

Support Services

Strong Enough Support Group- Supporting Men and Women with infertility challenges, miscarriages, still-births, abortions, and infant loss.

www.riverrise.org

A Heartbreaking Choice- supports women who have made the "Heartbreaking Choice" to terminate a much wanted pregnancy.

www.aheartbreakingchoice.com/

Milk Bank- Women can donate excess their milk to this organization. The milk will provide the necessary nourishments to a premature baby in need.

<https://www.hmbana.org/how-to-help/donate-milk.html>

Grieving Dads- <https://grievingdads.com/>

The Bereavement Center of Westchester (Tree House)- Creating a safe space where both adult and child receive the special attention and support needed to move through the pain of grief toward hope and healing. <https://www.bcwtreehouse.org/>

Sisters In Loss- Supporting women of color who have experienced pregnancy or infant loss. <https://sistersinloss.com/>

Maggie Rose Perinatal Bereavement @ Northern Westchester Hospital (Mount Kisco) Also: Pregnancy/Parenting After Loss, Men's Only Group Facilitator: Marianne Walsh - mariannevalsh22@gmail.com, (914) 787-6158 Ext. 1317

Funeral Homes

Mount Kisco Funeral Services

Flynn Memorial Home

Barney T. McClanahan Funeral Home

Westchester Funeral Home

Pleasant Manor Funeral Home

Dorsey-Carlone Funeral Home

Cargain Funeral Home Inc

Ballard-Durand Funeral and Cremation Services

Burial Support

Angel Names Association- a nonprofit organization that aims to ease the financial burden imposed by stillbirth, provide supportive programs and services for families enduring the trauma of stillbirth, and raise money for stillbirth research. <http://www.angelnames.org/>

NYC Burial Assistance- <https://www.nyc.gov/site/hra/help/burial-assistance.page>

For More Information

River Rise LLC
riverrise18@gmail.com
www.riverrise.org



PAIL

(Pregnancy and Infant Loss)

Resource List

**WESTCHESTER COUNTY,
SURROUNDING AREAS
& ONLINE SERVICES**



New York State PAIL Related Information

Abortions- Abortions up to 24 weeks of gestation is legal.

After 24 weeks any abortions done that doesn't affect the mother's health and life or if the fetus life is not viable is considered illegal.

FIMR- NYS does not have a Fetal Infant Mortality Review board (FIMR) but has a Pregnancy Risk Assessment Monitoring System (PRAMS)

In 2019 New York signed a legislation creating a Maternal Mortality Review Board. This board was created to review each cause of maternal death and make recommendations to the Department of Health on future prevention measures.

Still Born Birth Certificates-

Parents can receive a certificate for a fetus born after 20 weeks of gestation.

Perinatal Hospice

Jansen Hospice and Palliative Care-
<https://www.jansenhospice.org/>

Regional Hospice-
<https://regionalhospicect.org/perinatal-hospice-care-services/>

Westchester Hospice-
<https://hospiceofwestchester.org/comfort-crew/>

In Remembrance Keepsake Resources

<https://adrielbooker.com/miscarriage-memorial-ideas/>

<https://www.mend.org/keepsakes>

<https://stillbirthday.com/2012/01/momentos/>

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

<https://catholicsprouts.com/over-30-ideas-to-memorialize-your-miscarriage/>

<https://www.sympathysolutions.com/>

Holistic Resources

SOUND HEALING/ MEDITATION/ YOGA

Sound Healing-

<https://www.youtube.com/watch?v=Ouk5je6zmjw>

Sound Healing-

<https://www.youtube.com/watch?v=EDOKUz2o17M>

Guided Meditation-

https://www.youtube.com/watch?v=lw8VgqHL8_8

Yoga- https://www.youtube.com/watch?v=iEVn59U2_LY

Breathing Techniques-

<https://www.youtube.com/watch?v=FY4pr4dwxcU>

Womb Healing-

<https://www.mysticmommaherbals.com/>

Crystals

<https://cosmiccuts.com/blogs/healing-stones-blog/crystals-for-grief-stones-to-aid-in-the-healing-process>

<https://www.comfortconnects.com/5-crystals-for-the-5-stages-of-grieving/>

