



HANDsupport.org

Bay Area Pregnancy Loss and 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. Meets the 3rd Wednesday of every month from 7 – 9 PM, at Marin Community Clinic, 3110 Kerner Blvd. (on the Kerner Loop). For support and more information please call HAND of the Bay Area at 650-367-6993. Website: HANDsupport.org

HAND of San Francisco, a chapter of HAND of the Bay Area: Grief support group in San Francisco for pregnancy loss and infant death. Meets the 1st and 3rd Wednesday of every month from 7 – 9 PM, at the Davies Campus of California Pacific Medical Center, Castro and Duboce Streets (6 blocks north of Market). Follow the HAND signs to the meeting room. For support and more information please call HAND of the Bay Area at 650-367-6993. 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 information and support.

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. Meets the 3rd Wednesday of each month from 6:30 – 8:30 PM at Newborn Connections' Community Room, 1100 Van Ness Ave., Lobby Level (2nd floor). For more information 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 desired pregnancy after prenatal diagnosis. Meets the first Wednesday of every month from 7- 8:30 PM at UCSF Medical Center, Mission Bay. Please contact co-facilitators Caitlin Lucinese at 415-600-2148 Lucinec@sutterhealth.org or Summer Segal at 415-476-4674 Summer.Segal@ucsf.edu.

HAND of San Mateo, a chapter of HAND of the Bay Area: Grief support groups in San Mateo for pregnancy loss and infant death, on the 1st and 3rd Wednesday of every month from 7:30 – 9:30 PM, at Mills Health Center, Palm Room, 100 So. San Mateo Drive. Subsequent pregnancy support groups (after prior loss) at the same location on the 2nd Wednesday of each month from 7:30 – 9:30 PM (RSVP appreciated). For support and more information please call HAND of the Bay Area at 650-367-6993. Website: HANDsupport.org

StarVista: San Mateo County's 24-hour crisis, suicide prevention and support hotline: 650-579-0350. StarVista can contact HAND of the Bay Area for a volunteer bereaved parent to return the call within 24 hours. Website: star-vista.org

HAND of Santa Cruz, a chapter of HAND of the Bay Area: Grief support groups in Soquel for pregnancy loss and infant death, on the 3rd Wednesday of every month from 7:30 – 9:30 PM, at the Congregational Church of Soquel, Anne Hutchinson Room, 4951 Soquel Drive. Subsequent pregnancy support groups (after prior loss) at the same location on the 1st Wednesday of every month from 7:30 – 9:30 PM. For support and more information 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 for pregnancy loss and infant death. Meets on the 1st and 3rd Wednesday of every month at 7 PM. at 3030 Telegraph Ave. For information please call 510-204-1571 or email sandsupport@sutterhealth.org.

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

Supporting Parents After a Loss: Grief support group in Fairfield for pregnancy loss and infant death. Meets on the last Wednesday of every month from 6 to 7:30 PM at 1200 B Gale Wilson Blvd., in the Annex Building of NorthBay Medical Center. For information please call 707-646-5433.

Parenting After Loss: Monthly drop-in peer-facilitated support group in Berkeley for bereaved parents caring for older children as they grieve, and those who have gone on to parent subsequent children and are continuing to grieve as they grow. Meets 4th Tuesday of each month from 7:30 - 9:00 PM at Congregation Beth El, 1301 Oxford St. (the group is non-religious and open to people of all beliefs). For information contact co-facilitator Lora Chandler at lorachandler@rocketmail.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 support by volunteer bereaved parents. Please see 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 cdph.ca.gov/Programs/CFH/DMCAH/SIDS. For California Maternal Child and Adolescent Health SIDS Resource Line call 800-369-7437 (SIDS) or email SIDS@cdph.ca.gov.

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: compassionatefriends.org See chapter locator, bereavement information and support.

- Napa: Call Judy at 707-258-1623 or email jnunn@aol.com
- 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 sfcompassion@gmail.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 tcsantacruz@gmail.com. Website www.tcsantacruz.com

Also:

Center for Loss in Multiple Birth (CLIMB): 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: climb-support.org

Sidelines High-Risk Pregnancy Support: For women and families experiencing high-risk and complicated pregnancies, and premature birth at sidelines.org. For support by email or phone complete the Request Support Form at sidelines.org/index.php/support. Facebook facebook.com/groups/SidelinesSupportNet.

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: 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. Website: hospicebythebay.org/types-of-care/grief-support 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: josiesplace.org

StarVista: Short-term **free** therapy (including for grief and loss) for children and families of all ages, who live in or go to school in San Mateo County. Call Crisis Hotline 650-579-0350 (24/7) and see website: star-vista.org.

Kara is located in Palo Alto and offers grief counseling support for children, teens, families and adults in English and Spanish. Support is donation or fee based. Call 650-321-5272. Website: 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: hospicesantacruz.org

Circle of Care at East Bay Agency for Children: Peer support groups in Oakland and Hayward for children, teens and families coping with the death of a loved one. And Spanish-speaking peer support group for grieving adults. Call 510-531-7551 ext. 3195 or email circleofcare@ebac.org. Website: ebac.org/services/family.asp.

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

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