

U N E X P E C T E D

A RESOURCE GUIDE FOR O'AHU FAMILIES
FACING PERINATAL LOSS

ISSUE NO. 01

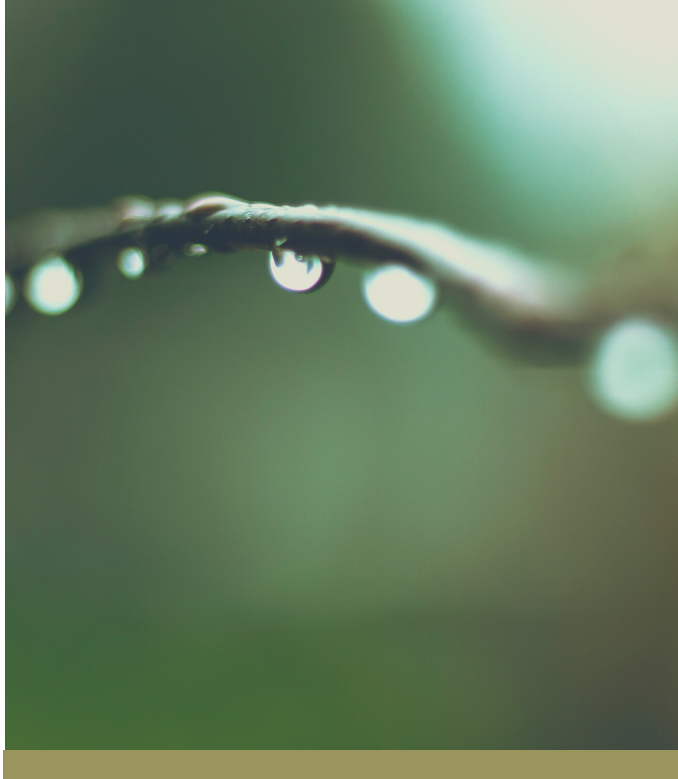
2021 • FREE

WE ARE HERE FOR YOU

LOCAL & NATIONAL RESOURCES

In this time of the unexpected, in the
moments of heartache, and the
memories to celebrate, rely on us.

Created by Teresa Robertson. All right reserved.



WELCOME

We want to be here for you.

Two years ago I had a conversation with several non-profit organizations on O'ahu about community resources available to families experiencing perinatal loss. It was clear that there was no 'master list' for people to quickly know where to turn in these times of needed support.

When the unexpected happens and pregnancy doesn't follow the journey longed for, we want you to have a place to turn for options, education, and people who understand.

This guide is intended for families, professionals, and the community to know who to turn to during the course of unimaginable loss.

We can't change everything.
But we can do our best to support through
it all.

TERESA ROBERTSON
www.HawaiiBirthDoula.com

CONTACT US

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ORGANIZATIONS

LOCAL

- Compassionate Friends
- Let Grace In
- Dakota Lee Foundation
- Mali Bella Foundation
- Pāhiki Caskets
- Hawai'i Birth Doula
- Holistic Womb Arts
- Now I Lay Me Down to Sleep
- La Leche League of O'ahu
- Lantern Lighting Ceremony
- Healthy Mothers Healthy Babies Coalition of Hawai'i

NATIONAL

- Be Not Afraid
- Star Legacy
- MEND
- Bereaved Parents USA

ORGANIZATIONS SUPPORTING PARENTS

A number of local and international organizations can help alleviate the stress of how to plan before, during, and after the death of a child. Consider if these needs apply to you and how to include these services during times of need.

Be Not Afraid

www.BeNotAfraid.net

Provides comprehensive case management and peer support to parents carrying to term following a life-limiting prenatal diagnosis. Our staff and peers strive to develop a relationship of trust while providing for the emotional and tangible needs of parents at diagnosis, during pregnancy, at birth and during the post postpartum period for up to one year.

Now I Lay Me Down to Sleep

www.NILMDTS.org

NILMDTS aims to offer every family experiencing the death of a baby the healing power of remembrance. Professional-level photographers volunteer their time to gift parents with delicately retouched heirloom black and white portraits free of charge.

"I had no idea what was available to me.

I don't know what we would have done without so much support."



