



HAND of San Francisco
Helping After Neonatal Death
www.HANDsupport.org

Creative Honoring Workshop

**A workshop to honor our babies who have died,
as well as ourselves as Mothers,
through creative expression & connection with others**

Saturday, May 13th, 2017 / 2 - 5pm
Please join us in honoring your baby and yourself

The Dance Studio at Noe Valley Ministry

1021 Sanchez St (btwn 23rd & Elizabeth Streets) San Francisco, CA 94114

The loss of a baby is a heartbreaking and profound experience. It is a journey of new and unexpected emotions that are sometimes difficult to navigate. In this workshop, we will honor our babies and ourselves through creative expression--sharing stories, connecting with others, writing, mindfulness and creating a keepsake to take home. We will set aside some time to honor ourselves as Mother's and to celebrate, in our own way, Mother's Day.

Who can attend:

Anyone grieving the loss of a baby from pregnancy thru the first year of life

Cost to attend:

\$25/person (no one turned away for lack of funds) Materials and snacks provided

Registration:

Required by Monday, May 8th. Please register and pay online at www.HANDsupport.org
(to register & pay go to 'events' on the home page of the website)

For more Information:

Email Abbie Endres at Abbie.Endres@yahoo.com or Call Sara Johnson at #415.722.4488

Facilitators:

Abbie Endres, bereaved mother and HAND Facilitator
and Sara Johnson, bereaved mother, HAND Facilitator & HAND Board Member

Testimonials from last year's workshop:

" I loved the flow & gentle pace of the day. What a treasure of a group & a gift of an experience."

"Today was beautiful & amazing. I felt nurtured & supported & treated with such care. This was a special day."

HAND is a non-profit organization supporting families who have lost a baby following miscarriage, stillbirth, interruption of a wanted pregnancy after prenatal diagnosis, or in the first year of life.