

# 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.

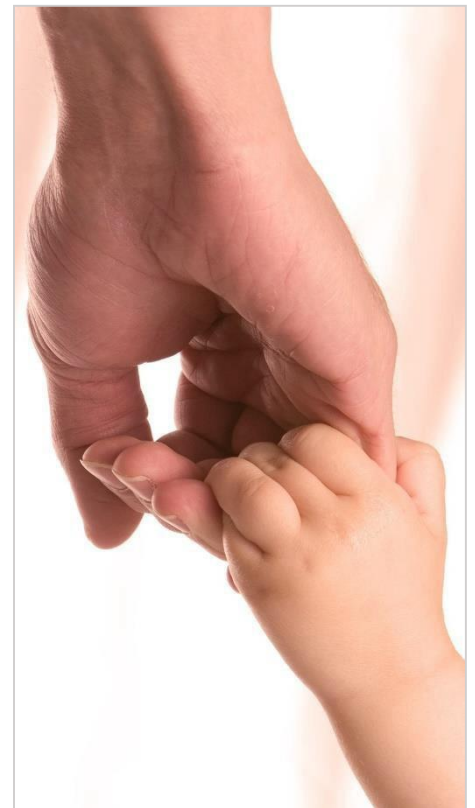
**Grief Recovery Method:** <https://tinyurl.com/yyr5ctrq>  
Database of counselors trained in "The Grief Recovery Method." Various Oregon locations.

**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.

**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://courageousparentsnetwork.org/>

For parents of seriously ill children.

### Having "The Conversation" with Your Seriously Ill

Child <https://tinyurl.com/y9wq83ul>

Conversation-starter kit.

### Parenting a Child with a Life-Limiting Illness

<https://tinyurl.com/y6bofn5y>

Toolkit from Global Genes Project

## 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; Selah Care farm in Arizona.

**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://www.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 Michigān lakeside retreat for grieving parents, and for parents of medically complex children.

**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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