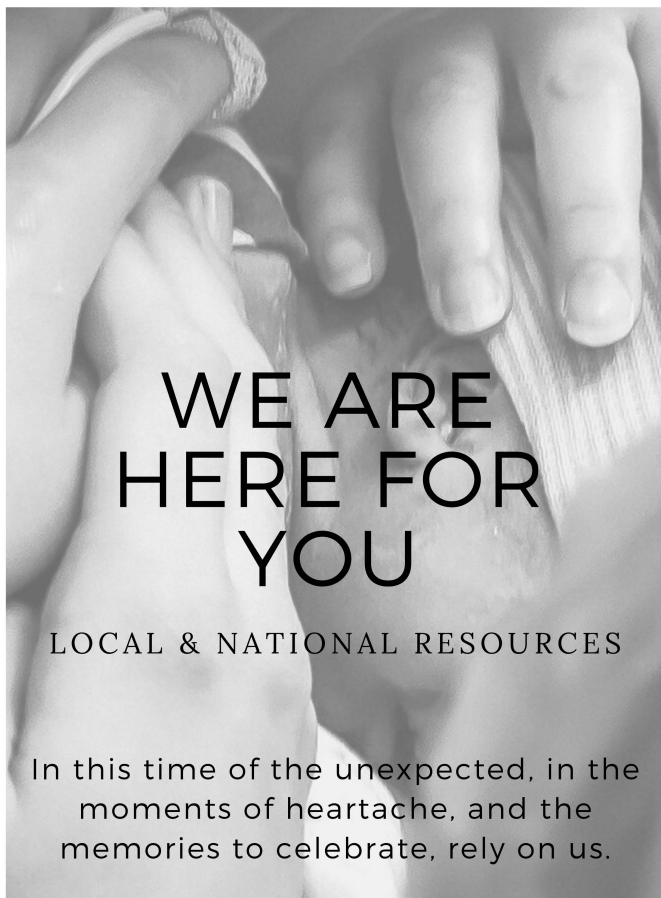


# UNEXPECTED

A RESOURCE GUIDE FOR O'AHU FAMILIES  
FACING PERINATAL LOSS



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.

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# WELCOME

We want to be here for you.

Three 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 'main 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.

## ORGANIZATIONS

## CONTACT

### LOCAL

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

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*www.HawaiiBirthDoula.com*

### NATIONAL

- Return to Zero
- Be Not Afraid
- Star Legacy

## Notes & Thoughts

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## 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.

### **Return to Zero**

[www.RTZhope.net](http://www.RTZhope.net)

Return to Zero: HOPE is a non-profit organization engaging a global community of bereaved parents and their health providers to improve mental health outcomes, while also advancing pregnancy and infant loss awareness, education, and support.



PC: Teresa Robertson

*"I had no idea what was available to me.*

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

### **Perinatal Loss Birth Doula**

[www.HawaiiBirthDoula.com](http://www.HawaiiBirthDoula.com)

With over 5 years of service, Teresa Robertson serves families experiencing pregnancy and infant loss through birth support and photography. Scholarships may be available.

# ORGANIZATIONS SUPPORTING PARENTS

## **Be Not Afraid**

[www.BeNotAfraid.net](http://www.BeNotAfraid.net)

Provides comprehensive case management and peer support to parents carrying to term following a life-limiting prenatal diagnosis. Providing emotional and tangible needs of parents at diagnosis, during pregnancy, at birth and during the post postpartum period for up to one year.

*"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."*

## **Now I Lay Me Down to Sleep**

[www.NILMDTS.org](http://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.



PC: Teresa Robertson

## ORGANIZATIONS SUPPORTING PARENTS

### **Pāhiki Caskets**

[www.PahikiCaskets.com](http://www.PahikiCaskets.com)

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. Pāhiki is able to provide keiki caskets 1-5 feet for just \$1, thanks to the collective generosity of so many humans.

### **La Leche League of O'ahu**

[www.facebook.com/LaLecheLeagueOfOahu](http://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.



### **Star Legacy**

[www.StarLegacy.org](http://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.

# SUPPORT GROUPS YOU'RE NOT ALONE

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



## **RETURN TO ZERO**

Every family experiencing pregnancy and infant loss will have access to resources, social support, and informed professional care to empower families to live a meaningful and hopeful life.

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

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MALI BELLA  
FOUNDATION

## **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.

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

S U P P O R T   G R O U P S  
Y O U ' R E   N O T   A L O N E

**COMPASSIONATE FRIENDS**



*The  
Compassionate  
Friends*  
Supporting Family After a Child Dies

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/>

Additional Groups & Events to Participate In

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## RETREAT & REMEMBRANCE

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### 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](mailto:Gabby@LetGraceIn.org) for upcoming events or visit [www.LetGraceIn.org](http://www.LetGraceIn.org).



*I carry your heart with me*  
(I carry it in my heart)

Image courtesy of Let Grace In

## REMEMBRANCE WALKS & EVENTS

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### 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.

### DAKOTA LEE FOUNDATION

The 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.

*Please email email Jen Dombroski at [dakotaleefoundation@gmail.com](mailto:dakotaleefoundation@gmail.com) for this years upcoming date.*



*Dakota Lee Foundation Annual Walk PC: Teresa Robertson*



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](mailto:info@hmhb-hawaii.org)



healthymothers  
healthybabies  
COALITION OF HAWAII

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2021

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