

# Support Groups: National and Local

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## Local Regional Groups

### **HAND of Santa Clara, Alameda/Contra Costa, and Central Valley**

P.O. Box 341, Los Gatos 95301, 888-908-HAND  
Alameda, Santa Clara Counties and part of the Central Valley

### **HAND of the Peninsula**

P.O. Box 3693,  
Redwood City, CA 94064  
Grief Support for the San Francisco Peninsula, as well as the Santa Cruz County.  
(650) 367-6993

[www.handssupport.org](http://www.handssupport.org)

**San Francisco Chapter:** [www.handssupport.org/sanfrancisco.html](http://www.handssupport.org/sanfrancisco.html)

### **The Compassionate Friends**

Counseling for parents grieving the death of a child. Grandparents and adult siblings welcome.  
Newsletter, lending library and referrals available.

**Alameda County Chapter:** Meetings in Oakland 510-835-3579

**Contra Costa Chapter:** Meetings in Richmond and Walnut Creek 925-284-2273

**Santa Clara Chapter:** Meetings in Santa Clara 408-356-0641

### **Merced, California Meetings**

Facilitator, Kim Lotz  
[Kim.Lotz@missfoundation.org](mailto:Kim.Lotz@missfoundation.org)  
First Tuesday of every month  
7pm-8:30pm at Luke's Episcopal  
350 West Yosemite Avenue

### **Sacramento Sharing Parents (Affiliated with the SHARE)**

P.O. Box 198  
Carmichael, CA 95609  
(916) 424-5150  
Website: <http://sharingparents.org>

### **Women's Miscarriage Support Group**

John Muir Medical Center, 1601 Ygnacio Valley Road, Walnut Creek, CA 94598 (925) 939-3000 This support group is for anyone who has experienced a miscarriage. Receive helpful advice, gentle guidance and coming to terms with the loss you have experienced. There will be ongoing support toward becoming pregnant again.

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## **Bereavement**

### **Bebitos Angelitos – Angel Babies of Hinds Hospice**

Note: you must use MS Internet Explorer to view this site.

Based in Fresno, CA. Angel Babies is composed of a perinatal hospice program and a bereavement program. Perinatal hospice provides support and anticipatory guidance to families who have a baby diagnosed with a life limiting condition during pregnancy. The program assists families to both welcome and enjoy their baby and when necessary to say good-bye. Information discussed includes normal anticipatory grief reactions; birth planning; creating memories; including other children and family members; birth/death announcements; memorial/funeral service planning, visitations, and much more.

1616 West Shaw Ave. Suite B-6

Fresno, CA 93711

559-226-5683

Website: <http://www.hindshospice.org/>

### **Center for Living With Dying**

554 Mission Park Drive, Santa Clara, CA 95054-1702 408-980-9801 Emotional support, crisis intervention, education regarding issues of loss, trauma, illness, stress, and grief.

### **Community Hospice, Inc.**

601 McHenry Avenue, Modesto, CA 95350 209-577-0615

### **Hospice of Contra Costa**

2051 Harrison Street, Concord, CA 94520 510-609-1830

### **Hope Hospice - Bereavement Support Program**

6500 Dublin Boulevard, Suite 100, Dublin, CA 94568 510-829-8770

### **KARA**

457 Kingsley Ave. Palo Alto, CA 94301 650-321-5272 Provides individual counseling, group facilitation, crisis intervention, community education, and information to individuals, families and community groups who are living with issues of life-threatening illness, limited life expectancy, death and grief.

### **Sutter VNA & Hospice**

1110 N. Dutton Ave Santa Rosa, CA (707) 542-5045 (Ask for Bereavement Department)

Website: <http://vnahnc.org>

### **Touchstone Support Network**

3041 Olcott Street, Santa Clara, CA 95054-3222 408-727- 5775 Provides emotional and practical support services for children with chronic or life-threatening illnesses and their families.

