



[HANDsupport.org](https://HANDsupport.org)

## Bay Area Pregnancy Loss and Infant Death Support Groups (at no charge)

The following FREE support groups are being held VIRTUALLY during COVID-19 pandemic.

**HAND of the Bay Area (Helping After Neonatal Death):** All-volunteer peer support organization for pregnancy loss and infant death with chapters in San Rafael, San Francisco, San Mateo and Santa Cruz. HAND of the Bay Area offers several different types of meetings to support bereaved parents at all stages of loss and grief. All meetings currently held via Zoom.

- **Grief Support Groups** for parents and their adult relatives and friends during the normal mourning following miscarriage, stillbirth, interruption of a wanted pregnancy after prenatal diagnosis, or 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.
- **Subsequent Pregnancy Support Groups** for parents who've had prior losses and are currently pregnant, considering another pregnancy or trying to conceive. Addresses the special emotional needs of subsequent pregnancies.
- **Parenting After Loss Support Group** for parents who have suffered a pregnancy loss or infant death and are parenting living children. This group includes parents who are grieving a loss while caring for older children, as well as those who've had prior losses and are parenting subsequent children.
- **One-on-one Peer Support** for bereaved parents who are looking for more individualized support (via phone, email or video-chat) directly from a HAND volunteer parent who has experienced a similar loss. To be connected with a HAND peer support volunteer, please complete the Peer Support Request Form at <https://forms.gle/wQ282jMHZNTu5K6D8>

For more information about HAND and our support group meeting schedules, please visit [HANDsupport.org](https://HANDsupport.org) or contact [meetings@HANDsupport.org](mailto:meetings@HANDsupport.org) or (650) 367-6993.

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**SAND (Support After Neonatal Death):** Support group for parents grieving pregnancy loss and infant death, including miscarriage, stillbirth, loss of a pregnancy that was wanted, but interrupted, after prenatal diagnosis or for maternal health and infant death in the first year of life. The group, through Sutter Alta Bates Summit Medical Center, is open to both Sutter and non-Sutter patients. No registration is required. Virtual meetings through Webex are on the 1st and 3rd Wednesday nights of every month from 7- 8:30 pm. Facilitated by Jennifer Subasic-Marks, Health Educator. To join please email [sandsupport@sutterhealth.org](mailto:sandsupport@sutterhealth.org) for the Webex connection information. The SAND voicemail is 510-204-1571. Here is the SAND meeting announcement letter: [https://drive.google.com/file/d/1yI9GxcwAQCqHOuqcec3m6gpM3LJe7L\\_6/view](https://drive.google.com/file/d/1yI9GxcwAQCqHOuqcec3m6gpM3LJe7L_6/view)

**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 from volunteer bereaved parents. During social distancing measures HAND's meetings are via Zoom on the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month. For an email with a meeting invitation via Zoom please RSVP at [handonline.org/events/?event\\_id=40](http://handonline.org/events/?event_id=40). For more information please visit [handonline.org](http://handonline.org) or call 888-908-4263.

**Life After Loss:** Support group for individuals and couples grieving the interruption of a desired pregnancy after prenatal diagnosis. We hope to create a safe space to meet and connect with others who have had to navigate this unique loss. Meets the first Wednesday of every month from 7- 8:30 PM through UCSF Medical Center, Mission Bay, in San Francisco. The group is open to both UCSF and non-UCSF patients. To attend a meeting please contact Facilitator, Caitlin Castanzo, MS, CGC at 415-269-4687 or [Caitlin.Castanzo@ucsf.edu](mailto:Caitlin.Castanzo@ucsf.edu). Meeting flyer: <https://drive.google.com/file/d/1O0O-in4uwtlyiKDRW6khm-fmWBjNf1po/view?usp=sharing>

**Beyond Choice:** Bi-monthly parent support group for termination of a pregnancy that was wanted but found to have a fetal abnormality. Offered through Oakland Kaiser, it's 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 to hear about the groups and the new days and times. She will email a Zoom meeting invitation to interested parents.

