

HAND of the Peninsula



Creative Honoring Workshop on Mother's Day Weekend

An event to honor the babies we have lost
& ourselves as mothers through creative expression

Saturday, May 12th / 2 - 5pm

UCSF Mission Bay
The Meditation Room (C1401)
1975 4th Street
San Francisco, CA 94143

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 our 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. **Please join us in honoring your baby and yourself.**

Who can attend:

Bereaved mothers (including mothers currently pregnant with subsequent pregnancies).

Suggested donation:

\$20/ person at the event. HAND is a 501(c)(3) non-profit organization funded entirely by donations. Contributions will help to defray the cost of craft materials and snacks for the event.

RSVP:

RSVP to events@handsupport.org. The event will be capped after the first 15 registrants sign up due to limited space.

For more information:

Email Abbie Endres at abbie.endres@yahoo.com

Facilitators:

Abbie Endres, bereaved mother and HAND Facilitator

Erica Hernandez, bereaved mother and HAND Board Member

Summer Segal, PhD, MS, LCGC, grief support specialist at UCSF Benioff Children's Hospital

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.