

*As a newly bereaved parent you are not alone, we have local support groups and counselors available for you:*

### **Local Support Groups:**

- **The Compassionate Friends**

From the compassionate Friends Website <https://www.compassionatefriends.org/>

*You Are Not Alone*

*When your child has died, suddenly it seems like all meaning has been drained from your life. When you wake in the morning, it's difficult to get out of bed, much less live a "normal" life. All that was right with the world now seems wrong and you're wondering when, or if, you'll ever feel better. We've been there ourselves and understand some of the pain you are feeling right now. We are truly glad that you have found us but profoundly saddened by the reason. We know that you are trying to find your way in a bewildering experience for which no one can truly be prepared. When you're newly bereaved, suddenly you find yourself on an emotional roller-coaster where you have no idea what to expect next.*

**Mobile Chapter (251) 751-2209**

1507 Dauphin Street Mobile Alabama 36604

Meets at: Dauphin Way Methodist Church the 2nd Tuesday of each month 7:00 pm

**Eastern Shore Chapter (251) 463-5959**

Contact: Kim 24851 Austin Road Daphne Alabama 36526-8245

Email: [tcfoftheeasternshore@yahoo.com](mailto:tcfoftheeasternshore@yahoo.com)

Meets at: Waterford Subdivision Clubhouse the 3rd Thursday of each month at 6:00 pm

- **Heart Broken Parents 251-679-9147**

Parents that have lost a loved one have started a group that will meet the 2nd and 4th Thursday night at 6:00 p.m. Satsuma Community Center. 368 Juniper Street, Satsuma, AL *Contact person: Linda Green*

<https://cityofsatsuma.com/wordpress/event/heartbroken-parents-meeting/>

- **The Womb Group 251-622-2512**

WOMB (With Optimistic Hearts Miracles Are Born) The purpose of WOMB is to support women who have experienced infertility or pregnancy loss by way of miscarriage, infant loss, or pre-term births.

The WOMB group meets twice a month on the first and third Thursday.

Contact: *Kalishia Mitchell* *Moms can read her blog, sign up for meetings or even request prayer on her website:* <https://www.thewombgroup.com/>

- **USA Bridge Support Group 251-610-5264**

1st Tuesday of every month at 5:30pm in the USA Health Strada Patient Care Center, 1st floor conference room *RSVP Rene Sprague, NICU Parent Educator, so she will know how much food to order* email: [rgilstrapsprague@health.southalabama.edu](mailto:rgilstrapsprague@health.southalabama.edu) call/text:251-610-5264

### **Counseling:**

- **Altapointe Health** <http://altapointe.org/> 251 450-2211 or (888) 335-3044
- **Christian Counseling Professionals** <https://www.ccpmobile.net/> 251-633-2122
- **St. Pius X Catholic Church** <https://stpiustenth.com/> 251-471-2449
- **Way of Life Community Church** <https://sites.google.com/view/wayoflifemobile> 251-471-2735
- **New Life Counseling Center** <http://www.newlifecounseling.org/> 251-343-9411

**share.marchofdimes.org** - A march of dimes hosted website to share your experience.

*Please call (251) 694-5007 if you find that one of these listings is not up to date.*