



Birthing Healthier Families®: Boston Area Resources

Food:

Instacart
Roche Brothers
Peapod
Boston Organics
Google Express
Whole Foods
Amazon and Walmart (also allow use of SNAP cards for MA)
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
Sleep Consultations
Healthy Families: services for young parents under 21

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)

Family Networks: (free programming)

Watertown Family Network 617-926-1661

Somerville Family Network 617-629-2948

North Cambridge Center for Families of North Cambridge 617-349-6385

Boston area Boston Family Network 617-474-1143

Full list here: http://www.bostoncentral.com/resources/early_child_centers/p43.php

Beth Israel Parent Connection: www.bidmc.org/parentconnection

Boston Dads Group (on meet-up and Facebook)

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

Freedman Center at William James 617-332-3666 (mix of free and fee based programs for moms and dads)

The Loved Child 617 336-3231 (mix of free and fee based programs)

Babies, Bumps and Beyond (781) 449-3016 (fee based programs)

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

Exercise:

Prenatal yoga: Groundwork Wellness and Yoga (fee based programs)

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

YouTube Pregnancy and Postpartum TV (free):

<https://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 (fee based services)

Lactation Professionals and breastfeeding and formula feeding supports:

www.iblce.org (fee based services)

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

www.fearlessformulafeeder.com

Full list of area resources:

www.massbirth.com