First & Second Trimester
Pregnancy Loss Resources

UCSF

• UCSF ZOOM Support/Education: A group for women with first & second trimester pregnancy loss in the past year. The sessions are held every 2 weeks with obstetrician Patricia Robertson, MD and psychologist Lauri Pasch, PhD. Register at whr@ucsf.edu or call (415) 514-2670. No cost and registration is required.
• Webinar on Pregnancy Loss: Recorded and viewable on UCSF Women’s Health Resource Center site at https://womenshealth.ucsf.edu/whrc
• UCSF Spiritual Care: (415) 476-9720 (24/7)

Additional Resources

• A Heartbreaking Choice: http://www.aheartbreakingchoice.com/
• Because Your Miscarriage Matters: http://www.mymiscarriagematters.org
• Center for Loss in Multiple Birth (CLIMB): https://www.climb-support.org/
• Early Pregnancy Loss FAQs: https://www.acog.org/womens-health/faqs/early-pregnancy-loss
• Faces of Loss, Faces of Hope: http://facesofloss.com
• Facts about Miscarriage, Information, Hope and Healing: http://pregnancyloss.info
• Glow in the Woods: http://www.glowinthewoods.com/
• Grieve Out Loud: http://www.grieveoutloud.org
• Grieving Dads Project: https://grievingdads.com
• Hand for the Bay Area: https://handsupport.org/
• Hygeia Foundation and Institute for Perinatal Loss: https://www.drberman.org/hygeiafoundation/
• Postpartum Support International: https://www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/
• Return to Zero: H.O.P.E.: https://rtzhope.org/
• Share Pregnancy & Infant Loss Support: http://nationalshare.org/
• Spirit Babies Ceremony https://www.spiritbabies.org
• Suicide Prevention: (415) 781-0500
• Westside Crisis Center: http://www.westside-health.org/programs/crisis-clinic (415) 355-0311

To register for a UCSF session, call the UCSF Women’s Health Resource Center at (415) 514-2670 or email whr@ucsf.edu.

These resources were compiled by the UCSF Perinatal Loss Workgroup and reflect approved resources as of 4/2021.