Pregnancy and Infant Loss Support Services
Compiled by Alameda County Public Health Department - Fetal and Infant Mortality Review

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


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
2. Facebook-enter in search bar- faces of loss faces of hope
3. www.dougy.org
4. www.griefwatch.com
5. www.griefnet.org
7. www.genesis-resources.com
8. www.misschildren.org
9. www.donnarothert.com

Websites in Spanish

1. www.nacersano.org (March of Dimes)
2. www.misschildren.org/Spanish

Support for health care practitioners and others who support grieving families

1. www.plida.org
2. www.adec.org
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”.

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