**Josie's Place for Bereaved Youth and Families:** Facilitated peer support groups being held at no cost via Zoom for children ages 5-8, ages 9-12, teens, young adults ages 18-24 and parents/caregivers (of the youth who attend) who have experienced the death of a parent, sibling, close relative or friend. Headquartered in San Francisco, services are open to families outside the Bay Area and outside California during the pandemic. Please call Josie's Place at 415-513-6343 or email [info@josiesplace.org](mailto:info@josiesplace.org). Website: [josiesplace.org](http://josiesplace.org)

**Circle of Care at East Bay Agency for Children:** Virtual peer support groups in Oakland and Hayward for children, teens and their families / caregivers who are coping with the death of a loved one. Also virtual workshops called Resilient Parenting for Bereaved families with practical tools for helping grieving children; and virtual Spanish-speaking peer support group for grieving adults. Services are offered at modest cost, on a sliding scale based on financial means, although no one is turned away for lack of funds. Call 510-531-7551 ext. 3195 or email [circleofcare@ebac.org](mailto:circleofcare@ebac.org). Website: [ebac.org/services/family.asp](http://ebac.org/services/family.asp).

### Also:

**Grupo Amparo (en Español):** Free Spanish language grief support 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.

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

**California Department of Public Health SIDS Program:** Information about Sudden Infant Death Syndrome, in many languages, at [cdph.ca.gov/Programs/CFH/DMCAH/SIDS](http://cdph.ca.gov/Programs/CFH/DMCAH/SIDS). For California Department of Public Health SIDS Program Hotline call 800-369-7437 (SIDS) or email [SIDS@cdph.ca.gov](mailto:SIDS@cdph.ca.gov).

**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](http://climb-support.org)

**Sidelines High-Risk Pregnancy Support:** For women and families experiencing high-risk and complicated pregnancies, and premature birth at [sidelines.org](http://sidelines.org). For support by email or phone complete the Request Support Form at [sidelines.org/index.php/support/request-support](http://sidelines.org/index.php/support/request-support)

**Kara:** Grief support for children, teens, families and adults in English and Spanish. Support is donation or fee based. Located in Palo Alto. Call 650-321-5272. Website: [kara-grief.org](http://kara-grief.org).

**The Compassionate Friends:** Support groups nation-wide 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](mailto:nationaloffice@compassionatefriends.org). See chapter locator, bereavement and support information at website: [compassionatefriends.org](http://compassionatefriends.org).

**\*\*\*Starred chapters are holding virtual meetings**

- Napa: Call Judy at 707-258-1623
- \*\*\*Marin County: Call 415-457-3123 or email [tcfmarin@gmail.com](mailto:tcfmarin@gmail.com). Website: [www.tcfmarin.org](http://www.tcfmarin.org)
- San Francisco & North Peninsula: Email [sfcompassion@gmail.com](mailto:sfcompassion@gmail.com)
- \*\*\*Mid-Peninsula & Burlingame: Call 415-377-4845 or email [tcfburlingameca@gmail.com](mailto:tcfburlingameca@gmail.com).
- Oakland: Call Deanna Pankow at 510-835-3579 or email [deannapankow@hotmail.com](mailto:deannapankow@hotmail.com).
- \*\*\*Walnut Creek: Call Nancy at 925-943-3217.
- \*\*\*San Leandro: Call Lisa at 510-562-9773.
- \*\*\*Santa Cruz: Call 831-332-9893 or email [tcsantacruz@gmail.com](mailto:tcsantacruz@gmail.com). Website [www.tcsantacruz.com](http://www.tcsantacruz.com)

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Please help us update this list by emailing us at [info@HANDsupport.org](mailto:info@HANDsupport.org)

Last updated 3/24/2021 by Chris Lehr & Kristie Shulman