



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

The Compassionate Friends meets 2nd Thursday of the month from 7-8:30, 501 Joaquin Ave., <u>San Leandro.</u> Drop-in. No fee. Lisa Deering 510-562-9773.

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.)

(<u>in San Francisco</u>): 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 mas, 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.

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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 <u>after</u> 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
- 6. http://grieveoutloud.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

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Books Relating to Pregnancy or Infant Loss

- 1. <u>Still: A Collection of Honest Artworks and Writings from the Heart of a Grieving Mother.</u> (2013). Stephanie Page Cole.
- 2. When a Baby Dies: The Experience of Late Miscarriage, Stillbirth and Neonatal Death. (2001). Alix Henley and Nancy Kohner.
- 3. Help, Comfort, and Hope after Losing Your Baby in Pregnancy or the First Year. (2004). Hannah Lothrop.
- 4. A Silent Sorrow: Pregnancy Loss Guidance and Support for You and Your Family. (2000). Ingrid Kohn.
- 5. Miscarriage: Women Sharing from the Heart. (1993). Marie Allen and Shelly Marks.

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:

<u>Empty Cradle, Broken Heart: Surviving the Death of Your Baby.</u> (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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