



Birthing Healthier Families©: Boston Area Resources

Food:

Instacart, Roche Brothers, Peapod, Boston Organics, Google Express, Target, Door Dash

Target, Amazon, BJ's, Daily Table, Geissler's Supermarket, Shaw's, Star Market, Stop & Shop, and Walmart, as well as ALDI, Big Y, Brothers Marketplace, Hannaford, McKinnon's Supermarkets, Price Chopper, Price Rite Marketplace, Roche Bros., Stop & Shop, Sudbury Farms and Wegmans via Instacart and Door Dash **all allow use of SNAP cards for food**

Lotsahelpinghands.com (free website) Mealtrain.com (free website)

Support & Activities:

Center for Early Relationship Support 781-647-JFCS (5327): (free programming)

Visiting Moms: free home visits for new parents

Support Groups: Over 14 on-going support groups for new mothers (adoptive moms welcomed!)

This is not what I expected group: For people experiencing postpartum depression and anxiety

Fragile Beginnings: This program provides services for parents of premature infants.

Feeding Support

Healthy Families: services for young parents 21 and under

NESST: support and therapy for substance-exposed newborns and their families

Postpartum Support International support groups: www.postpartum.net/get-help/psi-online-support-meetings/ (including specific support in Spanish and English and for specific populations)

Postpartum Support International online and phone support for moms and dad (English, Spanish, Arabic, Military and Dad specific coordinators as well) <https://www.postpartum.net/get-help/locations/>

First Connections (978) 429-8284 (free programming)

Public Libraries (free programming)

CFCE Family Networks: (free programming)

<https://www.mass.gov/info-details/coordinated-family-and-community-engagement-cfce-network>

Beth Israel Parent Connection: www.bidmc.org/parentconnection (including 4th trimester weekly calls)

Boston Dads Group (on meet-up and Facebook)

Parental Stress Line -- A (free) 24-hour hotline in Massachusetts 1-800-632-8188

Gather Well By Dawn (fee based) www.gatherwellbydawn.com/

JCC Boston (617) 558-6522 (mix of free and fee based programs)

GPS Parent support groups: groupeersupport.org/gps-groups/

Exercise:

Prenatal yoga: bostonmoms.com/health-wellness/prenatal-yoga-in-boston/ (fee based programs)

Om Birth www.ombirths.com (fee based programs)

Postnatal yoga: www.fivepointsyoga.com (fee based programs)

YouTube Pregnancy and Postpartum TV (free):

www.youtube.com/channel/UCIakpj3Xn5NBfRH9mfoG43w

YMCA—offers free childcare

Waverly Oaks Athletic Club—offers free childcare with certain memberships

Healthworks- paid childcare on-site

Birth and Postpartum Doulas:

www.dona.org or www.doulamatch.net (doulas offer fee-based services)

Lactation Professionals and breastfeeding and formula feeding supports:

www.iblce.org (fee based services- covered by most insurances- call in advance for coverage)

www.zipmilk.org list of support by zip code (mostly free)

@The Formula Mom and @Glow formula feeding mamas for formula resources

