

Minnesota Milk Bank for Babies Regional Resources/Groups for Grieving Parents

Central

Maple Grove [North Memorial Grief and Loss Support Groups](#)

Grief support groups are hosted throughout the year and are free of charge. Groups offer a supportive setting to share your experience, develop coping skills, and learn about loss. Participants should be at least two months beyond the death of their loved one before registering.

St. Paul [United Hospital Support Group](#)

While grieving is painful for everyone, the death of a baby represents a very special grief. The natural bond between bereaved parents enables them to support and encourage each other in a unique way. Whether your loss was through ectopic pregnancy, miscarriage, stillbirth or newborn death, please consider joining this group. Pre-registration is requested FREE.

Robbinsdale [North Memorial Grief and Loss Support Groups](#)

Grief support groups are hosted throughout the year and are free of charge. Groups offer a supportive setting to share your experience, develop coping skills, and learn about loss. Participants should be at least two months beyond the death of their loved one before registering.

St. Paul [Infertility, Miscarriage & Pregnancy Loss Drop-in Counseling Group](#)

This is an ongoing weekly drop-in counseling group for women focused on moving through the grief and loss associated with trying to grow your family.

Minneapolis [Garden of the Sleeping Angels](#)

The Garden of the Sleeping Angels is a garden created specifically for those who have experienced the loss of an infant or child. It serves as a living reminder that although we can no longer hold or touch our loved ones, we can remember them always.

Northwest

Long Prairie and St. Cloud [Centra Care](#)

A support program for families who have lost an infant or experienced stillbirth, ectopic pregnancy or miscarriage.

Monticello [The Compassionate Friends](#)

Offers emotional support to parents, grandparents, and adult siblings grieving the death of a precious child of any age, and from any cause. There are several [Minnesota Chapters](#) as well as online support groups and peer counseling.

Monticello [Pregnancy & Infant Loss Group](#)

This group will serve parents who have lost a baby through miscarriage, ectopic pregnancy, stillbirth or newborn death. The group will offer a supportive atmosphere with the opportunity for reflection, conversation and sharing. We will also cover a monthly topic on pregnancy/infant loss that will aim to assist parents in their unique grief journey.

Cambridge [The Compassionate Friends](#)

Offers emotional support to parents, grandparents, and adult siblings grieving the death of a precious child of any age, and from any cause. There are several [Minnesota Chapters](#) as well as online support groups and peer counseling.

Roseau [Grief Share](#)

GriefShare is a national faith-based program for people grieving the death of a family member or friend. Held virtually and/or in person for 13-weeks.

Wadena - still searching for something in this area

Rogers - [Missing Grace](#)

A pregnancy & infant loss community coming together to grieve, restore, educate & heal.

Northeast

Duluth [Essentia Health](#)

St. Mary's Grief Support Services has provided a safe place for grieving children, teens, and adults of all ages to heal. Because everyone's response to loss is unique, St. Mary's Grief Support Services offers resources for individuals and families.

Southwest

Pipestone and Fairmont [The Compassionate Friends](#)

Offers emotional support to parents, grandparents, and adult siblings grieving the death of a precious child of any age, and from any cause. There are several [Minnesota Chapters](#) as well as online support groups and peer counseling.

Southeast

Hastings, Redwing and Owatonna [The Compassionate Friends](#)

Offers emotional support to parents, grandparents, and adult siblings grieving the death of a precious child of any age, and from any cause. There are several [Minnesota Chapters](#) as well as online support groups and peer counseling.

Rochester [Mayo Support Groups](#)

The Hospice Bereavement Program offers several types of support services. All services are offered free of charge and are open to residents of the communities served by Mayo Clinic Health System Hospice.

Other Resources

[Su Familia Multicultural Counseling](#)

Culture-based counseling services in English, Spanish and Hmong

[Healing After a Miscarriage](#)

A 21-day e-course that gives you the space you need each day to reflect and work with your grief.

[Share-Pregnancy and Infant Loss Support](#)

A document for perinatal bereavement resources and support groups list around the state of Minnesota.

[Pregnancy After Loss Support \(PALS\)](#)

PALS is a community support resource for women experiencing the confusing and conflicting emotions of grief mixed with joy during the journey through pregnancy after loss.