



# HAND of San Francisco

**HAND of San Francisco 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.

**For support and more information, please call HAND of the Bay Area at 650-367-6993 or email [info@HANDsupport.org](mailto:info@HANDsupport.org)**

**Website: [HANDsupport.org](http://HANDsupport.org)**

<b>HAND of San Francisco Grief Support Group Meetings</b>	
<b>Dates:</b>	<b>First and third Wednesday of every month</b>
<b>Time:</b>	<b>7:00 - 9:00 pm</b>
<b>Location:</b>	<p><b>Davies Campus of California Pacific Medical Center, San Francisco</b></p> <p>Castro and Duboce Streets (6 blocks north of Market)</p> <p>Street parking is nearby, and paid parking is in the hospital garage.</p> <p>Enter through the Emergency Department and follow the HAND signs to the meeting room.</p> <p>Wheelchair accessible</p>

