Many women have lots of feelings during pregnancy and the year after a baby is born. Being a mother is a hard job. Having support and help can make things go better. All mothers and new families deserve lots of help. You do too! Call Crisis Services (see below) or visit the emergency room if you are in an urgent situation. It’s a good time to call Crisis Services if you are afraid to be alone or are concerned about your safety or the safety of your children.

**SUPPORT GROUPS**

Motherhood can be surprising in many ways. Come meet other mothers and talk about being a mom.

Holyoke Medical Center Postpartum Support Group Tuesdays, 1:00pm-2:30pm at Midwifery Care of Holyoke. Contact Lisa Pack-Miller at the Birthing Center at (413) 534-2700. MotherWoman trained facilitator.

MotherWoman Postpartum Group: This is Harder Than I Thought For women experiencing a challenging postpartum time. Expectant mothers welcome. Tuesdays, 10:15am-12:15pm. Vernon Street Building, Vernon St, Northampton. Free childcare. Contact Annette Cycon at (413) 253-8990. MotherWoman trained facilitators.

Beyond Birth A weekly gathering for new parents and their babies. Thursdays from 1-3pm in the Childbirth Center, Cooley Dickinson Hospital, Northampton. Open to all. Contact Maria Curtin-McKenna at (413) 582-2736.

Berkshire Children and Families Support Group Childcare and limited transportation provided. Contact Gail Fries at (413) 584-5690.

Cradle Classes and workshops that provide guidance, support, and education for new parents. Thorne Marketplace, Northampton. (413) 341-5262. Cradlecare.com. See online for full schedule.

Empty Arms Support Group For parents grieving infant and pregnancy loss. 4th Wednesday of every month at 7pm, Conference Room D at Cooley Dickinson Hospital. Contact Carol McMurrich and Greg Reynolds at (413) 529-1610 or carolmcmurrich@comcast.net

Mothers of Color Awareness Initiative (MOCAI) Women of Color Circle Times Tuesdays 7:30-9:00pm. Free, ongoing drop-in circle for all women of color, not just mothers. Expectant mothers and babies in arms are welcome. Support, community, and a place to be heard free of judgment and advice. MotherWoman Office, 96 North Pleasant Street, Suite 202, Amherst. Also every 3rd Saturday 9:30-11:30 am. Social mingling, snacks, and seasonal crafts for children of all ages. At the Forbes Library, Northampton. Contact director Bessie Jones at mocaigroup@gmail.com. MotherWoman trained facilitator.

MotherWoman Group: Getting Real About Motherhood Community, diversity, self-discovery. Share laughter and tears. Be inspired. It’s all here. Expectant mothers welcome. Wednesdays, 10:00-11:30am at the Amherst Family Center. Free childcare. Also Mondays 10:00-11:30am at the Quaker Meeting House, 43 Center Street, second floor, Northampton. Contact Annette Cycon at (413) 253-8990. MotherWoman trained facilitators.

Share Bereavement Group For those who have had a miscarriage, stillbirth or baby loss. Held on the 2nd Tuesday of the month at 7:30pm, Baystate Medical Center Ambulatory Building. Contact Joanne at (413) 562-1731

**PHONE SUPPORT**

Call someone when you need support at home. The people at these numbers can listen to you on the phone, as well as refer you to other resources.

PPDMoms Hotline (800) PPDMOMS or (800) 773-6667 Available support 24 hours a day, 7 days a week. For moms and their loved ones. Support, information and referrals.

Parental Stress Line (800) 632-8188 A statewide warmline that is available 24 hours a day, 7 days a week. Staffed by trained volunteer counselors who are sympathetic and non-judgmental.

Postpartum Support International of Massachusetts Warmline (866) 472-1697 Confidential information, support and listings of local resources. Leave a message and a volunteer will get back to you within 24 hours.

**CRISIS SERVICES**

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.

All of the following Crisis Services offer 24 hour psychiatric assessment. They all accept Commonwealth Care, Mass Health and uninsured.

BHN Psychiatric Crisis Services Home based visits available. Hamden County and surrounding communities: (413) 733-6661

Franklin County Crisis Services Franklin County: (413) 774-5411, (800) 562-0112

Crisis Services of Hampshire County Hampshire County: (413) 586-5355

Westfield Crisis West Springfield, Agawam, Westfield, Hilltowns: (413) 568-6386

Compiled by the Pregnancy and Postpartum Support Coalition of Western Massachusetts
**SOCIAL OPPORTUNITIES**

Take care of yourself by connecting with other people. Get out of the house several times a week. Go to a group and meet new people.

