



# HAND of the Peninsula

## Helping After Neonatal Death

[www.HANDsupport.org](http://www.HANDsupport.org)

HAND of the Peninsula has chapters in San Mateo, Santa Cruz and San Francisco counties. We have grief support groups 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.

**HAND's San Mateo chapter holds grief support group meetings twice a month, as well as monthly subsequent pregnancy support meetings for parents who have started or are thinking about starting another pregnancy.**

Grief Support Meetings		Subsequent Pregnancy Support Meetings <b>RSVP appreciated</b>	
Dates:	First and third Wednesday of every month	Dates:	Second Wednesday of every month
Time:	7:30 - 9:30 pm	Time:	7:30 - 9:30 pm
Location:	Mills Health Center Palm Room 100 So. San Mateo Drive San Mateo, CA 94401	Location:	Mills Health Center Palm Room 100 So. San Mateo Drive San Mateo, CA 94401

Please call HAND of the Peninsula at (650) 367-6993 for support and more information.

**24 Hour Telephone Crisis Line:** If you need immediate support, a HAND volunteer may be reached 24 hours a day through the StarVista San Mateo County Crisis Line. HAND volunteers are bereaved parents and are very well acquainted with the difficulties surrounding the loss of a baby. Please call day or night if we may be of assistance to you.

**StarVista San Mateo County Crisis Line phone numbers:**

**(650) 579-0350**

**(888) 220-7575 (toll free)**