



HANDsupport.org

Bay Area Pregnancy Loss & Infant Death Support Groups (at no charge)

HAND of the North Bay, a chapter of HAND of the Bay Area: Grief support group in San Rafael for pregnancy loss and infant death, plus telephone support from a volunteer bereaved parent. Please call HAND of the Bay Area at (650) 367-6993. Website: HANDsupport.org

Apoyo Después de una Pérdida de un Embarazo / Bebé (en Español), HAND of the North Bay: Spanish language grief support group in San Rafael for pregnancy loss and infant death. Please call facilitator Julie Mitra at (415) 310-8201 for support and information. Website: HANDsupport.org

Grupo Amparo (en Español): Spanish language grief support group in San Francisco for pregnancy loss and infant death in the first year of life. Please call facilitator Julie Mitra at (415) 310-8201 for support/info.

HAND of San Francisco, a chapter of HAND of the Bay Area: Grief support group for pregnancy loss and infant death, plus telephone support from a volunteer bereaved parent. Call HAND of San Francisco at (650) 367-6993. Website: HANDsupport.org

Pregnancy After Loss Support Group: San Francisco support group for parents who are pregnant again after prior pregnancy loss or infant death, including interruption of a wanted pregnancy due to prenatal diagnosis. Facilitated by Cherie Golant, LCSW #19882, at Newborn Connections, California Campus of CPMC, 3698 California Street. Contact Newborn Connections (415) 600-2229 or cpmcnewborn@sutterhealth.org

Life After Loss Support Group: San Francisco support group for those grieving the interruption of a wanted pregnancy after prenatal diagnosis. Held at California Campus of CPMC 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

HAND of San Mateo, a chapter of HAND of the Bay Area: Grief support groups for pregnancy loss and infant death, subsequent pregnancy support groups, and telephone support from a volunteer bereaved parent. Please call HAND of the Bay Area at (650) 367-6993. Website: HANDsupport.org

StarVista: San Mateo County's 24-hour crisis and support hotline: (650) 579-0350, <https://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, a chapter of HAND of the Bay Area: Grief support groups for pregnancy loss and infant death, subsequent pregnancy support groups, and telephone support from a volunteer bereaved parent. Please call the group's facilitator Kristie Shulman at (831) 438-4513. Website: HANDsupport.org

SAND of the East Bay (Support After Neonatal Death): Grief support group in Berkeley at 3030 Telegraph Ave. on the 1st and 3rd Wednesday of every month at 7 PM. For information please call (510) 204-1571.

Beyond Choice Support Group: For termination of a pregnancy that was wanted but found to have a fetal abnormality. Meets 1st and 3rd Tues. of each month from 7 to 9 PM at Kaiser Oakland, and open to both Kaiser members and non-Kaiser individuals. Please call facilitator Jeanne Menary, EdD, at (510) 845-4656. Beyond Choice Support Group meeting flyer: https://mydoctor.kaiserpermanente.org/ncai/Images/GEN_Beyond-Choice_tcm63-19047.pdf

Supporting Parents After a Loss: Meets on the last Wednesday of every month from 6 to 7:30 PM at the NorthBay Medical Center in Fairfield. For information please call (707) 646-5433.

Parenting After Loss: Monthly drop-in peer-facilitated support group in Berkeley for those caring for older children as they grieve, and those who have gone on to have subsequent children and are continuing to grieve as they grow. To attend please email facilitator Juliet Spear Gardner: jspeargardner@gmail.com.

Helping After Neonatal Death (HAND) serving Santa Clara and Alameda counties and part of the Central Valley: Grief support groups for pregnancy loss and infant death, pregnancy after loss, and phone by volunteer bereaved parents. Please visit their website at www.handonline.org or call (888) 908-4263.

California Department of Public Health SIDS Program: Information about Sudden Infant Death Syndrome, in many languages, at: <https://www.cdph.ca.gov/Programs/CFH/DMCAH/SIDS/Pages/default.aspx> For support please call (800) 369-7437 (SIDS) or email casidsprogram@cce.csus.edu

The Compassionate Friends: National support groups for families who have lost a child at any age, from any cause. Call TCF's National Office at (877) 969-0010, or email: nationaloffice@compassionatefriends.org Website: <https://www.compassionatefriends.org> See chapter locator, bereavement information and support.

- Marin County: Call (415) 457-3123 or email: tcfmarin@gmail.com website: www.tcfmarin.org
- San Francisco & North Peninsula: Call Audre Hallum (650) 359-7928 or email: cwhallum1@mac.com
- Mid-Peninsula & Burlingame: Call (415) 377-4845 or email: tcfburlingameca@gmail.com
- Oakland: Call Deanna Pankow at (510) 835-3579 or email: deannapankow@hotmail.com
- Santa Cruz: Call: (831) 332-9893 or email: tcf santacruz@gmail.com website www.tcf santacruz.com

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. Website: www.climb-support.org

Sidelines High-Risk Pregnancy Support: For mothers and families coping with high-risk and complicated pregnancies, and premature birth. Please call (888) 447-4754 and see website <https://www.sidelines.org>

Other Support for General Grief and Loss (free, donation-based and fee-based):

St. Joseph Health Hospice: For grief and loss counseling free of charge, in English and Spanish, please call the Grief Services Coordinators at these sites: Hospice of Petaluma: 707-778-6242 or Memorial Hospice & North County Hospice: 707-568-1094. It is not necessary to have received hospice services from St. Joseph Health Hospice. Website: <http://www.sonomacountyhospice.org>

Hospice by the Bay: For general grief and loss counseling at sliding-scale fees please call their Bereavement Information Line: 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. Email: griefsupport@hbtb.org It is not necessary to have received hospice services from Hospice by the Bay. For pediatric home hospice services call (888) 720-2111.

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

StarVista Short-term **free** therapy to K-12 youth in crisis who live in or go to school in San Mateo County. This includes grief and loss therapy. Call Crisis Hotline (650) 579-0350 and see website: <https://star-vista.org>

Sutter Care Bereavement Programs in San Mateo: Individual grief counseling and support groups at no cost for those living with the loss of a loved one. For info please call Randi Wren at (650) 685-2806.

Kara: Palo Alto grief counseling on a sliding fee scale. Call (650) 321-5272. Website: <https://kara-grief.org>

Hospice of Santa Cruz County: Free grief support groups and low-cost individual grief counseling for all ages. Call (831) 430-3000 or email info@hospicesantacruz.org It is not necessary to have received services from Hospice of Santa Cruz. Website: <https://www.hospicesantacruz.org>

Circle of Care at East Bay Agency for Children: Counseling and peer support groups for children, teens and families coping with a life-threatening illness or the death of a loved one. Website: www.ebac.org/circleofcare Call (510) 531-7551 or email circleofcare@ebac.org Continuum of services in Alameda County.

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Please help us update this list by emailing us at info@HANDsupport.org

Last updated 4/25/19 by Chris Lehr