

## Pregnancy and Infant Loss Support Services

Compiled by Alameda County Public Health Department (2013)

SAND (Support after Neonatal Death) 510-204-1571  
Meets every 1<sup>st</sup> and 3<sup>rd</sup> 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 2<sup>nd</sup> Tuesday of the month from 7-9 PM at Park Blvd. Presbyterian Church, Oakland. No fee. [Deannapankow@hotmail.com](mailto:Deannapankow@hotmail.com)

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

Washington Hospital Grief Support Group. 510-745-6569.  
Meets Thursdays 7-8:30. 2<sup>nd</sup> 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

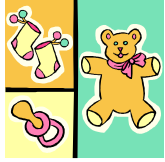
### For Spanish speakers:

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 18<sup>th</sup> 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.



## 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.

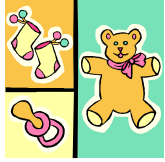
1. <http://facesofloss.com>
2. Facebook-enter in search bar- faces of loss faces of hope
3. [www.dougy.org](http://www.dougy.org)
4. [www.griefwatch.com](http://www.griefwatch.com)
5. [www.griefnet.org](http://www.griefnet.org)
6. <http://grieveoutloud.org>
7. [www.genesis-resources.com](http://www.genesis-resources.com)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

1. Still: A Collection of Honest Artworks and Writings from the Heart of a Grieving Mother. (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:

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".