

# 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](mailto: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/>
- Pregnancy Loss: How to Cope: Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/pregnancy-loss-miscarriage/in-depth/pregnancy-loss/art-20047983>
- 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](mailto:whr@ucsf.edu).

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