

LOCAL SUPPORT GROUPS

	<p>HAND of the Bay Area is a peer led, in-person support group 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</p> <p>Due to the current social distancing for COVID-19, all meetings are virtual until further notice.</p>		
<p>North Bay</p> <p>Dates: 3rd Wednesday of the month</p> <p>Time: 7pm-9pm</p> <p>Contact: (650) 367-6993</p> <p>Download a flyer here</p>	<p>San Francisco</p> <p>Dates: 1st and 3rd Wednesday of the month</p> <p>Time: 7pm-9pm</p> <p>Contact: (650) 367-6993</p> <p>Download a flyer here</p>	<p>San Mateo</p> <p>Dates: 1st and 3rd Wednesday of the month</p> <p>Time: 7:30pm-9:30pm</p> <p>Contact: (650)367-6993</p> <p>Download a flyer here</p>	<p>Santa Cruz</p> <p>Dates: 3rd Wednesday of the month</p> <p>Time: 7:30pm-9:30pm</p> <p>Contact: (831)438-4513</p> <p>Download a flyer here</p>
 <p>Pregnancy After Loss Support Group (PAL)</p> <p>This support group addresses the concerns of bereaved parents who have started another pregnancy after loss. Partners are especially encouraged to attend.</p> <p>Dates: 3rd Wednesday of the month 7pm-9pm Contact: (415) 600-2229 Email Download flyer here (415) 600-2229</p>		 <p>Support After Neonatal Death (SAND) Berkeley</p> <p>Self-help group for parents who have experienced the loss of a baby through miscarriage, stillbirth, death during or after birth, or genetic abortion.</p> <p>Dates: First and third Wednesdays of the month Time: 7pm Contact 510-204-1571 website</p>	

