



Minnesota
Milk Bank
for Babies

Regional Resources and Groups

HOPE FOR GRIEVING PARENTS

The following list includes regional grief resources in the Minneapolis-St. Paul metro area and Upper Midwest region, as well as nationwide virtual groups. Resources listed are subject to change and some services may have fees. Contact the resource for more information.

METRO

Bloomington [Bittersweet](#)

A support group for parents who have experienced the death of a twin or other multiple. Meets on the third Tuesday of each month, facilitated by Barb Schaack, RN, LAMFT.

952-854-1997

Chanhassen [The Grief Club of Minnesota](#)

Offers a support group for bereaved parents on the first Tuesday of the month at 6-7:30 PM. Also provides kids grief support groups for littles, middles, and teens (ages 5-18) in age-appropriate groups.

952-224-4859

Coon Rapids [Missing GRACE Support Group](#)

A pregnancy and infant loss community coming together to grieve, restore, educate, and heal. GRACE: Grieve, Restore, Arise, Commemorate, and Educate.

763-497-0709

Eden Prairie [Brighter Days Family Grief Center](#)

A family-focused grief center providing free support resources, programs and services for youth, young adults, adults and families who are grieving the death of a beloved family member.

952-303-3873

Eden Prairie [Star Legacy Foundation - Minnesota Chapter](#)

Free virtual grief support groups for family members who have experienced pregnancy or infant loss.

Spanish group available. Milk depot for collecting donations from approved bereaved milk donors. Annual "Let's Not Be Still! Pregnancy and Infant Loss Awareness Run/Walk" on the last Saturday of September.

952-715-7731

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

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.

Long Lake 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.

612-986-3737

Minneapolis Mind-Body Skills Group

An 8-week virtual skill-building group to learn Mind-Body Medicine strategies for healing trauma and stress. Facilitated by Alexis Nicklow, RN, who is certified by The Center for Mind-Body Medicine.

612-275-9898

Robbinsdale North Memorial Grief and Loss Support Group

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.

763-581-9681

Rogers Missing GRACE Support Group

A pregnancy & infant loss community coming together to grieve, restore, educate, and heal. GRACE: Grieve, Restore, Arise, Commemorate and Educate. Zoom option available.

763-497-0709

Stillwater Tiny Treasures

A faith-based organization providing support in arranging funerals/memorials and offering healing retreats for grieving families, memory-making tools, baby burial layettes and perinatal loss doulas.

651-403-3556

St. Paul Children's Minnesota Pregnancy & Infant Loss Support Group

While grieving is painful for everyone, the death of a baby represents a very special grief. Whether your loss was through ectopic pregnancy, miscarriage, stillbirth or newborn death, consider joining a support group, made up of parents and led by staff members from both Allina Health and Children's Minnesota. Families do not have to have a connection to the hospital to access these resources.

612-813-7216

CENTRAL

Monticello Healing Moments Counseling

Serves parents who have lost a baby through miscarriage, ectopic pregnancy, stillbirth or newborn death.

Offers a supportive atmosphere with the opportunity for reflection, conversation and sharing. Aims to assist parents in their unique grief journey.

763-732-3351

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. Online support groups and peer counseling.

St. Cloud CentraCare Perinatal Loss Bereavement Support

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

NORTHEAST

Cambridge GriefShare

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

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. Online support groups and peer counseling.

Crosslake Smile Again Ministries

Retreat facility at Whitetail Lodge for families to cope with the grief and struggles that follow the death of a child.

320-310-8877

Duluth Essentia Health

Virtual grief group meets the first Thursday of the month at 7pm; for parents looking for support after a miscarriage, stillbirth or infant loss. Email griefcenter@essentiahealth.org to complete the consent form. Families do not have to have a connection to the hospital to access these resources.

218-786-4402

Duluth Insight Counseling

Mental health clinic with providers trained specifically in grief and loss, offering individual psychotherapy and support for bereaved parents.

218-481-7660

NORTHWEST

Roseau GriefShare

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

SOUTH CENTRAL

Faribault Infants Remembered in Silence

Offering parents, families, and friends support, education and resources on the death of a child in early pregnancy or any type of infant death. Open-ended support groups meet on the second Wednesday of the month from 11 AM - 1 PM and on the fourth Tuesday of the month from 7 - 8:30 PM.

507-334-4748

NORTH DAKOTA

Fargo, ND Becoming Balanced

Provides in person and telehealth support and mindfulness groups for women. Andi Wheeler, MS, LPCC, is trained in Compassionate Bereavement Care through the MISS Foundation, and Trishia Powell, LCSW, is trained in perinatal mental health.

