

# 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 and your family.

### 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.

**The Portland Grief House:** <https://griefhouse.org/>  
Grief support through art, social gatherings and sharing. In person and some virtual events. N Portland and other spots.



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://www.alivealone.org/>  
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. Selah Carefarm near Sedona AZ

**National Alliance for Children's Grief:** <https://nacg.org/>  
Resource library

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

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

**Sesame Street Grief:** <https://tinyurl.com/2zhbjzk8>  
Resources for children and families about grief.

## Financial Support

**Children's Burial Assistance:** <http://childrensburial.org>  
Assistance in paying for funerals, cremations, or burial plots.

**Final Farewell:** <http://www.finalfarewell.org>  
Funeral costs and support for planning funerals/memorials.

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

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

## 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)

**Wild Grief:** <https://wildgrief.org/>  
Hikes and backpacking for families, teens, and young adults. (Washington State)

## Memories and Memorials

**First Candle:** <https://firstcandle.org/about/>  
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 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 for sharing family stories, and grief support.

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