



Grief & Healing Resource Sheet

For Families Navigating Life After Baby Loss

*Grief is love with nowhere to go. You are not alone in this pain—
—and you don't have to walk through it without support.*

✦ Emotional Healing

Give yourself permission to grieve.
There's no timeline.

Your loss is valid. No matter the
gestation, circumstances, or
outcome—your baby mattered.

Talk to someone who understands.
A loss counselor, therapist, or
another grieving parent can be a
lifeline.

Journal when words fail. Write a
letter to your baby or record
daily thoughts.

Use memory rituals: lighting a
candle, keeping a memory box,
planting a flower.



**Your baby's life mattered.
And so does your grief
We're here to walk with you.**

Brooks & Allan Foundation

💬 Support Resources

Share Your Story:

[Submit to the Memory Wall
on our website]

Find Support Groups:

- Share Pregnancy & Infant Loss
- PALS – Pregnancy After Loss Support
- Return to Zero: HOPE

Connect With Us:

We'll listen, We'll honor your
baby.

[Contact the Brooks
& Allan Foundation]

📖 Grief Reading & Tools



"Empty Cradle, Broken Heart"
– Deborah Davis

"You Are Not Alone"
– Brooke Taylor

Healing After Loss – Daily
meditations by Martha
Whitmore Hickman
(PDF available on our site)