



PREGNANCY/PARENTING

LEARN MORE

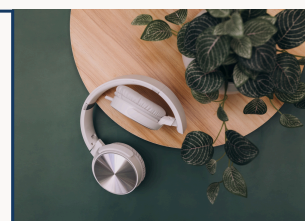
These ministries and resources provide compassionate, faith-based support for individuals and families navigating pregnancy, parenting, miscarriage, infant loss, and postpartum mental-health challenges.

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PREGNANCY/PARENTING

LOCAL RESOURCES



WALKING WITH FAMILIES ST. LOUIS (GENERAL SUPPORT, MISCARRIAGE, CRISIS PREGNANCY, PREBORN LOSS, AND MORE)

Provides pastoral accompaniment, liturgical support, and local Catholic resources for parents.

resources.archstl.org/article/489528/walking-with-families



CATHOLIC RENEWAL CENTER COMPASSION GROUP

A peer-led ministry offering prayer and healing for parents grieving miscarriage or child loss.

314-792-7734 | janeguenther@archstl.org



NATURAL FAMILY PLANNING OFFICE

Provides instruction and spiritual formation in natural family planning and Church teaching.

314-521-6000 | archstl.org/about/offices-and-agencies/natural-family-planning-nfp/



REPRODUCTIVE & CHILD LOSS MINISTRY (IMMACULATE CONCEPTION – DARDENNE)

Offers grief support, prayer groups, and pastoral accompaniment for families facing miscarriage or child loss.

icdparish.org/reproductive-infant-loss-ministry



NAMING AND COMMENDATION RITE

A diocesan rite allowing families to name and commend a miscarried or stillborn child to God's mercy.

prolife@archstl.org



ARCHDIOCESAN ABORTION HEALING MINISTRY

Offers confidential counseling, retreats, and spiritual healing for women and men wounded by abortion.

314-778-0628 | hopehealing@archstl.org

resources.archstl.org/article/998994/abortion-healing-ministry



DECEASED CHILDREN'S MEMORIAL – ST. MARY MAGDALEN CHURCH

Dedicated to the memory of all children who have died through abortion, stillbirth, miscarriage, accident, illness, or injury. There are no restrictions on age or the number of names submitted.

deceasedchildrensmemorial.org

PREGNANCY/PARENTING

LOCAL RESOURCES



CARDINAL GLENNON FETAL CARE INSTITUTE

Provides advanced prenatal diagnosis, counseling, and medical care for families navigating complex pregnancies.

ssmhealth.com/cardinal-glennon/fetal-care-institute



MERCY HEARTPRINTS PROGRAM

A perinatal bereavement program through Mercy Hospital offering grief support, memory keepsakes, and compassionate care.

314-521-6000 | [MERCY.NET/SERVICE/HEARTPRINTS/](https://mercy.net/service/heartprints/)



ON ANGEL'S WINGS PHOTOGRAPHY SERVICES

Free service for St. Louis families documenting sessions for those diagnosed with a life-limiting prenatal and childhood diagnosis.

oawphoto.org



MPACT (MISSOURI PARENTS ACT)

A statewide parent-training and information center empowering parents of children with disabilities to advocate for educational rights and services.

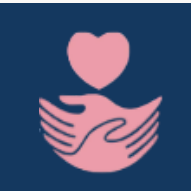
1-800-743-7634 | missouriparentsact.org



AUTUMN'S GIFT BURIAL SERVICES

Autumn's Gift, provides free funeral services and essential support for families grieving the loss of a baby or child.

hutchensfuneralhomes.com/services/autumns-gift



SHARE PREGNANCY AND INFANT LOSS SUPPORT

Provides compassionate emotional, spiritual, and practical support to families grieving the loss of a baby, while also offering education and resources to help both loved ones and communities care for them well.

nationalshare.org



ANNIE'S HOPE

Provides free, compassionate support services for children, teens, and families in the St. Louis area who are grieving the death of a loved one.