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## Genetic Support

### Genetic Support Group

2340 Ward Street, Suite 204, Berkeley, CA 94705 510-845-4656 Ongoing open support group and individual or couples counseling for parents who have terminated a pregnancy due to genetic abnormalities in the fetus. Group is facilitated by a psychologist and a genetic counselor Group is sponsored by Kaiser, but you do not need to be a Kaiser member.

### Surviving Painful Decisions

Genetic Support Group 300 Pasteur Drive, Stanford CA 94305-5317 650-723-5198 Provides support for couples and individuals who are considering terminating or have terminated a pregnancy due to genetic abnormalities in the fetus. Connected with Stanford Medical Center. Provides referrals to similar resources.

## SIDS

### SIDS Alliance of Northern California

1324 Bodega Place, Walnut Creek, CA 94597

Website: [www.sidsnc.com](http://www.sidsnc.com)

E-mail: [info@sidsnc.org](mailto:info@sidsnc.org)

Phone: 1-877-938-SIDS (7437) toll free in California

## National Groups

### A Place To Remember

1885 University Ave., #110, St. Paul, MN 55104 1-800-631-0973. Sells birth/death announcement cards, comfort/sympathy cards, anniversary/special day cards, baby memory box and memory book, books on the topic of perinatal loss, and other support materials.

### Abiding Hearts

P.O. Box 904 Libby, MT 59923 406-293-4416. A support system for parents continuing pregnancy after prenatal diagnosis of fatal (or non-fatal) birth defects; unplanned pregnancies included. Also a newsletter for parents who choose to carry a baby with a genetic defect to term.

Website: <http://www.abidinghearts.com>

e-mail: [support@abidinghearts.com](mailto:support@abidinghearts.com)

### AMEND (Aiding a Mother [& Father] Experiencing Neonatal Death)

4324 Berrywick Terrace, St. Louis, MO 63128 314-487-7582. Coordinates one-on-one peer phone counseling for parents who need understanding and caring through others listening.

### CLIMB, Inc.

PO Box 1064, Palmer, AK 99645 907-746-6123. A support network by and for parents who have experienced the death of one or more, both or all babies from a twin or higher multiple pregnancy, during pregnancy, at or after birth, or in childhood.

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## **The Compassionate Friends, Inc., National Headquarters**

PO Box 3696, Oak Brook, IL 60522-3696 630-990-0010. A self-help organization of bereaved parents with many local chapters. For families who have had a child of any age die from any cause.

## **M.I.S.S. (Mothers In Sympathy & Support)**

P.O. Box 5333, Peoria, Arizona 85385 623-979-1000 The mission of M.I.S.S. is to allow a safe haven for parents to share their grief after the death of a child. MISS provides support to parents enduring the tragedy of stillbirth, neonatal death and infant death from any cause including SIDS, congenital anomalies, trisomy 13. Grief education for parents and professionals is their main focus. Check their web site to locate a chapter near you: [www.misschildren.org](http://www.misschildren.org)

## **Perinatal Loss Project**

2116 NE 18th Avenue, Portland, OR 97212-2621 503-284-7426. Booklets, cards and videos available for purchase.

## **RTS Bereavement Services, (Resolve Through Sharing)**

Gunderson Lutheran Medical Center, 1910 South Ave., LaCrosse, WI 54601 1-800-362-9567, ext. 4747. Email: [BERSERVS@LHL.GUNDLUTH.ORG](mailto:BERSERVS@LHL.GUNDLUTH.ORG). Hospital-based organization offering a support group, literature, and professional education after miscarriage, stillbirth, and neonatal death.

## **SHARE (National Office)**

St. Joseph's Health Center 300 First Capitol Drive, St. Charles, MO 63301-2893 1-800-821-6819. Offers support to families who have had a miscarriage, stillbirth or infant death. Provides a newsletter, network of worldwide support groups, literature and referrals.

## **Wintergreen Press**

3630 Eileen St., Maple Plain, MN 55359 612-476-1303. Sells books, booklets, audio-visual materials and consultant/trainer on the subject of miscarriage and infant loss.