



1/1/2025

STAR LEGACY ARKANSAS CHAPTER

Resource Guide

A Resource Guide for Families
Provided by
Star Legacy Foundation Arkansas Chapter

Contact Information

PHONE:

(952) 715-7731 ext. 725

EMAIL:

<mailto:arkansas@starlegacyfoundation.org>

WEBSITE:

starlegacyfoundation.org/chapter/arkansas-chapter

FACEBOOK:

<https://www.facebook.com/slfarkansas>

INSTAGRAM:

www.instagram.com/slfarkansas

RESOURCE GUIDE:

QR CODE FOR
RESOURCE GUIDE

Where To Begin



WHERE TO BEGIN

When your baby has died

TAKE YOUR TIME

Unless there is a medical reason to rush, take time to process what you have been told. Talk to your partner, loved ones, or trusted advisors before making significant decisions. The Star Legacy Foundation Support Line is available to help answer questions and guide you through this difficult time – 952-715-7731, ext. 1

ASK QUESTIONS

Ask any questions you have. Write your questions down to remember them later.

CREATE A BIRTH PLAN

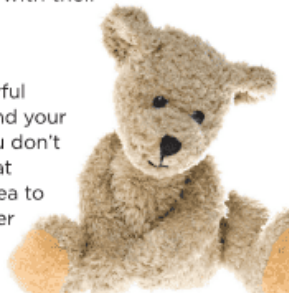
If your baby has not yet been delivered, it can be helpful to create a birth plan. This will not be the birth you dreamt of, but it can still be a special moment filled with love.

SPEND TIME WITH YOUR BABY

Take as much time as you'd like with your baby. You can give him/her a bath, read stories, take handprints/footprints, dress him/her, etc. It may feel scary or awkward at first, but most families cherish memories made with their baby.

TAKE PICTURES

Pictures can be a wonderful keepsake of your baby and your time together. Even if you don't think you'll want to look at them later, it is a good idea to take them in case you ever change your mind.



HYPERLINK

"<http://starlegacyfoundation.org/my-baby-is-dead-what-happened/>" [Star Legacy Pathology Consultation](#)

We will connect you with a perinatal pathologist with expertise specific to your situation.

HYPERLINK

"<https://healthy.arkansas.gov/programs-services/certificates-records/vital-records-support/>" [Arkansas Birth and Death Certificates](#)

Thank you for using our online system for ordering your birth/ death certificate. ADH plans to gradually roll out vital records services in all local health units. As additional counties roll out services, we will provide updates.

HYPERLINK "Roller%20Chenal%20Funeral%20Home" [Roller Chenal Funeral Home](#)

They specialize in compassionate and personalized services for infants, including cremation and memorial options.

[Now I Lay Me Down To Sleep](#)

Find a Photographer

To find a volunteer photographer, enter your zip code at the link. If you are unable to find an available photographer, please know that we can still partner together to serve the families that are experiencing the unimaginable through [retouching](#) and our [Medical Affiliate Program](#).

Crisis Information

National Suicide Hotline
Call or Text 988

National Maternal Mental Health Hotline
Call 833-943-5746
[Visit our website](#)

NIH National Child and Maternal Health Education Program
[Visit our website](#)

Postpartum Support International
Call 800-944-4PPD (4773)
[Visit our website](#)

Central Arkansas Mental Health Support

Arkansas Psychiatric Clinic (Little Rock) No prior referral needed [501-448-0060](#)

Arkansas Reproductive Therapy (Little Rock) No prior referral needed [501-945-8838](#)

Behavioral Health Services (Little Rock) [501-214-6136](#)

Carrie Calhoon, LCSW (Little Rock) [501-456-4796](#)

Chenal Family Therapy PLC (Benton) [501-315-4224](#)

Counseling Associates, Inc. (Conway, Morrilton, Clarksville, and Russellville) [501-336-8300](#)

Counseling Clinic, Inc. (Little Rock, North Little Rock, Conway, and Bryant) [501-781-2230](#)

Counseling Matters (Little Rock) Sharon Cummins, LPC [501-472-8956](#)

H.E.R. Counseling (North Little Rock) Charmaine Beasley, MS, TA, LPC [501-428-4010](#)

Hope Arising Counseling, PLLC (Conway) Adrea Jones, MA, LPC [501-448-0060](#)

Lakewood Behavioral Health Associates (North Little Rock) [501-753-1616](#)

Little Rock Community Mental Health Center [501-686-9300](#)

Living Hope, SE (Little Rock) [501-663-5473](#)

Mackenzie Davis, LCSW (North Little Rock) No prior referral needed [501-361-4153](#)

Martin Counseling Services (Little Rock) Anita Martin, LPC-S, NCC, BC-TMH, RPT-S, MAC, SAP [501-575-1052](#)

Napa Valley Counseling (Little Rock) [501-224-0318](tel:501-224-0318)

Riverstone Wellness Center (Little Rock) Kelsie Hammons, LMSW, PMH-C [501-777-3200](tel:501-777-3200)

Psychiatric Associates (Little Rock) [501-228-7400](tel:501-228-7400)

The Healing Arts Studio, LLC (Little Rock) Stephanie Johnston, LCSW [501-510-6014](tel:501-510-6014)

The Rice Clinic-Christian based care (Little Rock) Not a Medicaid provider [501-225-0576](tel:501-225-0576)

UAMS Women's Mental Health Program [501-526-8201](tel:501-526-8201)

Arkansas Local Support Group Meetings

Our Share support group meets on the 4th Thursday of each month at 7:30p.m. in the Hickingbotham outpatient building which faces Kanis Road. Meetings are held in the second floor classroom to the right when you exit the elevators. This group is appropriate for anyone who has experienced pregnancy or infant loss. Adults only please.