ANNIESHOPE.ORG

PREGNANCY/PARENTING

NATIONAL & INTERNATIONAL RESOURCES



RED BIRD MINISTRIES

A Catholic grief-support ministry accompanying families through every stage of child loss, from miscarriage to adulthood.

redbird.love



GABRIEL'S RETREAT MINISTRIES

Retreats offering spiritual renewal, community, and rest for mothers seeking healing and deeper faith, especially those facing crisis or unexpected pregnancy.

gabrielsretreat.org



POSTPARTUM SUPPORT INTERNATIONAL (PSI)

Offers Resource directories, online groups, and education for families affected by postpartum depression and anxiety.

postpartum.net



CATHOLIC MISCARRIAGE SUPPORT

Catholic Miscarriage Support offers practical, emotional, and spiritual guidance rooted in Church teaching to help families navigate miscarriage with clarity, dignity, and hope.

catholicmiscarriagesupport.com



SPRINGS IN THE DESERT

Offers medical and mental-health education, events, support groups, and reflections on infertility guided by Catholic ethics and theology of the person.

springsinthedesert.org



USCCB PAMPHLET – "SOLACE AND STRENGTH IN THE SORROW OF MISCARRIAGE"

A pastoral reflection from the U.S. bishops offering prayer, theology, and comfort for grieving parents.

usccb.org/prolife/solace-and-strength-sorrow-miscarriage



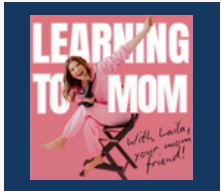
DADVOCACY / POSTPARTUM SUPPORT INTERNATIONAL FOR DADS

Resources specifically for fathers navigating postpartum mental health and family transitions.

postpartum.net/get-help/help-for-dads/

PREGNANCY/PARENTING

PODCASTS & AUDIO REFLECTIONS



LEARNING TO MOM PODCAST

A Catholic-rooted podcast that supports first-time and expecting mothers with practical guidance, encouragement, and faith-informed insights through pregnancy, birth, and early motherhood.

learningtomompodcast.com



PEACEFUL MIND PODCAST FOR BUSY CATHOLIC MOMS

Offers faith-based mindset coaching and practical tools to help mothers manage stress, emotions, and daily overwhelm with greater peace and trust in God.

daniellethienel.com/podcasts/peaceful-mind-podcast-for-catholic-moms



HEALTHY CATHOLIC MOMS PODCAST

Healthy Catholic Moms is a faith-based podcast that helps Catholic mothers simplify health, fitness, and mindset with practical guidance rooted in honoring their mind, body, and soul as a gift from God.

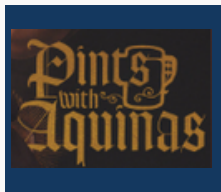
open.spotify.com/show/3UKNheUN1SByvLvKyGa4XP?si=b22796d4d5f44ec5



AMONG THE LILIES

A candid Catholic podcast for women that explores topics like depression, anxiety, child loss, and parenting with honesty, hope, and a deeply faith-rooted perspective.

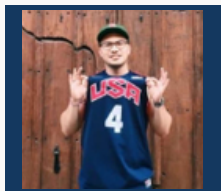
cameronfradd.com



PINTS WITH AQUINAS – “ASK A CATHOLIC THERAPIST: PARENTING, BOUNDARIES AND HEALING”

Long form discussion on Catholic parenting and mental health.

open.spotify.com/episode/16saMz0CIYtkBUy0nLjSWI?si=-KicIMKZR42xImFVdl66zg



YES CATHOLIC PODCAST - “NAVIGATING FATHERHOOD”

Bryan Frias shares his journey into stay-at-home fatherhood, reflecting on mental health, family life, and the role of faith, community, and authenticity in navigating modern parenting.

open.spotify.com/episode/6I9G9oLfCFFZphRbzeSqMa?si=jrpW2nXcSHqGoRzZaRmCIA



CATHOLIC MOM CALM – “TRUSTING THAT GOD IS TAKING CARE OF YOU”

An exploration through the anxieties of motherhood and trusting that God is taking care of you and your family.