**Parenting Resource Directory**
www.parentingdirectory.org

An extensive community resource guide for families; online and at libraries and other locations. Information on Family Centers, Housing, Medical and Food assistance, and social activities.

**RESOURCES FOR YOUNG MOTHERS**

Being a young mother can be challenging and stressful. There are resources available for you.

**Healthy Families**
A home visiting program for first time parents under the age of 21.
- Holyoke Healthy Families contact Angie Morrell (413) 532-9946 at MSPCC
- Springfield Healthy Families contact Mary Benedetti, (413) 734-4978 at MSPCC
- Hampshire Healthy Families Berkshire Children and Families Healthy Families Program; contact Gail Fries, (413) 584-5690
- Franklin Healthy Families contact Sandy Clark at Community Action (413) 774-2318

**SELECTED LITERATURE**

For Mothers and others who care

**A Daughter's Touch: A Journey of a Mother Trying to Come to Terms with Postpartum Depression**
by Sylvia Lasalandra

**Down Came the Rain: My Journey Through Postpartum Depression**
by Brooke Shields

**The Mother-to-Mother Postpartum Depression Support Book**
by Sandra Poulin

**Pregnant on Prozac**
Shoshana Bennett, Ph.D
Safety regarding medication and alternative treatments in pregnancy for depression, anxiety, bipolar disorder and other mood issues are thoroughly discussed.

This Isn't What I Expected: Overcoming Postpartum Depression
by Karen Kleiman & Valerie Raskin

**COUNSELING AND THERAPY**

**How do I know if I need therapy?**
Being a mother is a tough job. It's OK to ask for help. Ask questions and share your concerns.

The following care providers specialize in postpartum care. This is not an exhaustive list of providers nor an endorsement of any particular provider. When seeking support we recommend that you consult your primary care physician, obstetrician/gynecologist and/or psychiatrist.

For most providers, you will leave a message and there will be an unknown delay before you are able to speak with the person directly.

- **ServiceNet Outpatient Mental Health Clinic**
  Northampton: (413) 584-6855
  Counseling and Gynecology Group
  East Longmeadow: (413) 567-9355
  Jennifer Fleming, Tina Marpae, Dr. Max Chorowski.

- **Mary Hunter Kratt, LMHC, NCC**
  Greenfield: (413) 774-7720

- **Kathleen O'Kane, LICSW**
  Hadley: (413) 584-9329

- **Michelle Kaskey, APRN, BC**
  Northampton: (413) 586-3319

- **Ellen Bollier, RN, CS, APRN**
  Northampton: (413) 584-8993

- **Kelly Gordon, LMHC, art therapist**
  West Springfield: (413) 262-4532 Home visits available.

- **Peggy Perri, Ed.D., APRN BC**
  Greenfield: (413) 575-9561

**WHAT TO ASK WHEN YOU CALL:**

- Do you accept my insurance? (private, MassHealth, Commonwealth Care)
- What special experience or training do you have in postpartum emotional issues?
- Do you speak my language? (e.g. Spanish)
- Are you available in emergencies?
- What are your hours? Your address? Parking? Bus stop?
- How soon can I get an appointment?
- Are you able to prescribe medication if needed?

**COMPLEMENTARY THERAPY**

There are many types of therapies that can be supportive and helpful during this period. The following people specialize in women's care.

**Free Weekly Auricular Acupuncture Clinic**
Mondays 4:30 – 6:00 pm, Quaker Space, 43 Center St., Northampton, www.freedown-center.org

**Mind Palmer Fried**, Chiropractic care Easthampton: (413) 527-0207

**Kat Lovell**
Hypnotherapy Northampton: (774) 200-0492

**Amy Mager**
Acupuncture Florence, East Longmeadow: (413) 222-8616 www.magerhealing.com

**Sharon Weizenbaum**
Acupuncture Amherst: (413) 549-4021

**Jennifer Tongren**
Acupuncture Amherst: (413) 230-4400

**Sam's Gentle Hands**
Perinatal Massage Greenfield: (413) 774-7365

**Kristin Bernard**
Craniosacral therapist (978) 544-5748

**Barbara Weinberg, LCC, AC, ADS, RN, BSN**
Northampton, Leverett: (413) 549-6405

**SELECTED LITERATURE FOR PARTNERS**

How do I help my loved one get through this difficult time? How do I get through it too? Learn more, ask questions and contact any of the resources above. While these books are geared towards fathers, they would be appropriate for all parenting partners and family members.

**She's Had a Baby and Now I'm Having a Meltdown: What Every New Father Needs to Know About Marriage, Sex & Diapers**
by James Douglas Barron

**Postpartum Husband: Practical Solutions for Living with Postpartum Depression**
by Karen Kleiman, MSW