

Help for the emotional experience of pregnancy and the postpartum period



SCAN ME

Support Groups

It Takes A Village

- **Post-Bedtime Parent Group**

Thursdays 8:30-9:30pm

<https://us02web.zoom.us/j/6886372401>

Passcode: village

www.hilltownvillage.org/groups

- **Beyond Birth and Over the Hump**

Wednesdays 10:30am - 12:30pm

Weekly meet-up in Childs Park for new parents and their babies, 0-12mos.

For more information follow the Facebook Group:

<https://www.facebook.com/groups/490926341608982>

- **Baby and Me (virtual)**

Mondays, 1-2 pm

Fridays, 10-11 am

Virtual support group for parents using Group Peer Support model.

<https://partners.zoom.us/j/845736501>

- **New Beginnings**

For pregnant and postpartum women in recovery from opioid use.

Community Room at Midwifery (the

Yellow House), Cooley Dickinson

Women's Health, 10 Denniston Pl.

www.cooleydickinson.org

Contact Amy Walker, 413-586-9866,

x3690 or speak to a doctor or midwife

at Cooley Dickinson Women's Health.

Call if you are in crisis and need immediate support and assistance. It's a good time to call Crisis Services if you have not slept in over 48 hours, are afraid to be alone, or are concerned about your safety or the safety of your child/ren.

Crisis Services offers 24-hour psychiatric assessment and is available to all regardless of insurance or ability to pay. Police are only involved if someone is in immediate danger or needs medical attention.

Crisis Services of Hampshire County (413) 586-5555

- **Empty Arms Bereavement Support Groups**

For parents who have experienced pregnancy and/or infant loss.

Adults only; open to all genders.

Call or email for upcoming meeting dates, Zoom links and schedule.

emptyarmsbereavement@gmail.com;

www.emptyarmsbereavement.org;

(413) 544-5922;

At Home Support

- **Community Action:**

Head Start & Early Learning Programs (HS&ELP)

Early Head Start home-visiting services for pregnant people and children 0-3, partners with families to provide weekly individualized learning experiences and family support. HS&ELP also provides full-day state subsidized child care.

413-387-1250 or

<https://www.communityaction.us/hselppply>

- **Healthy Families**

A home visiting program for pregnant and parenting people under 24 yrs old.

(413) 387-1277 or (413) 387-1270;

<https://www.communityaction.us/healthy-families>

- **REACH Early Intervention Program**

Serves children ages birth to three years old with developmental concerns, through both home visits & playgroups. Call for appointment or register online.

(413) 665-8717

www.servicenet.org/REACH

- **Criterion Early Intervention**

Education, training, and support for

families with children 0-3 who have or are at risk for developmental delay.

228 King Street, Suite 2, Northampton, MA. (413) 727-8552

- **Green River Doula Network**

Lists birth & postpartum doulas—individuals who give support during labor and birth or after birth. Fee for service; sliding scale or scholarship may be available.

(413) 624-6262;

www.greenriverdoulas.org

- **It Takes A Village Home Visit Program**

Up to three months of free, weekly home-visits for hilltown families with an infant. Home visit volunteers hold baby, care for older children and pets, help with household chores, prep meals, provide companionship, accompany a parent on errands, etc.

(413) 650-3640;

info@hilltownvillage.org

www.hilltownvillage.org

Breastfeeding/Infant Feeding Resources

- **Pioneer Valley Breastfeeding Coalition**

<https://www.valleybreastfeeding.org/>

- **Cooley Dickinson Breastfeeding Support and Education**

<https://www.cooleydickinson.org/programs-services/childbirth-center/breastfeeding-support-2/>

Warm-line: Leave a message and you will be called back.

(413) 582-2096

Mental Health Services

FOR INDIVIDUAL THERAPY RESOURCES, WE RECOMMEND THAT YOU SPEAK WITH YOUR HEALTHCARE PROVIDER. THEY CAN USE MCPAP FOR MOMS (SEE BELOW) IF THEY NEED HELP IN GIVING REFERRALS.

• MCPAP for Moms

Statewide program that offers consultation and referral services to front line medical and psychiatric providers serving pregnant and postpartum individuals.

Providers can call 1-855-Mom-MCPAP.
www.mcpapformoms.org

Mental Health Clinics

Therapy and Prescribing

• Clinical and Support Options

Northampton: (413) 582-0471

• ServiceNet Mental Health Clinic

Northampton: (413) 585-1300

• Center for Human Development (CHD)

Easthampton, Westhampton,
Springfield: (844) 243-4357

• Family Connections Center

Emotional health services for expecting parents and families with children ages 0 to 5 years old.

Northampton: (413) 586-0411

• Center for Perinatal Wellness

Individual, couple, and family therapy, therapeutic support groups and Telehealth appointments.

Easthampton: 413.203.1300

• Cutchin's Children's Clinic

Therapy services for pregnant and postpartum individuals.

Northampton: (413) 587-3265

• Trauma Institute & Child Trauma Institute

Northampton: (413) 774-2340

Online Support

• **Postpartum Support International**
Daily Online Groups. Options for all parents.

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

• **The Online PPD Support Group**
PPD Support Group plus forums on various topics, information, resources.

www.ppdsupportpage.com

• ITAV Parents' Circle Facebook Group and Family Calendar

Online group is for participants of our Parents' Circles to connect and share beyond the weekly real-time sessions. (413) 650-3640;

info@hilltownvillage.org

Phone Support

• PPD Moms Hotline

Available support, info, and referrals 24/7 for moms and their loved ones. (800) 773-6667

• Parental Stress Line

Available 24/7. Staffed by trained volunteer counselors who are sympathetic and nonjudgmental. (800) 632-8188

• Postpartum Support International (PSI) of Massachusetts Warmline

Free and confidential information, support, listings of local resources. Leave a message; a volunteer will get back to you within 24 hours. (866) 472-1897; psiofmass@gmail.com

www.postpartumma.org

• Safe Passage Hotline

Hotline for those with current or former history of domestic violence.

Monday-Friday 11am-7pm

(413) 586-5066

Toll-Free (888)345-5282

Additional Resources

• Women, Infants & Children (WIC)

Provides nutritious foods to supplement diets, information on healthy eating, and referrals to health care for low-income pregnant and postpartum individuals and their children 0-5.

<https://www.communityaction.us/wic>

Amherst WIC Office:

1200 North Pleasant Street; (413) 548-1285

Northampton WIC Office:

Silk Mill Building, 15 Straw Avenue; (413) 387-1244

Online Resources

• Look4Help:

www.Look4Help.org

A searchable website of resources available in Franklin, Hampshire and North Quabbin Regions

• One Tough Job:

www.onetoughjob.org

The latest and greatest parenting information, ideas, and on-the-ground resources compiled by the Children's Trust.

• Postpartum Support International

Information for mothers, family, and professionals.

www.postpartum.net

• Postpartum Progress

A blog in the US on postpartum depression, postpartum OCD, PTSD, and postpartum psychosis.

www.postpartumprogress.com

Servicios en Español

• Gandara Center

Ofrece consejería y servicios psiquiátricos que son culturalmente sensibles.

147 Norman St., W. Springfield

(413) 736-8329;

www.Gandaracenter.org

• SOPORTE TELEFÓNICO PSI Warmline

Proporciona información, soporte gratuitos y confidenciales por teléfono.

(866) 472-1897 Dial 1 for Spanish

• SOPORTE EN LÍNEA

Postpartum Support International

www.postpartum.net/en-espanol