Having a baby is often a joyful time and it can sometimes be an isolating time for new mothers, There are many resources waiting, in your community, to support you during this transition.

**NEW PARENT SUPPORT GROUPS**
All new mothers benefit from creating connections with other families.

**New Mom Support Group** Open to the community regardless of birthplace.
Wednesdays at 11:30 am-1:30 pm

Dominican Rehab Conference ***Pilates***Rm 610 Fredrick St.

(831) 462-7862 / *457 7171* for more information.

**Latch Clinic (Breastfeeding Support Group)**
Wednesdays at 12:30 pm-1:30 pm
Dominican Rehab 610 Frederick St
(831) 462-7862 for more information

**Baby Talk: New Mom & Infant Sharing & Support Group**

Wednesdays at 10 am-12 pm

Watsonville Community Hospital, 2nd Floor

(831) 763-6015

**New Parent Support Group - Newborn to 4 months**

Tuesdays at 10-11:30 am

Sutter Maternity and Surgery Center, Lactation Department

(831) 477-2229 for more information.

**New Parent Support Group - Babies 4 to 9 months**

Thursdays at 10-11:30 am

Sutter Maternity and Surgery Center, Lactation Department

(831) 477-2229 information.

.**FOR BREASTFEEDING HELP**

* **Dominican Hospital’s Lactation Program** 831 462-7862 (lactation support)
* **Dominican Community Education** (PEP) Program 831 462-7709 (breastfeeding classes/support groups)
* **Birth Network of Santa Cruz County** 831-425-3088
* **Santa Cruz County Breastfeeding Coalition** 831-454-4331
* **Santa Cruz La Leche League:**24 hour hotline: 425-3088
* **Nursing Mother’s Counsel** Santa Cruz County Warmline: 831 688-3954
* **The Sutter Lactation Center** 831-477-2229
* **Watsonville Community Hospital** 831-763-6015
* **WIC** www.wicworks.ca.gov
* Santa Cruz County**–**North County - 831-426-3911
* South County - Regalo de Amor Lactation Center 722-7121 x116

**RESOURCES FOR POSTPARTUM WELLNESS WARMLINES**

* **Postpartum Support International** (800) 944-4PPD (4773)Postpartum Support International runs this trusted warm line, offering support both in English and Spanish.
**Postpartum depression Stress Lin**e (888) 678-2669
* **Santa Cruz Public Health Nurse Information Line** (831) 454-4339

**\PERINATAL WELLNESS SUPPORT GROUPS**

Depression during pregnancy and postpartum are more common than most people realize.

We have two local support groups specifically for mothers experiencing postpartum distress. Babies up to a year are welcome. Family members and support people are also welcome.

**Postpartum Wellness Group at** Sutter Hospital (831) 477-2229

Mondays 10-11:30 am

[Sutter Maternity and Surgery Cente](http://www.suttersantacruz.org/programs/clinical/programs_clinical_lactation.html)r

This group is for any mother who has concerns about her emotional well-being. Come to this nurturing and informative group as you navigate your way to wellness. Includes time for gentle stretching/relaxation and singing with the babies.

Babies from birth to one-year-old are welcome to attend. Please call Genine Leighton, LMFT at 831-566-6830 or Maggie Muir, LMFT at 831-426-3016 for more information.

**Postpartum Health Circle**

Thursday 1:30-3:00 pm

LUMA Yoga Center (831) 325-2620

The circle is intended to provide a safe and supportive space for you to cultivate connection with other mothers, gain insight into the true spectrum of postpartum changes, relearn taking care of yourself, gain confidence in your parenting, and reflect upon who you are as a mother.

Appropriate for mothers with babies one-year-old and younger.

Suggested donation of $5 to $10 each week.

If it is more convenient for you, support is also available through:

**El Camino Maternal Outreach Mood Services (MOMS)**

Prenatal and Postpartum Depression and Anxiety Treatment Program

2660 Grant Rd. Suite D, Mountain View Ca

Call 650-988-7841 or 866-789-6089 (toll free)

Visit (MOMS) for more information.

**RESOURCES FOR EMERGENCIES**

**9-1-1**

Dial 9-1-1 for any emergency assistance

**County of Santa Cruz Health Services Agency Mental Health Access Team**

If you are not in imminent danger but need immediate crisis support call

(831) 454-4170/ (800) 952-The 24 hour Access Team for Santa Cruz County residents

**Suicide Prevention Service**
Call 24 hours Free & Confidential
Santa Cruz County
(831) 458-5300
Toll Free (877) 663-5433 or (877) ONE-LIFE

**National Association of Mental Illness SCC *info@namiscc.org***

*Help Line* (831) 427-8020

**WEBSITES**

**Speak Up Santa Cruz** www.speakupsantacruz.org

**Postpartum Support Internationa**l www.postpartum.net

**Postpartum Progress** http://www.postpartumprogress.com/

**My Postpartum Voice** http://www.mypostpartumvoice.com/

**I'm Listening** - by Jane Honikman, Founder of Postpartum Support International http://www.janehonikman.com/

**PTSD After Childbirth** http://www.angelfire.com/moon2/jkluchar1995/

**Birth Network** www.birthnet.org Comprehensive Local Resources including prenatal/postpartum yoga, birth and postpartum doulas, counseling, holistic practitioners, etc.

**Growing up in Santa Cruz** www.growing-up.com Monthly calendar of family oriented events

**For Friends and Family**

**Postpartum Dads Project**
[http://www.postpartumdads.org](http://www.postpartumdads.org/)
Helps dads and families by providing firsthand information and guidance through the experience of PPD. Offers a different perspective to the PPD experience in hopes of helping the family unit as a whole.

**Boot Camp for New Dads**
[http://www.bootcampfornewdads.org](http://www.bootcampfornewdads.org/)
Runs a unique father-to-father workshop that inspires and equips men of different socioeconomic levels, ages, and cultures to become confidently engaged with their infants, support their mates, and personally navigate their transformation in dads.

**Mayo Clinic: "Supporting a Friend or Family Member with Depression"**
[http://www.mayoclinic.com/health/depression/DS00175](http://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression/art-20045943)
Mayo Clinic provides reliable health information on the symptoms, causes, risk factors, and preventative measures of depression.

**Families for Depression Awareness**
[http://www.familyaware.org](http://www.familyaware.org/)
Helps families recognize and cope with depression and associated mood disorders, as well as provides personal stories, trainings, and information for teens and kids.

**Anxiety Disorders Association of America: "Helping a Family Member"**
[http://www.adaa.org](http://www.adaa.org/)
Helps those affected by anxiety and depression understand the facts, find help, and not just live, but thrive.

**American Psychological Association**
<http://www.apa.org/topics/depress/index.aspx>
Provides very reliable mental health information about depression, what you can do, how to get help, current news and research.