Resource List:
Miscarriage & Pregnancy Loss

The resources listed below align with Focus on the Family’s philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at focusonthefamily.com.

Books

**Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy** by Pam Vredevelt
- 9781576738511
  Vredevelt—a licensed counselor and a woman who suffered a miscarriage—encourages readers to hold fast to the Lord in the midst of heartbreak.

**Expecting With Hope: Claiming Joy When Expecting a Baby After Loss** by Teske Drake
- 9780825443374
  Drake compassionately uses Scripture and personal experience to walk alongside you as you process grief while clinging to hope.

**Hannah's Hope: Seeking God's Heart in the Midst of Infertility, Miscarriage, & Adoption Loss** by Jennifer Saake
- 9781576836545
  Using the biblical example of Hannah, Saake directs you to the God of all comfort—whether you long for a child yet to be conceived, grieve for a miscarried baby, or have lived through the anguish of a failed adoption.

**Hope for Today, Promises for Tomorrow: Finding Light Beyond the Shadow of Miscarriage or Infant Loss** by Teske Drake
- 9780825442186
  Sharing stories of women who have experienced loss, and offering biblical reminders of God’s promises, this ten-week study provides comfort and hope to hurting moms.

**I'll Hold You in Heaven** by Jack Hayford
- 9780800796617
  For those who’ve lost a child through abortion, miscarriage, stillbirth, or early infant death, Hayford offers compassionate insights from Scripture to help answer your most troubling questions.

Websites, Q&As, and Resource Lists

**Focus on the Family Webpage: Life Challenges—Miscarriage**
- focusonthefamily.com/lifechallenges/relationship-challenges/miscarriage/miscarriage
  This series of articles addresses physical and emotional struggles of miscarriage, and offers helpful suggestions and resources.

**Focus on the Family Q&As** (family.custhelp.com)
- Dealing with the Pain of Miscarriage
- How to Support Someone After a Miscarriage
- Expectant Mother Is Afraid of Having Another Miscarriage
Focus on the Family Resource Lists

- family.custhelp.com/app/answers/detail/a_id/26500
  Find recommended resources and referrals listed by topic, including:
  - **Comfort and Encouragement** • RL003 •
  - **Grieving the Loss of a Child** • RL045B •
  - **Infertility** • RL052 •

Focus on the Family Counseling Consultation Line

Our licensed Christian counselors are here to listen to and pray with you, as well as provide initial guidance and resources to help you and your family. Phone 1-800-A-FAMILY (232-6459), Monday through Friday, 6:00 AM to 8:00 PM (MT) to arrange a call back. Or, if you’re looking to develop an ongoing counseling relationship, you can search for a professional Christian counselor in your area.

Compassionate Friends, Inc.
P.O. Box 3696
Oak Brook, IL  60522
877/969-0010
compassionatefriends.org
  - Compassionate Friends assists families in processing grief following the death of a child of any age, and they provide information to help others know how best to support a hurting family.

A Quiet Refuge
14786 Air Garden Lane
Colorado Springs, CO  80921
russ@quietrefuge.com
quietrefuge.com
  - This ministry helps families who have experienced pregnancy loss or early infant death to preserve memories and mementos in an illustrated photo-journal album.

SHARE
National Share Office
402 Jackson Street
Saint Charles, MO  63301
800/821-6819
nationalshare.org
  - This organization comes alongside those who have lost a baby to miscarriage, stillbirth, or early infant death.

Stepping Stones (a ministry of Bethany Christian Services)
616/224-7610—Phone
step.bethany.org
  - Stepping Stones e-newsletter and webpage offers resources and encouragement for couples facing infertility challenges or pregnancy loss.

Umbrella Ministries
P.O. Box 4906
Palm Springs, CA  92263
888/568-5550
umbrellaministries.com
  - Umbrella Ministries offers comfort, hope, and encouragement to mothers who have suffered the loss of a child.