



WHAT TO KNOW ABOUT

Pregnancy and Infant Loss Groups

These groups bring together people who have lost a baby before, during, or shortly after birth, including miscarriage, ectopic and molar pregnancy, stillbirth, and neonatal death. What sets this loss apart is how often others minimize it: a miscarriage treated as a medical event, a stillbirth met with silence. These groups offer a community where the loss is fully recognized and the baby's existence is acknowledged. They are offered by organizations such as SHARE and Star Legacy Foundation, and by many hospital and hospice bereavement programs, with online groups expanding access.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for those wanting connection with others who understand this specific loss.
- Works well alongside individual therapy and medical follow-up.
- Active depression or PTSD after loss calls for clinical care too. Call or text 988.

What it's for

Anyone who has lost a baby at any gestational age or in the neonatal period.

Partners and other family members, alongside or instead of the birthing parent.

Some groups are loss-specific (stillbirth, early miscarriage); others welcome all.

WHAT TO EXPECT

1 Groups meet monthly or biweekly for 60 to 90 minutes, in person and online.

2 Members are often invited to introduce themselves and their baby by name.

3 There is no pressure to share beyond what feels comfortable.

Perinatal loss carries real mental health weight, and peer support shows promise.

- A meta-analysis of 37 studies found perinatal loss brings **elevated depression, anxiety, and PTSD**, sometimes persisting for years.¹
- A pilot of online peer groups for women of color found **meaningful drops in grief and isolation**, with online formats key to access.²

MAKING THE MOST OF IT

Say their name. In a group of parents, your baby's name is received with care, not discomfort.

Bring your partner. Grief lands differently on each parent. Many groups welcome both.

Online counts. If leaving home feels impossible right now, a virtual group still connects.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Does this group welcome my type of loss and where I am in grief?
- 2** Are partners and other family members welcome too?
- 3** Is it peer-led or facilitated by a clinician or bereavement coordinator?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

Free to browse · No account needed · thegroupguide.com



If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

Pregnancy and Infant Loss Groups · references keyed to the numbers on page 1.

- 1 Herbert, D., Young, K., Pietrusińska, M., & MacBeth, A. The mental health impact of perinatal loss: a systematic review and meta-analysis. *Journal of Affective Disorders* (2022), 297, 118–129.
- 2 Gold, K. J., Boggs, M. E., Plegue, M. A., & Andalibi, N. Online support groups for perinatal loss: a pilot feasibility study for women of color. *Cyberpsychology, Behavior, and Social Networking* (2022), 25(8), 534–539.

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