

Empty Cradle

Pregnancy and Infant Loss Support, Remembrance and Education



To comfort the grief of an aching heart and ease the pain of an empty cradle.

Our Services

Every family experiencing the death of a baby is unique, and each has different needs. Our hope is that within the group, parents will find many options for support and healing.

MONTHLY PEER SUPPORT MEETINGS provide a forum for the open discussion of feelings and concerns. Parents are free to share (or just listen) in what ever way is most comfortable for them. Although there are no simple answers to the complex emotions surrounding the death of a baby, mutual reassurance is obtained in the group setting. Meetings are held in multiple locations throughout San Diego County and Riverside County: East San Diego, UTC, Carlsbad, Temecula and Corona.

MEMORY BOXES, MISCARRIAGE BAGS AND SIBLING BACKPACKS donated to hospitals or directly to bereaved families, give parents and siblings the opportunity to create memories with their baby and valuable resources to help with the grieving process.

Parents can receive individual **TELEPHONE** and/or **ONLINE SUPPORT** through a network of trained support volunteers, each of whom has experienced a loss.

Our **MOTHER TO MOTHER** program is available to those who would like a hospital visit from a fellow bereaved mother/father.

Our **WALK TO REMEMBER** and other remembrance events provide an opportunity for families to honor and remember their babies and fellowship with other loss families in the community.

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