



# HAND of San Mateo

**HAND of San Mateo 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 bi-monthly grief support group meetings, as well as monthly 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 650-367-6993  
or email [info@HANDsupport.org](mailto:info@HANDsupport.org)**

**Website: [HANDsupport.org](http://HANDsupport.org)**

<b>Grief Support Group Meetings</b>	
<b>Dates:</b>	<b>First and third Wednesday of every month</b>
<b>Time:</b>	<b>7:30 - 9:30 pm</b>
<b>Location:</b>	<b>Mills Health Center Palm Room 100 So. San Mateo Drive San Mateo, CA 94401</b>

<b>Subsequent Pregnancy Support Group Meetings</b> <b>RSVP appreciated</b>	
<b>Dates:</b>	<b>Second Wednesday of every month</b>
<b>Time:</b>	<b>7:30 - 9:30 pm</b>
<b>Location:</b>	<b>Mills Health Center Palm Room 100 So. San Mateo Drive San Mateo, CA 94401</b>