



HAND of the North Bay

HAND of the North Bay is a chapter of HAND of the Bay Area. We offer peer-led support group meetings for parents during the normal grieving process following:

- miscarriage
- stillbirth
- loss of a pregnancy that was wanted, but interrupted, after prenatal diagnosis or for maternal health
- premature birth
- SIDS
- infant 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. Bereaved parents, adult family members and friends are welcome. There are no fees for our services. HAND of the North Bay also offers a grief support group in Spanish in San Rafael.

**For support and more information, please call 650-367-6993
or email info@HANDsupport.org
Website: HANDsupport.org**

HAND of the North Bay Grief Support Group Meetings	
Dates:	Third Wednesday of every month
Time:	7:00 – 9:00 pm
Location:	<p>Marin Community Clinic 3110 Kerner Blvd. (on the Kerner Loop) San Rafael, CA 94901</p> <p>Parking lot is free</p> <p>Enter through the main lobby Meet in the waiting room to the right Your facilitator will escort you to the conference room</p> <p>Wheelchair accessible</p>

