

**POSTPARTUM SUPPORT
RESOURCES FOR NEW MOMS
IN NEW YORK CITY**

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PARENTING IN THE CITY

- For new parents without care and stability of immediate family – New York City offers many resources for support
- Resources for new mothers include:
 1. Maternal Mental Health/Support Groups
 2. Breastfeeding Support
 3. Sleep Support
- Both in person and online



MATERNAL MENTAL HEALTH

**UP TO 20% WOMEN EXPERIENCE
PRENATAL/POSTPARTUM
DEPRESSION.**

**NEW YORK INSTITUTIONS
SUPPORT MOTHERS THROUGH
THERAPY, CLASSES, AND
SUPPORT GROUPS**

MATERNAL MENTAL HEALTH THERAPY

- The Seleni Institute
- Women's Program at Columbia University
- Postpartum Resource Center of NY



Columbia Women's Program Support Staff

MATERNAL MENTAL HEALTH CLASSES



- Premier Pediatrics in Manhattan and Brooklyn
 - “Beyond Baby Blues”
 - “The First Month”

MATERNAL MENTAL HEALTH SUPPORT GROUPS



- Weekly support groups including:
 - New Mommy REAL TALK
 - New and Expecting Mom’s PMAD Support Group
 - Difficult Birth Group
 - Pregnancy Project: Workplace Rights for the Modern Mom



BREASTFEEDING SUPPORT

LA LECHE LEAGUE MEETING

FREE, MEMBERSHIP ENCOURAGED TO
SUPPORT VOLUNTEERS

EXPERTS ALWAYS ON HAND

OFFERS:

Correction of form

General support and care

Weighing baby before and after feeding

CLASSES HAPPEN AT LOCAL GATHERING
SPOTS AND MATERNITY STORES

BREASTFEEDING SUPPORT

- Yummy Mummy, UES – Shop offering apparel, pumps and classes
- Wild Was Mama, BK – Shop offering classes and maternity clothing
- 92Y Parenting Center, Manhattan



Cloth diaper class at *Wild Was Mama* store



SLEEP SUPPORT

THE SELENI INSTITUTE

THE MOTHERHOOD CENTER

MOMMYWISE – OVER THE PHONE
OPTION

SELENI INSTITUTE

207 East 2nd Street
seleni.org

92Y

92 Second Street Y, 1395 Lexington Ave
92Y.org/parentingcenter.aspx

THE MOTHERHOOD CENTER

205 Lexington Ave
themothhoodcenter.com

MOMMYWISE

85 Delancey Street
mommywise.com

WILD WAS MAMA

272 Driggs Ave
wildwasmama.com

YUMMY MUMMY

1201 Lexington Ave
yumyumstore.com

LA LECHE LEAGUE

95 Franklin Street
llofmanhattan.com

THE WOMEN'S PROGRAM

630 West 168th Street
columbiadoctors.org/specialties/psychiatry-
psychology/our-services/womens-program

POSTPARTUM RESOURCE CENTER OF NEW YORK

109 Udall Road, West Islip, NY, 11795
postpartummy.org

PREMIER PEDIATRICS

110 4th Ave, Brooklyn
premierpedsny.com