HAND of the Peninsula
Helping After Neonatal Death
www.HANDsupport.org

Bay Area Pregnancy Loss & Infant Death Support Groups (at no charge)

HAND of the North Bay, a chapter of HAND of the Peninsula (Helping After Neonatal Death):
Support group in San Rafael for pregnancy loss and infant death, plus telephone support from a volunteer bereaved parent. For support and more information please call HAND of the Peninsula at (650) 367-6993 and see website at www.HANDsupport.org

HAND of San Francisco, a chapter of HAND of the Peninsula (Helping After Neonatal Death):
San Francisco support group for pregnancy loss and infant death, plus telephone support from a volunteer bereaved parent. For support and more information please call HAND of San Francisco at (415) 282-7330 and see 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) 764-021.

Pregnancy After Loss Support Group: San Francisco support group for parents who are pregnant again after previous pregnancy loss and infant death. Facilitated by Cherie Golant, LCSW ~LCS 19882, at Newborn Connections, California Campus of CPMC, 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 (650) 652-8232 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 at 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 website at www.HANDsupport.org

StarVista: San Mateo County's 24-hour crisis and support hotline: (650) 579-0350, www.star-vista.org
StarVista can contact HAND of the Peninsula for a volunteer bereaved parent to return the call within 24 hours.

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 website at www.HANDsupport.org

SAND of the East Bay (Support After Neonatal Death): For information, please call (510) 204-1571 and see Alta Bates Summit 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) 344-1833.

Bay Area Pregnancy Loss and Infant Death Support Groups continued (at no charge)

Helping After Neonatal Death (HAND) serving Santa Clara and Alameda counties, and parts of the Central Valley: Support for the loss of a baby before, during, or after birth. For support and more information please call (888) 908-4263 and see website at www.handonline.org

California SIDS Program: Support for Sudden Infant Death Syndrome, throughout California. Website has bereavement resources and other helpful information at http://californiasids.cdph.ca.gov. Support from trained peer parents, whose child has died of SIDS, is available for families experiencing the unexpected loss of an infant. Please email: casidsprogram@cce.csus.edu or call (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 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, or email: nationaloffice@compassionatefriends.org
Website: www.compassionatefriends.org
Marin County: Call (415) 457-3123 or email: tcfmarin@gmail.com website: www.tcfmarin.org,
San Francisco: Call Earl at (415) 285-0430 or email: earlfrick@hotmail.com
Burlingame: Call Rosanna at (650) 302-6832 or email: Rosanna63@aol.com
Oakland: Call Deanna at (510) 835-3579 or email deannapankow@hotmail.com
Santa Cruz: Call: (831) 332-9893 or email: tcf santacruz@gmail.com website www.tcfsantacruz.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:

Center for Loss in Multiple Birth: Support for the death of one or more twins, or higher multiple birth children, at any time from conception through birth, infancy and early childhood. Their website is www.climb-support.org

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

Fee-based Support for General Grief and Loss:

East Bay Agency for Children’s Circle of Care: Counseling and peer support groups for children, teens and adults coping with a death in their family due to an illness or sudden loss. Comprehensive continuum of services in Alameda County. Please call (510) 531-7551. Website: www.ebac.org

Hospice by the Bay: Please call their Bereavement Information Line for general grief and loss counseling at sliding-scale fees. In San Francisco, North San Mateo and Marin counties call: (415) 526-5699; in Sonoma County and the City of Napa 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.