



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. Please call HAND of the Peninsula at (650) 367-6993. Website: 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. Please call HAND of San Francisco at (415) 282-7330. Website: 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 again after previous pregnancy loss and infant death. Facilitated by Cherie Golant, LCSW #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 those grieving the interruption of a desired pregnancy after prenatal diagnosis. Held at California Campus of California Pacific Medical Center and UCSF Medical Center at Mission Bay. Please contact facilitators Samantha Brummitt at (415) 600-2641, BrummiS@sutterhealth.org or Summer Segal (415) 476-4674, summer.segal@ucsf.edu

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 caretakers of medically fragile children, and children facing life-threatening illness. Call Support for Families of Children with Disabilities at (415) 920-5040 or email group's 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 HAND of the Peninsula at (650) 367-6993. Website: 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 group's facilitator Kristie Shulman at (831) 438-4513. Website: 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.altabatesummit.org/health/cpsg_grief.html

Beyond Choice Support Group: For interruption of a wanted pregnancy after prenatal or genetic diagnosis. Meets at Kaiser Oakland. Please call Facilitator Jeanne Menary, EdD, Clinical Psychologist, at (510) 845-4656. http://mydoctor.kaiserpermanente.org/ncal/Images/GEN_Beyond%20Choice%20support%20Group%20flyer_tc_m63-19047.pdf

SAND of Solano County (Support After Neonatal Death): For information please call (707) 646-5433. Meetings are held at the NorthBay Medical Center in Fairfield.



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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. (888) 908-4263, www.handonline.org

California SIDS Program: Support for Sudden Infant Death Syndrome, throughout California, with bereavement resources and information in English and Spanish: <https://www.cdph.ca.gov/programs/SIDS/Pages/default.aspx>. 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.

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 Offers chapter locator, supportive services and chat rooms.
 Sonoma County: Call (707) 931-7299 or email: tcf.sonomacounty@gmail.com
 Marin County: Call (415) 457-3123 or email: tcfmarin@gmail.com website: www.tcfmarin.org
 San Francisco: Call Audre Hallum (650) 359-7928 or email: cwhallum1@mac.com
 Burlingame: Call Rosanna Marks at (650) 302-6832 or email: Rosanna63@aol.com
 Oakland: Call Deanna Pankow at (510) 835-3579 or email deannapankow@hotmail.com
 Santa Cruz: Call: (831) 332-9893 or email: tcfscruz@gmail.com website www.tcfscruz.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 life threatening illness or the death of a loved one. Website: www.ebac.org Call or email (510) 531-7551, circleofcare@ebac.org. Comprehensive continuum of services in Alameda County.

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.

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 Please help us update this list, and email us at info@HANDsupport.org

Last updated 1/25/17 by Chris Lehr