Bay Area Pregnancy Loss & Infant Death 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. For support and more information please call
HAND of San Francisco at (415) 282-7330, and see our website at 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 termination of a wanted pregnancy due to prenatal diagnosis.
Facilitated by Cherie Golant, LCSW - LCSW 19882, at Newborn Connections, California Campus of California
Pacific Medical Center, 3698 California Street. www.cpmc.org/newbornconnections
For more information call Newborn Connections at (415) 600-2229, or email 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
email her at spangnk@sutterhealth.org Held at California Campus of California Pacific Medical Center.

TALK Line 24-Hour Parental Stress Line in San Francisco: (415) 441-KIDS (5437) 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

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

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.star-vista.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

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

SAND of Solano County (Support After Neonatal Death): Friendship and understanding for parents
experiencing grief for pregnancy loss and infant death. Call facilitator Deb Kight, RN at (707) 646-5433.

Beyond Choice Support Group: For interruption of a wanted pregnancy after prenatal or genetic diagnosis.
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

The Compassionate Friends: National support group for families who have lost a child of any age from any cause. Please call TCF’s National Office at (877) 969-0010, email: nationaloffice@compassionatefriends.org Website: www.compassionatefriends.org
San Francisco: Call Earl at (415) 285-0430 or email: earlfrick@hotmail.com
Marin County: Call (415) 457-3123 or email: tcfmarin@gmail.com, website: www.tcfmarin.org,
Burlingame: Call Rosanna at (650) 302-6832 or email: Rosanna63@aol.com
Oakland: Call Deanna at (510) 835-3579 or email: deannapanklow@hotmail.com
Santa Cruz: Call: (831) 332-9893, or email: tcfscantacruz@gmail.com website www.tcfscantacruz.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 Website: www.josiesplace.org

Also:

Sidelines National Support Network Support for high-risk and complicated pregnancies, and premature birth. Please call (888) 447-4754 and see our website at www.sidelines.org

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).

Fee-based Support for General Grief and Loss:

Hospice By the Bay: Please call their Bereavement Information Line for general grief and loss 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

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
It is not necessary to have received services from Hospice of Santa Cruz.

HAND of the Peninsula (Helping After Neonatal Death) www.HANDsupport.org
Please help us update this list, and e-mail us at info@HANDsupport.org 1/19/15 Chris Lehr