## Online Grief Support and Resources

[Alive Alone](#) Support for parents left childless.

[Bereaved Parents USA](#) Resources and support.

[First Candle](#) Sudden Infant Death Syndrome support.

[MISS Foundation](#) Resources and support for bereaved families. Building a family retreat in AZ.

[Return to Zero](#) Documentary about stillbirth. [Share:](#)

[Pregnancy and Infant Loss Support](#)

[Star Legacy Foundation](#) Stillbirth support.

## Financial Support

[Macy Elizabeth Foundation](#) Funds for NW Oregon families facing the end of a child's life.

[Nick Wilson Charitable Group](#) Funds for families with children at Doernbecher Children's Hospital.

[Tears Foundation](#) Funds for burial or cremation costs for Washington families.

## Retreats and Places of Healing

*Scholarships and stipends may be available.*

[Camp Erin](#) Free camp weekend for grieving 6-17 year olds. Staffed by bereavement professionals. Various US locations.

[Comfort Zone](#) Free 3-day camp for 7-17 year olds and 18-25 year olds grieving the loss of a sibling or parent. Various US locations.

[Faith's Lodge](#) Weekend lakeside retreat for grieving parents, and for parents of medically complex children. Michigan.

[Return to Zero](#) Retreats for bereaved mothers. Various US locations.

## Memories and Memorials

[First Candle](#) Sudden Infant Death Syndrome advocacy, support, and memorials.

[Grief Watch](#) Resources for bereaved families.

[Kindness Project](#) Honor a lost child with acts of kindness and commemorative cards.

[Now I Lay Me Down to Sleep](#) A national network of photographers who take pictures of infants for their grieving families.

[Star Legacy Foundation](#) Memorial web pages commemorating babies who died.

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