



# HAND of Santa Cruz Helping After Neonatal Death

[www.HANDsupport.org](http://www.HANDsupport.org)

**HAND of Santa Cruz is a chapter of HAND of the Peninsula. We are a grief support group for parents who have experienced the death of a baby through:**

- miscarriage
- stillbirth
- interruption of a wanted pregnancy 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. 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.

**Before attending, please call to talk about your situation and learn about our support groups.**

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