



## **Birthing Healthier Families©: Boston Area Resources**

### **Food:**

Instacart

Peapod

Google Express

Amazon and Walmart (also allow use of SNAP cards for MA)

Lotsahelpinghands.com (free website)

Roche Brothers

Boston Organics

Whole Foods

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

Postpartum Support International support groups: [www.postpartum.net/get-help/psi-online-support-meetings/](http://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](http://www.bostoncentral.com/resources/early_child_centers/p43.php)

Beth Israel Parent Connection: [www.bidmc.org/parentconnection](http://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 parents)  
Babies, Bumps and Beyond (781) 449-3016 (fee based programs)  
JCC Boston (617) 558-6522 (mix of free and fee based programs)  
Boston Mamas list: <https://www.bostonmamas.com/local-resources>

**Exercise:**

Prenatal yoga: Groundwork Wellness and Yoga (fee based programs)  
Om Birth <https://www.ombirths.com> (fee based programs)  
Postnatal yoga: [www.fivepointsyoga.com](http://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](http://www.dona.org) or [www.doulamatch.net](http://www.doulamatch.net) (fee based services)

**Lactation Professionals and breastfeeding and formula feeding supports:**

[www.iblce.org](http://www.iblce.org) (fee based services- covered by most insurances- call in advance for coverage)  
[www.zipmilk.org](http://www.zipmilk.org) list of support by zip code (mostly free)  
[www.fearlessformulafeeder.com](http://www.fearlessformulafeeder.com)

**Full list of area resources:**

[www.massbirth.com](http://www.massbirth.com)