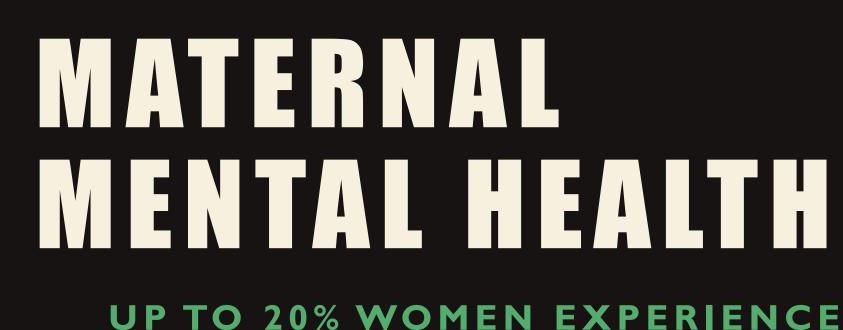
# POSTPARTUM SUPPORT RESOURCES FOR NEW MOMS IN NEW YORK CITY

BY NATALIE E.
SPRING 2018, BMCC
PROF. REMIALAPO



### 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:
  - I. Maternal Mental Health/Support Groups
  - 2. Breastfeeding Support
  - 3. Sleep Support
- Both in person and online



PRENATAL/POSTPARTUM
DEPRESSION
NEW YORK INSTITUTIONS
SUPPORT MOTHERS THROUGH

SUPPORT MOTHERS THROUGH THERAPY, CLASSES, AND SUPPORT GROUPS

1. www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml

# 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



FREE, MEMBERSHIP ENCOURAGED TO SUPPORT VOLUNTEERS EXPERTS ALWAYS ON HAND OFFERS:

Correction of form

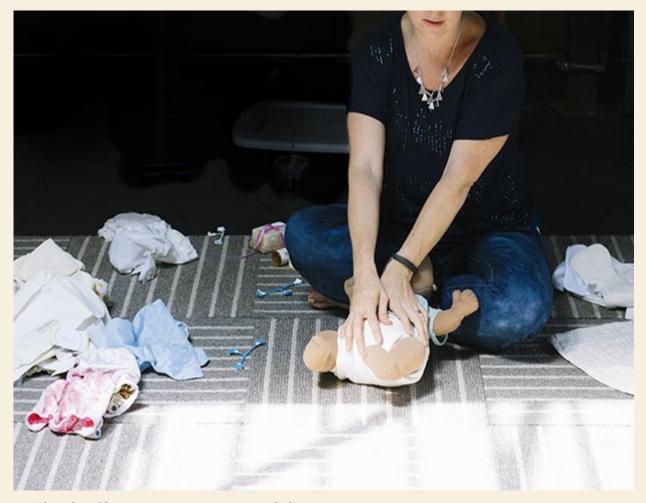
General support and car

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 2<sup>nd</sup> Street seleni.org

#### **92Y**

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

#### THE MOTHERHOOD CENTER

205 Lexington Ave themotherhoodcenter.com

#### **MOMMYWISE**

85 Delancey Street mommywise.com

#### **WILD WAS MAMA**

272 Driggs Ave wildwasmama.com

#### **YUMMY MUMMY**

1201 Lexington Ave yummymummystore.com

#### LA LECHE LEAGUE

95 Franklin Street Illofmanhattan.com

#### THE WOMEN'S PROGRAM

630 West 168<sup>th</sup> 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 4<sup>th</sup> Ave, Brooklyn premierpedsny.com