



HAND of Santa Cruz

HAND of Santa Cruz is a chapter of HAND of the Bay Area. We offer peer-led support group meetings for parents during the normal grieving process following:

- miscarriage
- stillbirth
- loss of a pregnancy that was wanted, but interrupted, after prenatal diagnosis or for maternal health
- premature birth
- SIDS
- infant 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. We offer monthly grief support group meetings, as well as subsequent pregnancy support group meetings for parents who have started or are thinking about starting another pregnancy. Bereaved parents, adult family members and friends are welcome. There are no fees for our services.

**For support and more information, please call
Kristie Shulman, HAND of Santa Cruz facilitator, at 831-438-4513
or email kristie@HANDsupport.org**

Website: HANDsupport.org

Grief Support Group Meetings		Subsequent Pregnancy Support Group Meetings	
Dates:	Third Wednesday of every month	Dates:	First Wednesday of every month
Time:	7:30 - 9:30 pm	Time:	7:30 - 9:30 pm
Location:	Congregational Church of Soquel 4951 Soquel Drive, Soquel Anne Hutchinson Room	Location:	Congregational Church of Soquel 4951 Soquel Drive, Soquel Anne Hutchinson Room