



# FIND COMFORT AND SUPPORT ONLINE

Every mom and baby deserve the best possible start. But hundreds of thousands of families all across the country are impacted by preterm birth, a NICU stay or loss. Find a supportive online environment that's just right for you with trusted information and advice, helpful resources and caring people who want to connect.

## MARCH OF DIMES COMMUNITY FACEBOOK GROUP

Families everywhere join the March of Dimes Community group on Facebook to find support, comfort and friendship. Get advice from a caring group on the challenges you're experiencing and also learn about all the resources available through March of Dimes and local initiatives. Join today at [www.facebook.com/groups/marchofdimes](http://www.facebook.com/groups/marchofdimes)

## MARCH OF DIMES FACEBOOK MENTORSHIP

This mentorship program connects families from our community so they can offer advice and provide support for moms and babies. Members can share with others who've had similar experiences and can get reliable information and helpful resources from March of Dimes. For more information, go to [www.facebook.com/groups/marchofdimes](http://www.facebook.com/groups/marchofdimes)

## NEWS MOMS NEED

We created this blog to empower moms to help their pregnancies and babies be as healthy and strong as possible. It covers such topics as becoming a mom, pregnancy, pregnancy complications and premature birth, among others.

Visit [www.newsmomsneed.org](http://www.newsmomsneed.org)

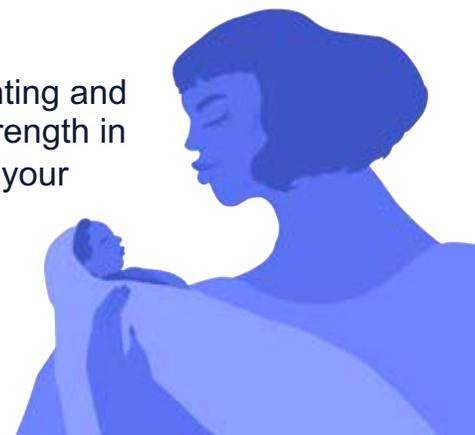
## UNSPOKEN STORIES

#UnspokenStories is a community where stories of pregnancy, parenting and loss—the ones that often go unshared—are told honestly. There's strength in our collective voice! Hear the stories of others and learn how to host your own Unspoken Conversation by visiting [unspokenstories.org](http://unspokenstories.org)



**MORE INFO**

**MARCHOFDIMES.ORG**



## SHARE YOUR STORY

[ShareYourStory.org](https://www.shareyourstory.org) is a welcoming environment for families to share their story and connect with other moms, dads and families who understand first-hand the challenges and triumphs that can happen throughout the pregnancy journey.



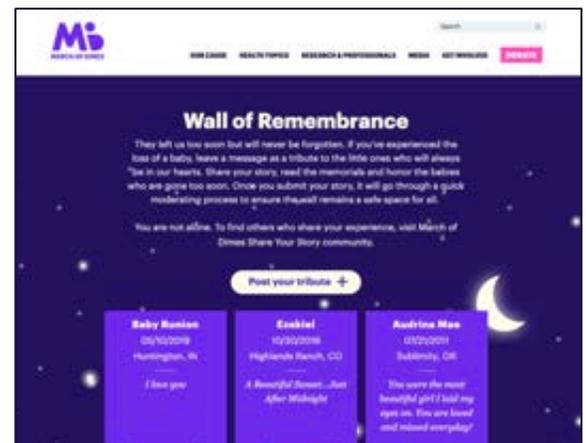
## MY NICU BABY® APP

Having a baby in the neonatal intensive care unit (NICU) can be overwhelming. The My NICU Baby App from March of Dimes provides the latest information and helpful resources to improve a family's experience during and after their baby's NICU stay. My NICU Baby is available in English, and in Spanish as Mi bebé en la NICU. Download the free app from the App Store and Google Play. Learn more at [www.mynicubaby.org](https://www.mynicubaby.org)



## WALL OF REMEMBRANCE

For those who have experienced the loss of a baby, our Wall of Remembrance offers a space to leave a message as a tribute to the little ones who will always be in our hearts. Visit [www.marchofdimes.org/remembrancewall](https://www.marchofdimes.org/remembrancewall) to tell your story, read memorials and honor the babies who left us too soon.



**MORE INFO**

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