

MARIN COUNTY SUPPORT GROUP RESOURCES

**Note: Some services may have changed due to COVID-19,
please call to confirm hours and services available**

BEREAVEMENT SUPPORT GROUPS

By the Bay Health – Grief Support

“A safe place where you can feel comforted and understood, while learning to manage the changes and challenges that come with all types of loss.”

Location: 17 E. Sir Francis Drake Boulevard
Larkspur, CA 94939

Contact: (415) 526-5699

Website: <https://hospicebythebay.org/types-of-care/grief-support/>

Last Verified On: 07/20/2021

Compassionate Friends – Marin County Chapter

“Provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild.”

Location: Hillside Church, Lucas Valley
Conference Room
2000 Las Gallinas Ave.

San Rafael, CA 94903

Dates/Hours: 3rd Monday of every month from
7:30 p.m. – 9 p.m.

Website: <http://www.tcfmarin.org/home.aspx>

Last Verified On: 07/20/2021

PARENT SUPPORT GROUPS

Marin County Family Support Meetings

“Group of clinical staff and family partners who offer time each week to provide support, guidance, and a safe place.”

Location: 250 Bon Air Road
Greenbrae, CA 94904

Dates/Hours: Every Thursday from 7 p.m. –
8:30 p.m.

Contact: (888) 818-1115

Website: <https://www.marinhhs.org/family-support-meetings>

Last Verified On: 07/20/2021



Helping After Neonatal Death (HAND) Support Groups

“Offers several different types of meetings to support bereaved parents at all stages of loss and grief.”

Location: Marin Community Clinic
3110 Kerner Blvd,
San Rafael, CA 94901

Contact: (650) 367-6993

24/7 Support: (650) 579-0350

Website: <https://handsupport.org/meeting>

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PERINATAL SUPPORT GROUPS

Young Moms Marin

“A support group that provides parenting and personal support to teen and young mothers, ages 14-27 years old.”

Dates/Hours: Every Friday of the month from 4:30 p.m. – 6:30 p.m.

Contact: (415) 686-3273

Website: <https://youngmomsmarin.org/>

Facebook:

<https://www.facebook.com/youngmomsmarin/>

Last Verified On: 07/20/2021

Perinatal Support Group Virtual – Cherished Mom

“Peer support group, led by volunteers”

Dates/Hours: First Monday of the month at 4 p.m. EST or Third Thursday of the month at 11 a.m. EST

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

<https://us02web.zoom.us/meeting/register/tZUlc--srzMuE9fCztlEuaaZQ-JjpStDv6g2>

Last Verified On: 07/20/2021

NICU Support Group – Cherished Mom

“Find community with others who currently or have previously had babies in the NICU”

Dates/Hours: First Monday of the month at 7:30 p.m. EST

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

<https://us02web.zoom.us/meeting/register/tZAqu2srDlpH9l0Pxao1jRBmFsygHHt9lmX2>

Last Verified On: 07/20/2021

Perinatal Grief & Loss Support Group – Cherished Mom

“Begins April 30th, will be closed after 2 months”

Dates/Hours: Last Friday of every month at 4 p.m. EST (Starts April 30, 2021)

Website: <https://www.cherishedmom.org/peer-support-groups/>

Register:

https://secure.lglforms.com/form_engine/s/D6HaOALGf7dE8Sj0zzJEtA?t=1617044612

Last Verified On: 07/20/2021

RESOURCE DIRECTORIES

Marin County Community Resource Guide

Website:

<https://www.marinhhs.org/resources/Care/Support-Groups>

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SUBSTANCE ABUSE SUPPORT GROUPS

Marin County Alcoholics Anonymous (AA)

24-Hour Helpline: (415) 499-0400

Website: <https://aasf.org/meetings?tsml-time=upcoming&tsml-region=219>

Last Verified On: 07/20/2021

Marin County Narcotics Anonymous (NA)

“Nonprofit fellowship of men and women for whom drugs had become a major problem.”

Contact: (877) 612-7837

Website: <http://www.mcfna.org/meetings>

Last Verified On: 07/20/2021

Marin County Al-Anon/Al-Teen Support Group

“Fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.”

Website: <http://www.marinal-anon.org/>

Last Verified On: 07/20/2021

Marin County Co-Dependents (CoDA) Anonymous Meetings

“Program of recovery from codependence, where each of us may share our experience, strength, and hope in our efforts to find freedom”

Website: <http://www.sfbaycoda.net/Marin.htm>

Last Verified On: 07/20/2021

SUPPORT HOTLINES

Miracle Messages Buddy Program

“Miracle Friends, is a phone and text-based buddy system that matches trained volunteers with individuals experiencing homelessness for weekly phone calls and texts, to provide basic companionship and social support... Miracle Friends supports unhoused neighbors and formerly homeless senior citizens.”

Hotline: 1-800 – MISS-YOU

Website: <https://www.miraclemessages.org>

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SUPPORT SERVICES

Miracle Messages Program

“Miracle Messages provides reunion services for individuals experiencing homelessness. A person experiencing homelessness records a message to a loved one (or vice versa). Then, our network of volunteer "digital detectives" attempt to locate the loved one and deliver the message. To date, we've reunited 400+ families (average time separated: 15 years), with 15% of reunions resulting in stable housing and 80% in a positive outcome.”

Hotline: 1-800 – MISS-YOU

Website: <https://www.miraclemessages.org>

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YOUTH GROUPS

Thriving Together Support Group for Youth Ages 16-26

“This group was created to be a place where you can connect with each other and talk about what they are going through.”

Dates/Hours: Every Tuesday at 2 p.m. on the Bright Heart Health Platform

Website: <https://www.marinhhs.org/bhrs-community-events>

Link:

https://brighthousehealth.zoom.us/j/4997689110?xzm_rtaid=KRTuVsWSQGOQUyGoaXNWIw.1614704655395.f93b2bc0f6e3650c11f48b00b852a3b1&xzm_rtaid=424#success

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