



HAND of San Francisco

Helping After Neonatal Death

www.HANDsupport.org

HAND of San Francisco is a chapter of HAND of the Peninsula. We are a grief support group for parents who have experienced the death of a baby through:

- miscarriage
- stillbirth
- interruption of a wanted pregnancy after prenatal diagnosis or for maternal health
- premature birth
- SIDS
- death in the first year of life

Many parents feel overwhelmed and confused by this devastating loss, and it can help to talk with others who understand and share a similar loss. Our goal is for parents to help other parents, in a safe place to share experiences and feelings, and to support each other through the grieving process. Bereaved parents, and their adult family members and friends are welcome, and there are no fees.

Before attending, please call to talk about your situation and learn about our support groups.

**For support and more information please call the HAND of San Francisco facilitator
Chris Lehr, LCSW LCS 14838, at 415-282-7330.**

HAND of San Francisco support group meetings	
Dates:	First and third Wednesday of every month
Time:	6:30 - 8:30 pm
Location:	Davies Campus of California Pacific Medical Center, San Francisco Castro and Duboce Streets (6 blocks north of Market) Enter the North Tower lobby, follow the HAND signs from the Info Desk to our meeting room
Map:	<p>Street parking is nearby, and paid parking is in the hospital garage. Wheelchair accessible.</p>