SAND (Support after Neonatal Death) 510-204-1571
Meets every 1st and 3rd Wednesday from 7-9 PM at 3030 Telegraph Ave., Berkeley to support parents with fetal or infant loss. No fee.

HAND (Helping after Neonatal Death) 888-908-4263
Call this confidential line for info. regarding current services. A volunteer will return your call, usually within 24 hours.

The Compassionate Friends meets 2nd Tuesday of the month from 7-9 PM at Park Blvd. Presbyterian Church, Oakland. No fee. Deannapankow@hotmail.com


Washington Hospital Grief Support Group. 510-745-6569. Meets Thursdays 7-8:30. 2nd floor Washington West building, suite 216, 2500 Mowry Ave., Fremont. No fee drop-in support group, not specific to pregnancy or infant loss.

Crisis Support Services of Alameda County- 24 hour crisis line- 800-309-2131- phone counseling. Interpretation services available in many languages.

Face to Face Counseling for Grief Support (not specific to pregnancy or infant loss) 800-260-0094 Located near Ashby BART station Up to 20 individual/ couple or family sessions, fee based on sliding scale

For Spanish speakers:

MADRE Program (services for Spanish and Mam speakers, low income, residents of Alameda County). Grief support, case management for families with history of perinatal loss. 510-618-1991. (There may be a waiting list at times.)

(in San Francisco): Grupo Amparo, Nos reunimos el Segundo lunes de cada mes, de 10-12 AM en Homeless Prenatal Program, 2500 18th St, San Francisco (Hay cuidado de ninos)

Nos reunimos el cuarto lunes de cada mes, de 7-9 PM, Hospital St Lukes, California Pacific Medical Center, 3555 Cesar Chavez St, San Francisco. Cuarto #226 (2 Piso). Oficina del Capellan. (No hay cuidado de ninos)

Para mas informacion, llama a Julie Mitra, al # 415-764-0211. Es gratis.
Pregnancy and Infant Loss Grief Support Websites

Some of the sites below provide on-line support, chat rooms and pen pals. This can be helpful for families needing support during or after regular business hours, and/or who are unable to join a face-to-face group, or individual counseling.

1. [http://facesofloss.com](http://facesofloss.com)
2. Facebook-enter in search bar- faces of loss faces of hope
3. [www.dougy.org](http://www.dougy.org)
4. [www.griefwatch.com](http://www.griefwatch.com)
5. [www.griefnet.org](http://www.griefnet.org)
6. [http://grieveoutloud.org](http://grieveoutloud.org)
7. [www.genesis-resources.com](http://www.genesis-resources.com)
8. [www.misschildren.org](http://www.misschildren.org)
9. [www.donnarothen.com](http://www.donnarothen.com)

Websites in Spanish

1. [www.nacersano.org](http://www.nacersano.org)  (March of Dimes)
2. [www.misschildren.org/Spanish](http://www.misschildren.org/Spanish)

Support for health care practitioners and others who support grieving families

1. [www.plida.org](http://www.plida.org)
2. [www.adec.org](http://www.adec.org)
3. [www.nursesgrievetoo.com](http://www.nursesgrievetoo.com)
Books Relating to Pregnancy or Infant Loss


In Spanish and English:

1. **When Hello Means Goobye.** Pat Schweibert and Paul Kirk.

2. **Empty Arms: Coping with Miscarriage, Stillbirth and Death.** Sherokee Isle.

3. **Unsung Lullabies.** HAND of Santa Clara County.

For children:

*We were going to have a baby, but we had an Angel instead.* Pat Schweibert. (For children ages 2 and older.)

For couples:

**Empty Cradle, Broken Heart: Surviving the Death of Your Baby.** (1996.) Deborah Davis. Chapter 10 “You and your partner”.

For fathers:

**Empty Cradle, Broken Heart: Surviving the Death of Your Baby.** (1996.) Deborah Davis. Chapter 9 “Especially for Fathers”. 