Top Photo
Doula Teresa Robertson

Bottom Photo
Pāhiki Caskets

Pāhiki Caskets

www.PahikiCaskets.com

Pāhiki is able to provide keiki caskets 1-5 feet for just \$1, thanks to the collective generosity of so many humans (labor & materials range from \$200 - \$600). We believe that in the midst of such emotional complexity families shouldn't be burdened with the expense of burying a child of tender years.

Star Legacy

www.StarLegacy.org

Our focus is to prevent these stillbirths and ensure optimal care for families when prevention isn't possible. Our passion comes from the memory of babies who left us too soon and the belief that every pregnancy deserves a happy ending.

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Hawaii Birth Doula

www.HawaiiBirthDoula.com

Over 5 years of service with families experiencing pregnancy and infant loss through birth support and photography. Scholarships may be available.

Beyond the Willow Tree

www.BeyondTheWillowTree.com

Beyond The Willow Tree also works very closely with families of loss and sadness. This is something which we specialize in and hold dear to our hearts. Your journey after loss matters to us, and we ensure your journey is respected.

"At first I couldn't bear thought of reaching out to anyone for help. It made everything too real. But looking back, I am able to love and grieve in a healthier way because of those who supported me."

La Leche League of O'ahu

www.facebook.com/LaLecheLeagueOfOahu

La Leche League is a resource for mothers to reach out with any questions about lactation, in any circumstance, always free of charge. We have two leaders on Oahu and we offer support via Facebook, email, phone and in person monthly meetings.



*Photo Credit:
Beyond the Willow Tree*



*Photo Credit
Doula Teresa Robertson*

SUPPORT GROUPS

YOU'RE NOT ALONE

Whether you have experienced a miscarriage, stillbirth, fourth trimester loss, or beyond, you are not alone. These organizations offer a safe space to be with others who can relate to grief.

● COMPASSIONATE FRIENDS

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

<http://compassionatefriendshawaii.org/>



**The
Compassionate
Friends**
Supporting Family After a Child Dies

● MEND

MEND (Mommies Enduring Neonatal Death) offers a monthly online support group, publishes a free bi-monthly magazine, and has a Facebook group where moms can connect with one another.

www.mend.org



M.E.N.D.
Mommies Enduring Neonatal Death

Miscarriage, Stillbirth & Infant Loss Support

● BEREAVED PARENTS USA

Helping grieving parents and families rebuild their lives following the death of a child. provide a safe space where grieving families can connect, share our stories, and learn to rebuild our lives.

<https://www.bereavedparentsusa.org/>



● MALI BELLA FOUNDATION

Noticing there was a lack of support specifically for parents who had lost a child and turning my pain into purpose, Mali Bella Foundation arose.

My mission is to provide hope, healing and support to bereaved families through monthly support groups and healing activities.

<https://www.malibellafoundation.org/>

**MALI BELLA
FOUNDATION**

RETREAT & REMEMBRANCE

RETREAT

HOSTED BY LET GRACE IN

Our organization provides bereaved families monthly family events, guidance toward existing grief resources, and Hope Retreats. We serve families after the death of a child for any reason, from the perinatal period through young adulthood.

Please email Gabby@LetGraceIn.org for upcoming events or visit www.LetGraceIn.org.

REMEMBRANCE

WALKS & EVENTS

DAKOTA LEE FOUNDATION

Hosts an annual walk and event honoring families who have experienced the loss of a child at any stage in life. Event held in October 2020

Please email email Jen Dombroski at dakotaleefoundation@gmail.com for this years upcoming date.

LANTERN FLOATING CEREMONY

Shinnyo Lantern Floating Hawaii is a ceremony where all can come together for a personal and collective moment of remembrance, reflection, and offering gratitude to those who have gone before us. Annually during Memorial Day weekend.

