



HAND of the Peninsula

Helping After Neonatal Death

www.HANDsupport.org

HAND of the Peninsula, with chapters in San Mateo, Santa Cruz, San Francisco and San Rafael, provides grief support groups for parents who have experienced the loss of a baby through:

- miscarriage
- stillbirth
- a pregnancy that was wanted, but interrupted, after prenatal diagnosis or for maternal health
- premature birth
- SIDS
- 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. Bereaved parents, and their adult family and friends, are welcome. All HAND services are free of charge.

HAND’s San Mateo chapter holds grief support group meetings twice a month, as well as monthly subsequent pregnancy support meetings for parents who have started or are thinking about starting another pregnancy.

Grief Support Meetings		Subsequent Pregnancy Support Meetings RSVP appreciated	
Dates:	First and third Wednesday of every month	Dates:	Second Wednesday of every month
Time:	7:30 - 9:30 pm	Time:	7:30 - 9:30 pm
Location:	Mills Health Center Palm Room 100 So. San Mateo Drive San Mateo, CA 94401	Location:	Mills Health Center Palm Room 100 So. San Mateo Drive San Mateo, CA 94401

Please call HAND of the Peninsula at 650-367-6993 for support and information.

24 Hour Telephone Crisis Line: If you need immediate support, a HAND volunteer may be reached 24 hours a day through the StarVista San Mateo County Crisis Hotline. HAND volunteers are bereaved parents and are very well acquainted with the difficulties surrounding the loss of a baby. Please call day or night if we may be of assistance to you.

StarVista San Mateo County Crisis Hotline phone number: 650-579-0350