open.spotify.com/episode/2nOKtGxoMK9FAn2jLedNVP?si=tTKYSgdJQ7er0chMW2k9Dw

PREGNANCY/PARENTING

**EDUCATIONAL &
SPIRITUAL RESOURCES**



QUICK CATHOLIC GUIDE TO MISCARRIAGE, STILLBIRTH & INFANT LOSS (DOWNLOADABLE PDF PAMPHLET)

A printable Catholic brochure offering theological guidance, grief-care tips, and sacramental suggestions.

pulseforlife.org/wp-content/uploads/2021/02/QuickCatholicMiscarriageStillbornInfantLossGuide.pdf



GRIEVING WITH PARENTS AFTER BABY LOSS (NACC PROFESSIONAL TRAINING WEBINAR)

Presented by Dr. Abigail Jorgensen, this webinar explores pastoral care and theological support for perinatal loss.

nacc.org/2024/03/26/2024-professional-webinar-grieving-with-parents



GRIEVING THE LOSS OF A BABY THROUGH MISCARRIAGE (ASCENSION PRESS VIDEO)

A couple shares their faith journey through miscarriage, offering hope, prayer, and healing reflections.

ascensionpress.com/blogs/videos/grieving-the-loss-of-a-baby-through-miscarriage



WHAT DO CATHOLICS BELIEVE ABOUT MISCARRIAGE? (VIDEO)

A short explainer on Catholic teaching, mercy, and hope for children lost before birth.

youtube.com/watch?v=zTiiGkvG824



COPING WITH MISCARRIAGE: A CATHOLIC APPROACH TO GRIEVING AND HEALING (BLOG REFLECTION)

Insights on emotional recovery, prayer, and spiritual growth after miscarriage from Red Bird Ministries.

redbird.love/blog/coping-with-miscarriage-a-catholic-approach-to-grieving-and-healing



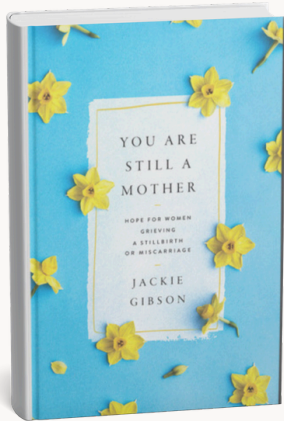
MISCARRIAGE & INFANT LOSS SUPPORT GUIDE (DIOCESAN PDF)

A diocesan pastoral guide with liturgies, sample prayers, and mental-health resources for parishes.

diocs.org/Portals/0/Documents/Offices/Pastoral%20Services/Respect%20Life%20Apostolate/DIOCS%20Miscarriage%20Resource%20Guide%20Ver%203%20March%202023.pdf

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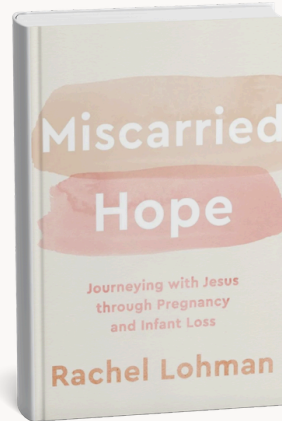
BOOKS



YOU ARE STILL A MOTHER: HOPE FOR WOMEN GRIEVING A STILLBIRTH OR MISCARRIAGE

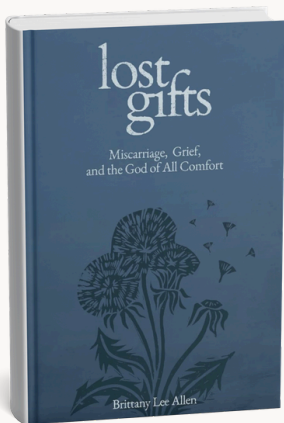
A calm and theologically grounded reflection affirming a mother's enduring identity and dignity after loss.

shop.familylife.com/product/you-are-still-a-mother-hope-for-women-grieving-a-stillbirth-or-miscarriage



MISCARRIED HOPE: JOURNEYING WITH JESUS THROUGH PREGNANCY AND INFANT LOSS

Encourages emotional honesty and spiritual renewal by walking with Christ through the pain of miscarriage or infant loss. hopeagaincollective.com/products/miscarried-hope-book



LOST GIFTS: MISCARRIAGE, GRIEF, AND THE GOD OF ALL COMFORT

Explores the mystery of loss and how God meets families in the silence and sorrow of miscarriage.