I carry your heart with me

(I carry it in my heart)

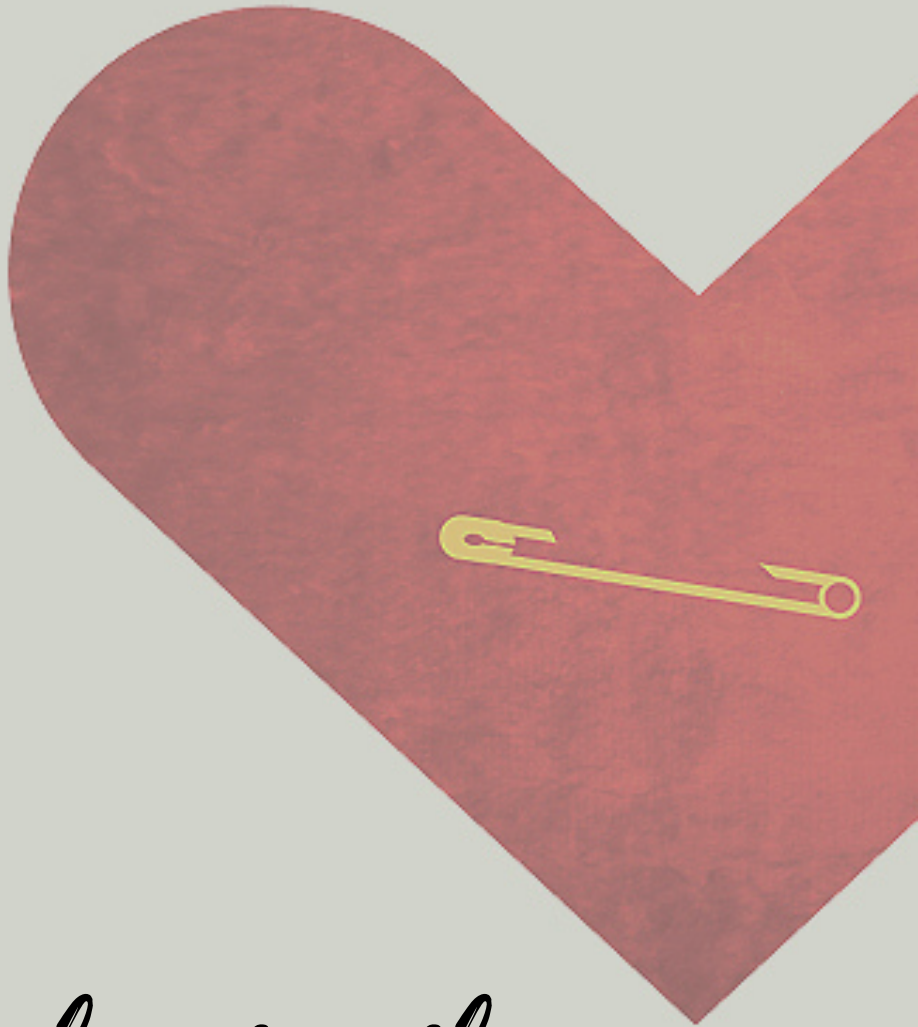


Image courtesy of Let Grace In



Healthy Mothers Healthy Babies Coalition of Hawai'i promotes

HEALING CONVERSATIONS

Pregnancy and infant loss should not be something you try to work through alone and we want you to know we are here for you.

Call our MothersCare Line for counseling support services for any of the following: postpartum depression, anxiety pre-baby counseling, fertility struggles, pregnancy and infant loss, birth trauma, postpartum relationship changes, and more. In addition, we can support parents with special needs parenting stress and challenges, and other parenting issues.

Call the MothersCare Line: (808) 737-5805 or email us at info@hmhb-hawaii.org

EXTENDED CARE

ASSISTANCE

In instances that extended care is needed, there can be many unknowns and daily challenges. We are grateful for the following organizations that are able to offer extensive assistance and help families navigate their new normal.

(Please note the following organizations have limited capacity and may not be able to accommodate all medical conditions. It is encouraged that you talk to your health care provider initially to see if you may qualify for services.)

● SHRINERS HOSPITAL

The hospital is a state-of-the-art facility that provides Hawaii's children with the best orthopaedic care, neurodevelopmental care, fracture clinic, surgery, physical therapy, occupational therapy, radiology, orthotics and prosthetics workshop and other ancillary services.

www.ShrinersHospitalsForChildren.org/Honolulu



Shriners Hospitals
for Children®



● NAVIAN HAWAII

Navian Hospice Hawaii's Pediatric Hospice Care Program provides support not just for the patient, but the entire family as well. Care plans are based on the unique needs and age of each child. We provide a team of trusted care individuals who work closely with your child's primary care physician.

www.navianhawaii.org



S U P P O R T G R O U P S

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