



# FIND COMFORT AND SUPPORT ONLINE

March of Dimes offers many supportive environments online with trusted information and advice, helpful resources and caring people who want to connect with you. No matter what you're looking for, there's a community online just right for you.

## MARCH OF DIMES COMMUNITY FACEBOOK GROUP

Families across the nation join the March of Dimes Community group on Facebook to find support, comfort and friendship. They can get advice on the challenges they're experiencing from a caring group and also learn about March of Dimes and local initiatives. Join today at [www.facebook.com/groups/marchofdimes](https://www.facebook.com/groups/marchofdimes)

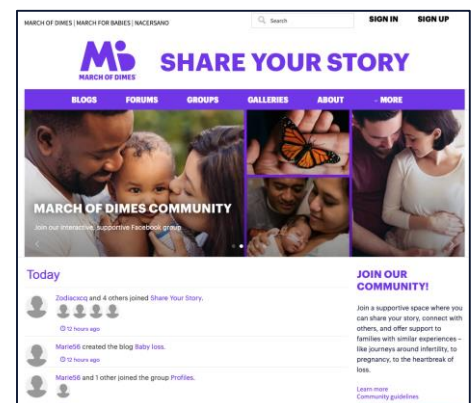
## UNSPOKEN STORIES

#UnspokenStories gives voice to experiences of pregnancy from the joys of parenting to the heartbreak of loss. The supportive community is made up of parents, medical professionals, grandparents, would-be parents and friends who want to share with each other one story at a time. Visit [www.unspokenstories.org](https://www.unspokenstories.org)



## SHARE YOUR STORY

[ShareYourStory.org](https://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.



### MORE INFO

**MARCHOFDIMES.ORG**



## 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 app for free from the App Store and Google Play. Learn more at [www.mynicubaby.org](http://www.mynicubaby.org)

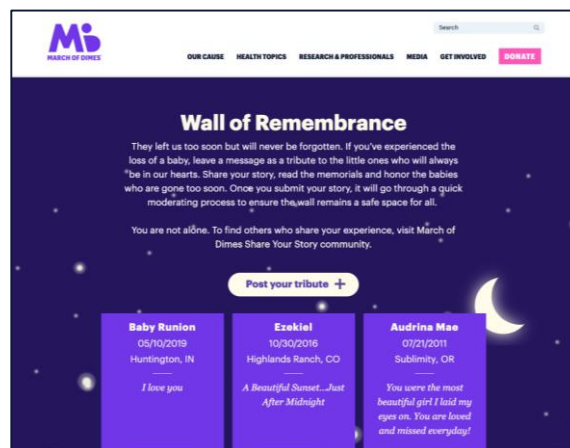


## FACEBOOK MENTORSHIP PROGRAM FOR NICU GRAD MOMS

The Facebook Mentorship Program connects moms who have recently brought their baby home from the NICU with a support system to help find balance as they care for themselves as well as their babies. They can share with moms who have had similar experiences and get reliable information and helpful resources from March of Dimes. For more information, go to <http://bit.ly/MODMentorship>

## 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](http://www.marchofdimes.org/remembrancewall) to tell your story, read memorials and honor the babies who are gone too soon.



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