



# HAND of the Peninsula

## Helping After Neonatal Death

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

### Bay Area Neonatal & Infant Loss Support Groups (at no charge)

**HAND of San Francisco, a chapter of HAND of the Peninsula (Helping After Neonatal Death)**

Support group for pregnancy loss and infant death, plus telephone support. Please call facilitator Chris Lehr, LCSW ~ LCS 14838, at (415) 282-7330 and see our website at [www.HANDsupport.org](http://www.HANDsupport.org).

**Grupo Amparo (en Español):** San Francisco support group, hospital visits (when possible), and phone support for Spanish speaking parents and families who have experienced a pregnancy loss or infant death. Please call facilitator Julie Mitra at (415) 764-0211

**Pregnancy After Loss Support Group:** San Francisco support group for parents who are pregnant after a previous miscarriage, stillbirth, infant death or the termination of a wanted pregnancy due to prenatal diagnosis. Facilitated by Cherie Golant, LCSW ~LCS 19882, at Newborn Connections, California Campus of California Pacific Medical Center, 3698 California Street, (415) 600-2229, [cpmcnewborn@sutterhealth.org](mailto:cpmcnewborn@sutterhealth.org)

**Life After Loss Support Group:** San Francisco support group for interruption of a wanted pregnancy following prenatal or genetic diagnosis. Please call facilitator Kerstin Spangner at (415) 600-2628, or e-mail her at [spangner@sutterhealth.org](mailto:spangner@sutterhealth.org). Held at California Campus of California Pacific Medical Center.

**TALK Line 24-Hour Parental Stress Line:** San Francisco: (415) 441-KIDS (5437) [www.talklineforparents.org](http://www.talklineforparents.org)

**Living With Loss: Loss, Hope and Healing:** San Francisco Support group for parents, families, and caregivers of medically fragile children, and children facing life-threatening illness. Call Support for Families of Children with Disabilities at (415) 920-5040, or email facilitator Nancy Iverson, MD [niverson7@earthlink.net](mailto:niverson7@earthlink.net)

**HAND of the Peninsula (Helping After Neonatal Death):** San Mateo support groups for pregnancy loss, infant death, and subsequent pregnancy, plus telephone support from a volunteer bereaved parent. Please call (650) 367-6993 and see our website at [www.HANDsupport.org](http://www.HANDsupport.org)

**StarVista Parent Helpline:** San Mateo County's 24-hour crisis and parent support hotline. Please call (650) 579-0350 or toll free at (888) 220-7575, [www.starvista.org](http://www.starvista.org)

**HAND of Santa Cruz (Helping After Neonatal Death):** Santa Cruz support groups for pregnancy loss, infant death, and subsequent pregnancy, plus telephone support from a volunteer bereaved parent. Please call facilitator Kristie Shulman at (831) 438-4513 and see our website at [www.HANDsupport.org](http://www.HANDsupport.org)

**SAND of the East Bay (Support After Neonatal Death):** Please call facilitator Betty Simpson, LCSW at (510) 204-1571, and see Alta Bates Medical Center at [http://www.altabatessummit.org/health/cpsg\\_grief.html](http://www.altabatessummit.org/health/cpsg_grief.html)

**SAND of Solano County (Support After Neonatal Death):**  
Please call facilitator Deb Knight, RN at (707) 646-5433.

**Beyond Choice Support Group:** <http://www.permanente.net/homepage/kaiser/pdf/65367.pdf>

For interruption of a wanted pregnancy after prenatal or genetic diagnosis held at Kaiser Oakland. Please call Facilitator Jeanne Menary, ED.D, Clinical Psychologist, at (510) 845-4656.



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### Bay Area Neonatal & Infant Loss Support Groups continued (at no charge)

**California SIDS Program:** Support for Sudden Infant Death Syndrome, throughout California. (800) 369-7437, M-F 8:00 AM-5:00 PM, with after-hours phone support available through a partnership with the Contra Costa Crisis Center. The website at <http://californiasids.cdph.ca.gov> has bereavement resources and other helpful information. Support from trained peer parents, whose child has died of SIDS, is available for families experiencing the unexpected loss of an infant. For more information please email: [casidsprogram@ucsf.edu](mailto:casidsprogram@ucsf.edu)

**The Compassionate Friends:** National support group for families who have lost older children. Please call TCF's National Office at (877) 969-0010, or email: [nationaloffice@compassionatefriends.org](mailto:nationaloffice@compassionatefriends.org)  
Website: [www.compassionatefriends.org](http://www.compassionatefriends.org)  
San Francisco: Call Earl at (415) 285-0430 or email: [earlfrick@hotmail.com](mailto:earlfrick@hotmail.com)  
Marin County: Call (415) 457-3123 or email: [tcfmarin@gmail.com](mailto:tcfmarin@gmail.com), website: [www.tcfmarin.org](http://www.tcfmarin.org),  
Burlingame: Call Rosanna at (650) 302-6832 or email: [Rosanna63@aol.com](mailto:Rosanna63@aol.com)  
Oakland: Call Deanna at (510) 835-3579 or email [deannapankow@hotmail.com](mailto:deannapankow@hotmail.com)  
Santa Cruz: Call: (831) 332-9893, or email: [tcsantacruz@gmail.com](mailto:tcsantacruz@gmail.com) website [www.tcsantacruz.com](http://www.tcsantacruz.com)

**Josie's Place for Bereaved Youth and Families:** Facilitated peer support groups for children and teens in the San Francisco Bay Area who have experienced the death of a parent, sibling, close relative or friend. Please call Josie's Place at (415) 513-6343, or email [info@josiesplace.org](mailto:info@josiesplace.org) Website: [www.josiesplace.org](http://www.josiesplace.org)

### Also:

**Special Connections Support** for pregnant mothers on bed rest: Please call Alta Bates Medical Center at (510) 204-1762 for a free copy of the "On Your Side" booklet for pregnant women on bed rest (no need to belong to Alta Bates).

**Sidelines National Support Network** connects women on bed rest, and in risky pregnancies, at [www.sidelines.org](http://www.sidelines.org)

### Fee-based Support for Pregnancy and Infant Loss:

**Hospice By the Bay:** Please call their Bereavement Information Line for grief counseling at sliding-scale fees. In San Francisco, San Mateo, and Marin counties call: (415) 526-5699; in Sonoma County call (707) 931-7299. It is not necessary to have received services from Hospice By the Bay, which also provides pediatric home hospice services.

**KARA:** Palo Alto. Grief counseling on a sliding fee scale. Call (650) 321-5272. Website: [www.kara-grief.org](http://www.kara-grief.org)

**Hospice of Santa Cruz County:** Free grief support groups (donations appreciated) and low cost individual grief counseling. Please call (831) 430-3000, and see website at: [www.hospicesantacruz.org](http://www.hospicesantacruz.org)  
It is not necessary to have received services from Hospice of Santa Cruz.

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Please help us update this list, and e-mail us at [info@HANDsupport.org](mailto:info@HANDsupport.org)  
10/10/14 Chris Lehr