

FRANKLIN COUNTY RESOURCE & REFERRAL GUIDE

Help for the emotional experience of pregnancy and the postpartum period

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 child(ren).

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/midwife and/or pediatrician.

SUPPORT GROUPS

Motherhood can be surprising in many ways. Come meet other mothers and talk about being a mom. Most groups do not meet during public school vacations and on snow days. For the most up-to-date information, visit motherwoman.org.

Circle of Moms: We Are All In This Together

For mothers of infants to feel heard and supported. Free childcare, snacks, transportation support. Fridays 10am-12pm at the Community Action Family Center, 90 Federal Street, Greenfield. Contact Mareike at (413) 774-1000 ext. 2048 mmuszynski@csinc.org or Healthy Families at (413) 475-1566 *MWTF*

MotherWoman Postpartum Group: This Is Harder Than I Thought

For women experiencing a challenging postpartum time. Expectant mothers welcome. Tuesdays, 10:15am-12:15am. Vernon Street Building, Vernon St, Northampton. Free childcare, snacks. Contact Annette Cycon at (413) 253-8990. www.motherwoman.org *MWTF*

Mothers of Color Awareness Initiative (MOCAI)

MOCAI's Women's Circle
Contact Bessie Jones at (413) 570-0374 or mocacigroup@gmail.com
www.mocai.org *MWTF*

MotherWoman Group: Getting Real About Motherhood

Community, diversity, self-discovery. Share laughter and tears. Expectant mothers welcome. Wednesdays, 9:45-11:15am, Amherst Family Center. Free childcare. Contact Annette Cycon at (413) 253-8990.
www.motherwoman.org *MWTF*

Breastfeeding Support Group

Wednesdays, 11am-12pm at Franklin Medical Center, Greenfield. (413) 773-8557

Partners' Support Group

For the non-birthing partner to explore issues relating to parenting. Facilitated by experienced parents/partners. 4th Monday 7:00-9:00pm, Cooley Dickinson Center for Midwifery Care, Northampton. Contact Kate Bohne (413) 687-5817 Katherine_Bohne@cooley-dickinson.org

Empty Arms Support Group

For parents grieving infant and pregnancy loss. 4th Wednesday at 7pm, Conference Room D, Cooley Dickinson Hospital. Contact Carol McMurrich (413) 529-1610 carolmcmurrich@comcast.net *MWTF*

MWTF = MotherWoman Trained Facilitators

ONLINE SUPPORT

There are many resources online for mothers. This is a wonderful way to get support when you can't leave the house, in the middle of the night, or for those of us who would rather have online contact.

Postpartum Support International www.postpartum.net

Information for mothers, family and professionals. There is a PSI weekly Phone Chat with an expert.

Postpartum Progress postpartumprogress.typepad.com

The most widely-read blog in the United States on postpartum depression, postpartum OCD, antepartum depression, postpartum PTSD and postpartum psychosis.

Online PPD Support Group www.ppdsupportpage.com

PPD Support Group plus forums on different topics, information and resources.

AT HOME SUPPORT

In the days and months after a baby is born, all mothers need help and support. It's okay to ask for help from family, friends and your community. It's okay to ask for more help.

Green River Doula Network www.greenriverdoulas.org

A postpartum doula provides services and support in the home to help facilitate a warm and nurturing experience for the entire family.

It Takes a Village itavillage.info

The Village is a free-of-charge community service that matches families with a volunteer who visits the family home to provide support on a weekly basis.

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) PPD MOMS 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) 472-1897

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).

Crisis Services offers 24 hour psychiatric assessment. They accept all insurances and uninsured patients. Crisis evaluations take place in your home or in the community.

Franklin County Crisis Services

Franklin County: (413) 774-5411, (800) 562-0112
MotherWoman trained staff available.

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.

Franklin County Family Network/Family Center & Community Action

Playgroups, literacy programs, parenting education. For services contact Program Coordinator Francia Wisneski, M.Ed, 90 Federal Street, Greenfield. (413) 475-1553 www.communityaction.us

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.

Franklin Healthy Families at Community Action

A home visiting program for first time parents under the age of 21. Contact 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.

Clinical & Support Options Outpatient Mental Health Clinic

Greenfield: Contact Clinical Director Amy Olson, LMHC for referral to MotherWoman trained counselors at (413) 774-1000

Community Health Center of Franklin County

Mother/baby dyad services. Contact: Meme English Turners Falls: (413) 772-3784

ServiceNet Outpatient Mental Health Clinic

Contact Christina Neiman Greenfield: (413) 772-2935

Fran Fassler, LICSW

Valley Medical Group, Greenfield: (413) 773-3310

NELCWIT (New England Learning Center for Women in Transition)

Free and Confidential services for victims and survivors of domestic and sexual violence. For Services in Greenfield & Orange call (413) 772-0806 or (888) 249-0806.

Laura Morrisette, LMHC

MA Licensed Psychotherapist
Compassionate Holistic Counseling
MotherWoman Trained Counselor
Speaks khmer, Outreach Available
Greenfield and Amherst: (413) 772-6900

Sara Steingiser, PhD

Montague Psychological Associates, Montague: (413) 774-2981

AREA MEDICATION PRESCRIBERS

How do I know if I need medication or if it's the right thing for me? Share your experience and history. Ask questions and share your concerns.

Clinical & Support Options Outpatient Mental Health Clinic

Greenfield: Clinical Director Amy Olson, LMHC at (413) 774-1000

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

Leslie Fishbein, MD

Berkshire Medical Center
Pittsfield: (413) 447-2216

ALTERNATIVE THERAPY

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

Megan Bathory-Peeler

CMT, CST, CMRP, SEP, PBAT
Craniosacral & Attachment Therapy
Greenfield: (413) 772-0078
dancinghands@verizon.net

Kristen Bernard RN, CT

Midwife & Craniosacral work
Cradle: (413) 341-5282

Sam's Gentle Hands

Perinatal Massage
Greenfield: (413) 774-7365

Linda Romano (C/L) MT, BSW

Holistic Practitioner. Massage and Holistic Services. Leyden: (413) 624-3334

Janet Masucci

Integrated Acupressure
Professional Gill: (413) 863-8694 or
www.JMheartwell.com

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 Kleinman, MSW

WHAT TO ASK WHEN YOU CALL

For most providers, you will leave a message. If you don't get a response within 24 hours, call back or try another provider. For urgent care, see "Crisis Services" on page one.

- 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?

F R A N K L I N C O U N T Y P O S T P A R T U M S U P P O R T C O A L I T I O N

MELINDA WILLIAMS, C/O CLINICAL SUPPORT OPTIONS, 1 ARCH PL., GREENFIELD MA 01301 (413)774-1000 x2065 MWILLIAMS@CSOINC.ORG

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