Our Pregnancy After Loss support group meets on the 2nd Tuesday of each month at 7:30p.m. in the Hickingbotham outpatient building which faces Kanis Road. Meetings are held in the second floor classroom to the right when you exit the elevators. This group is appropriate for anyone who is currently pregnant, considering pregnancy, or just wants to discuss pregnancy after a loss. It is very common to attend this group before pregnancy. Adults only please.

Meetings are free and open to those who have experienced miscarriage, stillbirth, ectopic pregnancy, or neonatal death. It is not required to have delivered your baby at Baptist Health. Dates may be different during the holiday months of November and December. Please contact us or check the calendar for details.

Contact us for information or to be added to our mailing list:

Melissa Odom, BSN, RNC-OB, PMH-C

Share Coordinator

melissa.odom@baptist-health.org

[501-202-4769](tel:501-202-4769)

[Join Us on Facebook](#)

National Support Group Meetings



Virtual Support Groups

BEREAVED PARENTS GROUP

1st & 3rd Monday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p
2nd & 4th Thursday of the Month
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

GRUPO DE PADRES EN DUELO

Primer Viernes del Mes (en Español)
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

PREGNANCY AFTER LOSS GROUP

Weekly on Monday
Eastern: 8:30p • Central: 7:30p
Mountain: 6:30p • Pacific: 5:30p

DAD'S GRIEF DISCUSSION GROUP

2nd Monday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p

GRANDPARENTS GROUP

1st Wednesday of the Month
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

PARENTING AFTER LOSS GROUP

1st Wednesday of the Month (Twice a day)
Eastern: 1p & 9:30p • Central: 12p & 8:30p
Mountain: 11a & 7:30p • Pacific: 10a & 6:30p

PARENTING AFTER LOSS GROUP

3rd Wednesday of the Month (Twice a day)
Eastern: 1p & 9:30p • Central: 12p & 8:30p
Mountain: 11a & 7:30p • Pacific: 10a & 6:30p

COPING with SUID/SIDS & INFANT DEATH

2nd Wednesday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p

For information or to register visit
starlegacyfoundation.org/support-groups

Para obtener más información o registrarse, visite:
www.starlegacyfoundation.org/support-groups/



Local Support Organizations

- <https://www.mamiespoppyplates.com/>
- <https://www.holysews.org/>
- <https://www.nowilaymedowntosleep.org/donate/>
- <https://www.teenytears.org/>

- <https://www.bridgetscradles.com/>
- <https://www.knotsoflove.org/>
- <https://projectbear.com/>
- <https://www.makebundlesforbabies.org/>

National Support Organizations

- <https://starlegacyfoundation.org/>
- <https://nationalshare.org/>
- <https://www.archildrens.org/center-for-good-mourning>
- <https://www.mend.org/>
- <https://www.mollybears.org/>
- <https://waltersbears.com/>
- <https://audreyandmckenna.org/>
- <https://pregnancyafterlosssupport.org/pregnancy-after-loss-app/>
- <https://centering.org/>
- <https://www.compassionatefriends.org/>

Reading Materials

- [*Stillborn, Still Loved: Grieving the Loss of an Infant Through Journaling* By Rachel J. Floyd](#)
- [*Stillborn Still Loved* By Hailey Ricks](#)
- [*Empty Cradle, Broken Heart: Surviving the Death of Your Baby* By Deborah L. Davis](#)
- [*Sunshine After the Storm: A Survival Guide for the Grieving Mother* By Alexa H. Bigwarfe](#)
- [*When Hello Means Goodbye* By Paul Kirk, Pat Schwiebert](#)
- [*Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death* By Sherokee Ilse](#)
- [*Holding on to Love After You've Lost a Baby: The 5 Love Languages® for Grieving Parents* By Gary Chapman, Candy McVicar](#)
- [*Loved Baby: 31 Devotions Helping You Grieve and Cherish Your Child after Pregnancy Loss \(Hardcover\) – A Devotional Book on How to Cope, Mourn and Heal after Losing a Baby* By Sarah Philpott](#)
- [*Your Guide to Miscarriage and Pregnancy Loss: Hope and Healing When You're No Longer Expecting* By Dr. Kate White](#)
- [*A Gift of Time: Continuing Your Pregnancy When Your Baby's Life Is Expected to Be Brief* By Amy Kuebelbeck, Deborah L. Davis](#)
- [*Waiting with Gabriel: A Story of Cherishing a Baby's Brief Life* By Amy Kuebelbeck](#)
- [*I Will Carry You: The Sacred Dance of Grief and Joy* By Angie Smith](#)

- [Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss By Ann Douglas, John R. Sussman](#)
- [Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death By Carol Cirulli Lanham](#)

Ways to Give Back Locally

[Donate - Baptist Health Foundation](#)

Ways to Give Back Nationally

[Star Legacy Foundation General Donation](#)



Because Every Pregnancy Deserves a Happy Ending