

# GRIEF SUPPORT

## LOCAL AND PENINSULA RESOURCES

### For individuals seeking support after a death



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**Centre for Living with Dying:** The Centre for Living with Dying program provides emotional support to adults and children facing life-threatening illness or the trauma of having a loved one die. The Centre also provides crisis intervention services and broad-based educational programs on grief and loss. Whether clients choose individual counseling or grief groups, they are gently given tools for coping with loss and trauma. Individual and small group grief support is available for adults, children, teens and families.

**To receive services:** Please contact Bill Wilson Center at 408 -243-0222 and ask for an Intake Counselor or call Janet Childs at 408-278-2512

<http://www.billwilsoncenter.org/services/all/living.html>

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**FIRST CANDLE:** This is a national nonprofit health organization. Bereavement support is available to those who experience a stillbirth, miscarriage and other infant deaths. A 24 hour crisis support line is available.

Telephone: 1-800 -221-7437 - 24 hour service

<http://www.firstcandle.org/grieving-families/grief-resources/local-support/>

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**HAND:** “Helping After Neonatal Death” of the Peninsula.

This nonprofit bereavement network helps parents, families and their healthcare providers cope with the loss of a baby before, during or after birth. Parents who have experienced the loss of a baby volunteer as bereavement counselors. Free services include: support groups, funeral planning and financial assistance to families in need.

Toll free number for 24 hour access is 1-888 -220-7575

<http://handonline.org/resources/groups.html>

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**Kara:** Kara is a non-profit organization serving the San Francisco Bay Area since 1976. Services are provided primarily by volunteers who have experience in healing from personal loss. Aid or professional staff is also available. This organization can also attend to the grief experienced by young children, adolescents, as well as adults.

Telephone: 1- 415- 499-1195 -24 hour service

<http://www.kara-grief.org>,