Fargo, ND Haven

Community of support for grieving parents, providing educational literature, podcasts, remembrance items, and healing events such as the mother's retreat encouraging self care and mindfulness.

SOUTH DAKOTA

Alcester Healing Hope Ministries

Helps families and their support systems find hope and healing after the loss of a child, providing encouragement, compassion and support through retreats, small groups and events.

Summerset Lach's Legacy

Provides support for families who have experienced the unexpected loss of a baby, offering comfort to grieving hearts through a care package of items as a starting point to the long road of healing.

WISCONSIN

Ashland Childbirth Collective

Coaching and healing courses designed to address the physical, emotional, and spiritual aspects of trauma and grief. Incorporates Chinese calligraphy as a tool to promote healing and well-being.

Danbury Faith's Lodge

Provides a serene retreat facility for grieving families to get away from day-to-day life and honor their child. Offers an opportunity to reflect, explore and just be with people going through a similar experience.

612-825-2073

NATIONWIDE

[Baby Loss Family Advisors](#)

Loss Advisors or Loss Doulas offer compassionate, informed support to families facing the loss of a baby in miscarriage, stillbirth, or other infant death. Use this directory to find a Loss Doula in your area.

[Children's Minnesota Pregnancy & Infant Loss Support Group](#)

While grieving is painful for everyone, the death of a baby represents a very special grief. Whether your loss was through ectopic pregnancy, miscarriage, stillbirth or newborn death, consider joining a support group, made up of parents and led by staff members from both Allina Health and Children's Minnesota.

[First Candle](#)

A 24-hour grief line for a family member in need, offering one-on-one support and access to materials and local support services. First Candle also offers peer-to-peer online support groups and resources.
1-800-221-7437

[GriefShare](#)

GriefShare is a national faith-based support group for people grieving the death of a family member or friend. Held virtually and/or in person for 13-weeks. There are several Minnesota Chapters.

[Healing Moments Counseling](#)

Serves parents who have lost a baby through miscarriage, ectopic pregnancy, stillbirth or newborn death. Offers a supportive atmosphere with the opportunity for reflection, conversation and sharing. Aims to assist parents in their unique grief journey.

[M.E.N.D. \(Mommies Enduring Neonatal Death\)](#)

A nationwide online support group on the third Thursday of each month at 8 PM to help parents to navigate the loss of a baby whether by miscarriage, stillbirth or infant death. The third Monday of the month at 8 PM is the Men of M.E.N.D., a support group specifically for grieving dads.

[Mind-Body Skills Group](#)

An 8-week virtual skill-building group to learn Mind-Body Medicine strategies for healing trauma and stress. Facilitated by Alexis Nicklow, RN, who is certified by The Center for Mind-Body Medicine.
612-275-9898

[MISS Foundation Online Support Group](#)

Support group for bereaved parents offered virtually on the 2nd and 4th Tuesday of the month.

[Missing GRACE Support Group](#)

A pregnancy & infant loss community coming together to grieve, restore, educate, and heal. GRACE: Grieve, Restore, Arise, Commemorate and Educate. Hybrid - Zoom and in-person in Rogers, MN.

Molly Bears

Custom-made bears designed to match baby's weight, providing a comforting companion for families coping with any form of infant loss.

Now I Lay Me Down to Sleep

Remembrance photography capturing the bond shared with baby, offering portraits that honor a tiny life that is forever loved and cherished.

Postpartum Support International

Offers free support groups for those who have experienced pregnancy and infant loss, helping bereaved parents navigate the emotions of their loss. Spanish group available.

Rachel's Gift

Offers free weekly, virtual groups designed for parents, grandparents, family members, and friends enduring pregnancy and infant loss. Monthly Couples Support and Men Only support groups offered.

Return to Zero

Virtual support groups and monthly drop-in sessions that compassionate and holistic support for people who have experienced unimaginable loss during their journey to parenthood. Spanish and LGBTQ+ support groups available.

Star Legacy Foundation

Free online grief support groups for family members who have experienced pregnancy or infant loss. Spanish group available.

952-715-7731

TEARS Foundation

Assists with the cost of burial or cremation services to compassionately lift a financial burden from families who have lost a child. Offers grief support groups and peer companions.

The Compassionate Friends

Offers emotional support, comfort, and hope to parents, grandparents, and adult siblings grieving the death of a precious child of any age, and from any cause. Online support groups and peer counseling. Resources in Spanish and other languages available.

Wild Heart Therapy, LLC

Provides online/telehealth mental health services to adults residing in Minnesota. Kayla Scott, MA, LMFT is a certified Compassionate Bereavement Care Provider with the MISS Foundation.

612-500-6913