



CHECK IT OUT

MATERNAL HEALTH RESOURCE LIST

PINK & PEACE A MOTHER'S SUPPORT GROUP

PINK & PEACE — A MOTHER'S SUPPORT GROUP

A SUPPORTIVE SPACE FOR MOTHERS OF LITTLES TO SLOW DOWN, RECONNECT WITH THEMSELVES, AND CONNECT WITH OTHER MOMS NAVIGATING THE JOYS AND CHALLENGES OF EARLY MOTHERHOOD. TOPICS INCLUDE IDENTITY, MOM GUILT, OVERWHELM, RELATIONSHIPS, BOUNDARIES, SELF-CARE, AND FINDING YOUR SENSE OF SELF AGAIN.



THERAPY IN MOTION

[HTTPS://WWW.THERAPYINMOTIONNYC.COM/](https://www.therapyinmotionnyc.com/)

THERAPIST AND DOULA IN NY
VIRTUAL PRACTICE



POSTPARTUM SUPPORT INTERNATIONAL

1-800-944-4773 (4PPD)

Postpartum Support International (PSI) provides support and resources for people experiencing mental health challenges during pregnancy, postpartum, and after pregnancy loss. Their services include a helpline, free online support groups, peer mentors, support navigators, expert Q&A sessions, and a directory to connect families with trained perinatal mental health providers. PSI also offers resources specifically for partners, dads, BIPOC families, and other communities.





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KENNEDY JOHNSON-WHAT TO EXPECT AFTER GIVING BIRTH

WHAT TO EXPECT AFTER GIVING BIRTH — KENNEDY JOHNSON

A HELPFUL GUIDE FOR NEW PARENTS NAVIGATING THE PHYSICAL, EMOTIONAL, AND PRACTICAL CHANGES THAT CAN COME AFTER BIRTH. THIS RESOURCE ALSO INCLUDES INFORMATION ABOUT POSTPARTUM CONCERNS AND LEGAL SUPPORT FOR THOSE WHO MAY NEED ADDITIONAL GUIDANCE.



DOMESTIC VIOLENCE/ INTIMATE PARTNER VIOLENCE SERVICES SAFE HORIZON

PROVIDES CONFIDENTIAL SUPPORT, SAFETY PLANNING, CRISIS COUNSELING, AND CONNECTIONS TO RESOURCES FOR INDIVIDUALS EXPERIENCING DOMESTIC VIOLENCE OR INTIMATE PARTNER VIOLENCE. HELP IS AVAILABLE BY PHONE AT 1-800-621-HOPE (4673).



NYC NURSE-FAMILY PARTNERSHIP: PERSONAL NURSES FOR PREGNANT PEOPLE

A SUPPORTIVE HOME-VISITING PROGRAM THAT CONNECTS EXPECTING AND FIRST-TIME PARENTS WITH A PERSONAL NURSE THROUGHOUT PREGNANCY AND EARLY PARENTHOOD. FAMILIES RECEIVE GUIDANCE ON PREGNANCY, PARENTING, BABY'S DEVELOPMENT, AND CONNECTIONS TO HEALTH, MENTAL HEALTH, CHILDCARE, AND OTHER COMMUNITY RESOURCES.





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NOT YOUR MOTHER'S POSTPARTUM BOOK BY CAITLIN SLAVENS & CHELSEA BODIE

WRITTEN WITH A HUMOROUS AND NONJUDGMENTAL TONE, THE BOOK COVERS A BROAD SPECTRUM OF #MOMLIFE TOPICS, INCLUDING BIRTH TRAUMA, FEEDING AND SLEEP, THE MENTAL LOAD, BODY IMAGE, BURNOUT, NICU EXPERIENCES, RELATIONSHIPS, AND RETURNING TO WORK. YOU CAN READ THE COMPLETE PROMOTIONAL BLURB IN THE REFERENCED SOURCE.

