



HAND of Santa Cruz

Helping After Neonatal Death

www.HANDsupport.org

HAND of Santa Cruz is a chapter of HAND of the Peninsula. 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 due to prenatal diagnosis or for maternal health
- 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 meetings, as well as subsequent pregnancy support 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 the HAND of Santa Cruz facilitator, Kristie Shulman, at 831-438-4513.

HAND of Santa Cruz Support Group Meetings

<p>Grief Support Meetings: Third Wednesday of every month</p> <p>Subsequent Pregnancy Support Meetings: First Wednesday of every month</p>	<p>Time: 7:30 – 9:30 pm</p> <p>Location: Congregational Church of Soquel 4951 Soquel Drive, Soquel Anne Hutchinson Room</p>
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