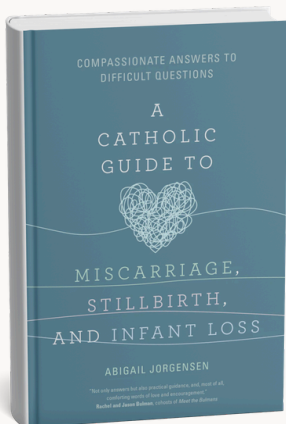
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HOPE THROUGH SORROW: THE SEVEN SORROWS OF MARY AND MISCARRIAGE MINISTRY

Connects Mary's suffering to the grief of miscarriage, offering reflection and consolation through her maternal example.

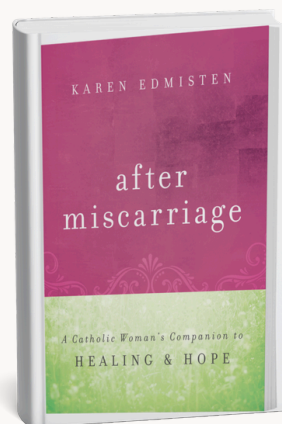
a.co/d/0334xefn



A CATHOLIC GUIDE TO MISCARRIAGE, STILLBIRTH, AND INFANT LOSS

Answers theological and pastoral questions around perinatal loss with compassion and Church teaching.

avemariapress.com/products/catholic-guide-to-miscarriage-stillbirth-and-infant-loss



AFTER MISCARRIAGE: A CATHOLIC WOMAN'S COMPANION TO HEALING AND HOPE

Stories, prayers, and guidance for women seeking healing after pregnancy loss.

dynamiccatholic.com/after-miscarriage/AMIS.html

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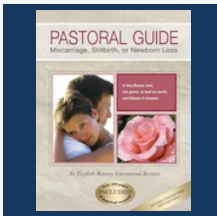
**MEDIA & PRINT
RESOURCES**



(PAMPHLET) WHEN A PREGNANCY ENDS IN MISCARRIAGE:

A compassionate Catholic pamphlet that normalizes grief responses and provides spiritual encouragement for parents after miscarriage.

thecatholicgiftstore.com/products/when-a-pregnancy-ends-in-miscarriage



(PASTORAL GUIDE) MISCARRIAGE, STILLBIRTH, OR NEWBORN LOSS

A practical and theological resource for clergy and pastoral caregivers offering liturgies, prayers, and support strategies for grieving families.

booksrun.com/9781979133326-pastoral-guide-miscarriage-stillbirth-or-newborn-loss-3rd-edition



(DEVOTIONAL) BLESSED IS THE FRUIT OF THY WOMB: ROSARY REFLECTIONS ON MISCARRIAGE, STILLBIRTH, AND INFANT LOSS

Meditations on the mysteries of the Rosary through Mary's sorrow and hope, written for grieving parents seeking peace in prayer.

catholiccompany.com/products/blessed-is-the-fruit-of-thy-womb-rosary-reflections-on-miscarriage-stillbirth-and-infant-loss



(DEVOTIONAL) GRIEVING THE CHILD I NEVER KNEW: A DEVOTIONAL FOR COMFORT IN THE LOSS OF YOUR UNBORN OR NEWLY BORN CHILD

A 31-day faith-based devotional offering Scripture, reflection, and journaling prompts for healing after miscarriage or infant death.

catholiccompany.com/products/grieving-the-child-i-never-knew-a-devotional-for-comfort-in-the-loss-of-your-unborn-or-newly-born-child



(FREE QUICK GUIDE) A QUICK CATHOLIC GUIDE TO MISCARRIAGE, STILLBIRTH, AND INFANT LOSS

An online Catholic guide with practical and spiritual steps for grieving families.

catholicmiscarriage.org/guide-online



(FREE BOOK LIST) CATHOLIC MISCARRIAGE SUPPORT

Curated Catholic titles and resources for parents coping with grief and finding hope through faith.

catholicmiscarriagesupport.com/resources/books