

# Resources for Coping with Pregnancy and Newborn Loss

The loss of a pregnancy, whether early or late, spontaneous or elective, can bring on a range of intense and overwhelming emotions. Sometimes these emotions hit all at once, and sometimes they come in cycles or waves that will continue for months and years. It is healthy and helpful to allow yourself to feel your emotions, name them, and find someone you can talk to who will listen without judgment. It is our hope that you will find the support you need as you walk through this season of grief and that these resources can help as you find your way. *You are NOT alone.*



[www.austin-born.com](http://www.austin-born.com)

5555 N Lamar Blvd  
c127

Austin, TX 78751  
(512) 222-5655

[info@austin-born.com](mailto:info@austin-born.com)

## **HOPE: Perinatal Loss Support**

**512.658.2674**

- For parents or grandparents to process loss due to multiple miscarriages, termination, stillbirth, and very early infant death.
- Closed 6 week group
- Facilitated by Worth Kilcrease, LPC, FT

**Location:** Ronald McDonald House

## **P.A.L. Support Group**

**512.658.2674**

- For women or couples planning pregnancy or currently pregnant after suffering perinatal or early infant loss.
- Closed 6 week group
- Facilitated by Worth Kilcrease, LPC, FT

**Location:** Ronald McDonald House

## **Tiny Footprints Support Group**

**512.733.5224**

- Thursdays 7:00pm-8:30pm
- 1st and 3rd Thursday-Pregnancy Loss/Infant Death Support Group
- 2nd Thursday-Pregnancy After Loss
- Facilitated by Dr. Kelly Boyd, PhD

**Location:** St. David's Round Rock Medical Ctr

## **The Healing Group**

**512.222.5655, [info@austin-born.com](mailto:info@austin-born.com)**

- Ceremony held quarterly for parents to experience nonjudgmental support, processing and ritual surrounding their miscarriage, stillbirth or infant loss.
- Facilitated by Jami Yaeger and Kim Borchert, loss moms & doulas.

**Location:** AustinBorn

## **The Christi Center**

**512.467.2600 (please call for info prior to 1<sup>st</sup> meeting)**

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

- Grief support groups for any type of loss, including the loss of a child  
Meetings on Monday 7pm-9pm

**Location:** 2306 Hancock Drive, Austin

## **Pregnancy Loss Support Group**

**512.282.4123 (Pat)**

**512.791.2668 (Bonnie)**

- For parents, families, & friends who have lost a baby due to miscarriage, stillbirth, or early infant death
- Meets 1st Sunday of the month, 2-4pm
- Facilitated by Pat Ehrhart, RN

**Location:** St. David's South Austin Medical Ctr

## **My Healing Place**

**512.472.7878**

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

- Center for those who have experienced loss. Provide many services, including grief therapy.
- Sliding scale for therapy services
- Closed 8 week pregnancy loss group

**Location:** 8401 Shoal Creek Blvd, Austin

## **Hand to Hold**

**contact form on website**

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

- Austin non-profit providing resources and support for parents of preemies, babies born with special health care needs & those who have experienced a loss of a baby
- Peer-to-peer support available through Helping Hand Match

## **Luke Lives On**

**Lisa Hays: 512.585.6154**

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

- Provides comfort boxes to support families in their grief and healing

## **Pregnancy and Postpartum Health Alliance of Texas**

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

## **Acupuncture, Herbal Medicine & Energy Medicine**

Cat Calhoun, MAOM, L.Ac.

**512.619.5549**

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

## **Massage**

Natalie Durkin, LMT

**512.507.7943**

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

## **Private Therapists Specializing in Pregnancy and Infant Loss:**

- Worth Kilcrease, LPC, FT  
**512.658.2674**  
[www.kilcrease.com](http://www.kilcrease.com)
- Kelly Boyd, PhD  
**512.733.5224**  
[www.drkellyboyd.com](http://www.drkellyboyd.com)
- Blaine Carr, PhD  
**512.627.3583**  
[www.drblainecarr.com](http://www.drblainecarr.com)
- Renee Bradford Garcia, LCSW  
**512.965.0748**  
[www.garciareneeb.com](http://www.garciareneeb.com)
- Elaine Cavazos, LCSW
- Julie Dickerson, LPC intern  
**512.472.7878**  
[www.myhealingplace.org](http://www.myhealingplace.org)
- Laura Shook, LMFT  
**512.769.1265**  
[www.onsomaticground.com](http://www.onsomaticground.com)

## **Helpful Websites:**

- *still*birthday  
[www.stillbirthday.com](http://www.stillbirthday.com)
- Share Pregnancy & Infant Loss Support  
[www.nationalshare.org](http://www.nationalshare.org)
- Still Standing Magazine  
[www.stillstandingmag.com](http://www.stillstandingmag.com)
- A Heartbreaking Choice  
[www.ahartbreakingchoice.com](http://www.ahartbreakingchoice.com)
- Grieving Dads  
[www.grievingdads.com](http://www.grievingdads.com)
- Center for Loss in Multiple Birth  
[www.climb-support.org](http://www.climb-support.org)
- Facts about Miscarriage  
[www.pregnancyloss.info](http://www.pregnancyloss.info)

*You are NOT alone.*

The AustinBorn doulas support families through all types of pregnancy and infant loss. We provide emotional, spiritual, physical and informational support before, during and/or after the birth of a miscarried or stillborn baby, as well as around the early death of an infant. We also give support in situations of fatal diagnosis, carrying to term, abortion, NICU care, and pregnancy after loss.

