

Local Resources



- [Vermont Mental Health and Grief Support Resources](#)
 - Grief support groups and resources listed by county in Vermont
- [Vermont Ethics Network](#)
 - A Vermont organization bringing awareness to medical ethics and aid in advanced care planning, palliative care and end of life care.
- [Vermont Home Health Family and Support Services](#)
 - Information about family support services offered in Vermont through the University of Vermont Health Network Home Health and Hospice.
- [Vermont Department of Mental Health](#)
 - Vermont Department of Mental Health- resources for mental health services and support for children, youth, and family
- [Vermont Family Network](#)
 - A Vermont organization that organizes support, education, and activities to empower Vermont families with children who have disabilities or special health needs.
- [UVMHC Patient, Family and Caregiver Support Groups](#)
 - Additional VT grief and support groups
- [Vermont Assistive Technology Program](#)
 - Information about assistive technology, borrowing equipment, demonstrations, and accessible solutions for disability related needs

National resources & Useful Websites

- [International Children's Palliative Care Network \(ICPCN\)](#)
 - Platform that provides a “one stop shop” for information and resources related to children’s palliative care
- [Pediatric Palliative Care Coalition \(campaign-archive.com\)](#)
 - Join the mailing list to be included in Newsletters, virtual events, webinars or online messaging groups
- [Courageous Parents Network](#)
 - A platform that empowers families and assists them in advocacy, planning, understanding of interventions, coping and bereavement over the course of the child’s diagnosis.
- [Together for Short Lives](#)
 - Family support resources and information about diagnosis, transition to adult services, end of life care, and bereavement support

Camps, Programs & Support Groups

- [Camp Sunshine](#)
 - Free, week-long camp sessions year-round for children living with life threatening illness and their families, including accommodations and medical care in Casco Maine.
- [Double H Ranch](#)
 - Provides specialized programs and year-round support for children and their families dealing with life-threatening illnesses. All programs are FREE of charge and capture the magic of the Adirondacks in Lake Luzerne, NY.
- [Hole in the Wall Gang Camp](#)
 - With unobtrusive expert medical care, it was Paul's dream that Camp would provide seriously ill children with a fun-filled experience defined by compassion, laughter, and acceptance, in New Haven, CT.
- [Beads of Courage](#)
 - Encouraging beading for kids with life altering conditions and their siblings to encourage communication, expression, resilience and strength and represent their journey
- [Make a Wish Foundation](#)
 - Providing wishes for children with life altering or critical illnesses
- [CaringBridge](#)
 - Free, secure, site on which you can share updates about your loved one.
- [Take Them a Meal](#)
 - simplifying meal coordination so friends, family, neighbors, and co-workers can show they care
- [Support Groups and Resources through Vermont Family Network](#)
 - Helpline, SibShops, Parent Matches, Funding for Families, Support Groups
- [Perinatal Palliative Care](#)
 - Clearinghouse of information and resources about perinatal palliative and hospice care.

Bereavement Support

- [GrieveWell](#)
 - Nonprofit organization that provides resources and support to grieving adults
- [Bereaved Parents USA](#)
 - A safe space where grieving families can connect, share stories and support each other in hoping and healing
- [The Compassionate Friends](#)
 - A support group for families and individuals to meet with people who have experienced a life-altering event and loss. It's a way for those to find purpose and meaning with others who have had similar experiences.
- [Now I Lay Me Down to Sleep](#)
 - Remembrance photography by a network of professional photographers
- [Central Vermont Health & Hospice Grief and Loss Support Groups](#)
 - Grief and loss support groups held weekly over zoom
- [Camp Knock Knock](#)
 - “A weekend bereavement camp for families with children who have experienced the death of a loved one.” In North Hero, VT.
- [The Dougy Center](#)
 - Online resources with tip sheets, activities, podcasts, and personalized toolkits.
- [The Children's Room](#)
 - Creating safe, supportive communities so that no child, teen, or family has to grieve alone.

Apps

- [Pediatric Palliative Care Coalition](#)
 - A free app designed for family and caregivers to help manage daily medical details for children with complex medical conditions
- [Calm Mindfulness](#)
 - This app guides people through meditation and breathing exercises to help with self-care and is easily accessible for any smartphone user.