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## Resources for Miscarriage or Infant Loss

### Grieving:

- Women and their partners have an entire range of emotions in response to their pregnancy loss. It is important to take care of yourself, surround yourself with support and be gentle with yourself and each other.

### Support Groups:

- **Lumos House:** A Pregnancy, Infant and Child loss Support and Resource Center
  - This is a go-to resource for grieving families and providers in the Chittenden County that are dealing with the loss of a baby or child
  - [www.lumoshousevt.com](http://www.lumoshousevt.com) / [lumoshousevt@gmail.com](mailto:lumoshousevt@gmail.com) / 802-557-4896
  - 1 Mill St #175 Burlington, VT 05401
- Peer support contact and empathy group lead by Nina Lesser-Goldsmith and Beth Kruger.
  - “Our empathy circle is a gathering of women who seek the healing power of those who have shared experiences in miscarriage, pregnancy loss, still birth, and/or infant death. We provide a safe space where women can share stories, express emotions, and connect with others.”
  - They have a group contract that establishes ground rules to ensure mutual inclusion and support and provide thoughtful facilitation of conversation. They will also have extra time after the group to work to connect one on one with facilitators or peers if you are interested.
  - To create the safest space possible, they ask if you can connect with one of them directly prior to attending the group.
  - Contact:
    - Nina Lesser-Goldsmith: [ninalessergoldsmith@gmail.com](mailto:ninalessergoldsmith@gmail.com) / 802-363-0543
    - Beth Kruger: [beth@prenatalsmethod.com](mailto:beth@prenatalsmethod.com) / 802-829-0211
  - Group sessions are planned to be held the 2<sup>nd</sup> Tuesday of the month @ Prenatal Methods Yoga studio
- Pregnancy and Newborn Loss Grief support group
  - All who experienced a loss during pregnancy or an infant
  - 2<sup>nd</sup> Thursday of the month from 6:30 pm-8:30 pm
  - At Fanny Allen Campus, Medical Office Building, Suite 101, Continence Center waiting room; 792 College Parkway, Colchester, VT 05446
  - Contact: Amy Young: [amy.young@uvmhealth.org](mailto:amy.young@uvmhealth.org) / 847-3830 or Sandy Wood: [sandra.wood@uvmhealth.org](mailto:sandra.wood@uvmhealth.org)

## Resources for Miscarriage or Infant Loss

- Coping with Loss:
  - *Empty Cradle, Broken Heart*, by Deborah L. Davis
  - *Empty Arms*, by Sherokee Ilse
  - *Grieving the Child I Never Knew*, by Kathe Wunnenberg
- Considering a Future Pregnancy:
  - *Trying Again*, by Anne Douglass and John Sussman
  - *Pregnancy after Loss: A Guide to Pregnancy after Miscarriage, Stillbirth, or Infant Death*, by Carol Cirulli Lanham
- Websites:
  - [www.wintergreenpress.com](http://www.wintergreenpress.com) Website of Sherokee Ilse; great list of other wonderful publications available from her, including *Couple Communication After a Baby Dies*, by Sherokee Ilse and Tim Nelson
  - [www.compassionatefriends.org](http://www.compassionatefriends.org) Website of *The Compassionate Friends: Supporting Families after a Child Dies*. Includes a chapter locator for a group near you.
  - [www.firstcandle.org](http://www.firstcandle.org) Website of *First Candle*, supported by a national network of partner organizations, First Candle works to increase public participation and support in the fight against stillbirth, sudden infant death syndrome (SIDS) and other causes of sudden unexpected infant death (SUID).
  - [www.griefwatch.com](http://www.griefwatch.com) Resources for bereaved families and professional care providers.

## Therapists/Counseling:

- We have multiple different references for therapists or counselors who you can talk with about your loss and grieving process. Please call the nurses in triage if you are needing other resources.
  - **Raquel Ferns Lefebvre LP-MA:** 802-951-0498 / [rflefebvre@yahoo.com](mailto:rflefebvre@yahoo.com) / 3000 Williston Road, Suite #2 South Burlington VT 05403
  - **Lisa Harrington MSN, APRN:** 802-654-7607 / [lharrington@stonehouseassociates.com](mailto:lharrington@stonehouseassociates.com) / 27 Rye Circle South Burlington VT 05403
  - **Megan Poor LICSW:** 802-598-4412 / [meaganpoor.licsw@gmail.com](mailto:meaganpoor.licsw@gmail.com) / 54 West Twin Oaks Terrace, Suite 12 South Burlington, VT 05403
  - **Jessica Houser PHD:** 802-651-7501 / [dr@jessicahouser.com](mailto:dr@jessicahouser.com) / [www.jessicahouser.com](http://www.jessicahouser.com) / 3 Main St Suite 216 Burlington VT 05401
  - **Emily Long LPC:** 828-407-0824 / [emilylong01@gmail.com](mailto:emilylong01@gmail.com) / [www.EmilyRLong.com](http://www.EmilyRLong.com)
  - **Karen Larrow MA MFT LCMHC:** 802-922-3440 / [karenlarrow@gmail.com](mailto:karenlarrow@gmail.com) / [www.karenlarrow.com](http://www.karenlarrow.com) / 368 Dorset St Suite 3 South Burlington VT 05403