



Peer Support Program How it Works

About our program

HAND's Peer Support Program is available to bereaved parents looking for more individualized support. We try to match bereaved parents with a volunteer who has experienced a similar type of loss, however, all of our Peer Support Volunteers have been through their own grief journey and can provide compassionate listening, understanding, and resources to help you move forward through your grief. Volunteers have had a range of experiences with pregnancy loss and infant death, and can also relate on topics such as infertility, adoption, surrogacy, subsequent pregnancy, parenting other children after a loss, etc. We also have Peer Support Volunteers who speak other languages.

Please remember that ***peer support is not professional counseling or therapy***. If you need more comprehensive support, HAND offers referrals to licensed psychotherapists and other resources.

Duration and frequency of support

The program is intended to provide ***up to 6 weeks*** of support; however, the frequency and duration of support will depend on your needs and the volunteer's availability. You and your volunteer should decide on an arrangement that works best for both of you.

How the match process works

When you submit a request for peer support, a Peer Support Coordinator will review your request within 48 hours. They will reach out to you to confirm the details of your request and begin searching for a volunteer who best meets your criteria. Once they have found someone for you, they will introduce you both via email so you can communicate right away. The match process usually happens quickly but can take up to a week or so.

How to get connected

Click here to fill out a [Peer Support Request Form](#) and a Peer Support Coordinator will be in touch with you shortly. Please check your spam folder to make sure you don't miss their email.

Many parents also find it helpful to attend HAND's support group meetings. For more information, please visit our [Meetings page](#).