



Hand to Hold™
NICU BABIES · PARENT SUPPORT

VIRTUAL SUPPORT GROUPS

Choose 1 or more groups:



- Current NICU families
- NICU graduate families
- Bereaved families
- NICU dads
- Bereaved dads
- Black NICU families
- High risk pregnancy
- Families with medically complex children

Groups are free for all parents and are hosted by Hand to Hold's Family Support Specialists, all who have a personal NICU journey.*

Support to help comfort you from wherever you are. Sign up today!
handtohold.org/supportgroups

**Certified Mental Health Peer Specialists*



NICU Babies · Parent Support

handtohold.org | Nonprofit 501(c)(3)



Hand to Hold™

BEBÉS DE LA NICU · APOYO PARA PADRES

GRUPO DE APOYO VIRTUAL: *Cafecito con Familias NICU*



El grupo de apoyo virtual gratuito le permite acceder al apoyo en la experiencia NICU de su familia desde la comodidad y seguridad de su propia casa.
¡Regístrese hoy mismo!

handtohold.org/español



Bebés de la NICU | Apoyo para padres

handtohold.org/español | una organización sin fines de lucro