

Resources for Pregnant and Post-Partum Women

- **Breastfeeding and After-Birth Support**
 - Certified Lactation Consultants
 - University of Michigan Outpatient Lactation Clinic (734) 936-8886
 - Breastfeeding Center of Ann Arbor (734) 975-6534
 - Teresa J McMahon, RN, IBCLC (810) 987-5300
 - Mary Lynn Harrison, RN, IBCLC (313) 928-8253
 - Marilee Woodworth, IBCLC (734) 995-2256
 - Barbara Robertson, IBCLC (734) 975-6626
 - Kathy Malone, IBCLC (810) 229-3328
 - Barb Martinez, RN (734) 645-1351
 - Indigo Forest (734) 944-8010
 - Karen Koss, MPH (810) 229-3328
 - Denise Brown, RN, IBCLC (517) 548-7804
 - MSU Peer Breastfeeding support, Terry Jones (734) 222-3943 or Lisa Hartman (734) 222-3966
 - Breast Pump Rental Stations (or sales):
 - Ann Arbor: Marilee Woodworth, IBCLC (734) 995-2256
 - Ann Arbor: Medequip (734) 971-0975 or (800) 530-0741
 - Ann Arbor: Busch's Pharmacy (734) 995-7246
 - Ann Arbor: Breastfeeding Center of Ann Arbor (734) 975-6534
 - Ann Arbor: Indigo Forest: (734) 944-8010
 - Adrian: Wheelock Pharmacy (517) 263-7175
 - Brighton: Kathy Malone, IBCLC (810) 229-3328
 - Brighton: Karen Koss MPH, IBCLC (810) 229-2612
 - Dexter: Barb Martinez, IBCLC (734) 645-1351
 - Dexter: Busch's Pharmacy: (734) 424-0398
 - Howell: Denise Browne, RN, IBCLC (517) 548-7804
 - Northville: Baby Love Equipment Rentals (248) 890-0467
 - Pinckney: Busch's Pharmacy (734) 898-8555
 - Plymouth: Busch's Pharmacy (734) 414-1212
 - Saline: Busch's Pharmacy (734) 944-4333
 - South Lyon: Busch's Pharmacy (248) 446-8934
 - Tecumseh: Busch's Pharmacy (517) 424-1212
 - Westland: Baby Travels Equipment Rental (734) 455-2526
 - Ypsilanti: McAuley Pharmacy (734) 712-5146
 - La Leche League
 - Accredited volunteers are available to help with routine breastfeeding problems and concerns.
 - Washtenaw: (734) 332-9080 or 1-800-LA-LECHE
 - www.llli.org
 - Lamaze
 - New Mother Support Class, Mothers Group, Infant and Baby Massage, Classes for families, Childbirth Preparation classes, Breastfeeding support and classes, Infant care classes, and Miscarriage and Newborn Loss Support Group. Most classes available in group or private format.
 - (734) 973-1014
 - <http://www.lamazefamilycenter.org/>
 - Mother-to-Mother Program
 - Peer counseling help for breastfeeding mothers and babies.
 - www.michigan.gov
 - Washtenaw: (734) 222-3966 or (734) 544 - 6889
- **Child Care**
 - Prenatal Care Hotline
 - (800) 311 2229 (English) and (800) 504 7081 (espanol)

- Child Care Network
 - Provides families with a list of child care centers, in home facilities, and individuals, providing child care.
 - (800) 777-2861.
 - www.Childcarenetwork.org
- The Learning Community
 - Early Head Start and Head Start: free programs as well as tuition based programs for pregnant women and children under 3 years old, as well as 3-4 year olds.
 - (810) 591-3600
- University of Michigan Work Life Resource Center
 - Provides University of Michigan employees with a list of child care centers, in home facilities, and individuals, who provide child care in their area.
 - (734) 936-8677.
- **Child Play Groups and activities**
 - Ann Arbor District Library Storytimes
 - Adult accompanies the child for stories, songs, and finger plays with weekly theme.
 - (734) 327-4200
 - Ann Arbor YMCA Parent/Child Classes
 - Groups are for ages 18 months through 4 years.
 - www.annarborymca.org
 - (734) 996-9622
 - First Steps-Washtenaw County
 - Birth through kindergarten. Home visits, parent gatherings, and parent/child playgroups. Developmental screenings and special events.
 - (734) 994-2300 ext. 53179.
 - The Leslie Science Center
 - Natural science and environmental education opportunities for youth and families.
 - www.lesliesnc.org
 - (734) 997-1553
 - Music for Little Folks
 - Groups for ages 0 through 5 years (special class for infants). Informal interactive class of music making and interactive concerts.
 - (734) 741-1510.
 - Saline District Library Toddler & Preschool Storytimes
 - Groups for ages 2 to 3 years old; 3 years old; 4 to 5 years old.
 - (734) 429-5450.
 - TOT Time-Washtenaw County Recreation Building
 - Groups for ages 1 through 5 years old. Large open space for running/climbing. No facilitator.
 - (734) 971-6355.
 - Ypsilanti District Library Toddler & Preschool Storytimes
 - Groups for ages 2 to 3 years old; 3 to 5 years old.
 - (734) 482-4110.
- **Parenting Information**
 - **Parenting (and related) Classes**
 - Beaumont Hospital
 - Classes offered on childbirth and pregnancy, parenting, breastfeeding, exercise.
 - <https://www.beaumont hospitals.com/classes>
 - Center for the Childbearing Year
 - Support groups, Doula care for low-income women. Include depression screening. Childbirth preparation classes, breastfeeding classes and support groups, newborn care class, CPR and First Aid classes, Mothering Arts support group, lending library, and other classes and groups (as available).
 - 734-663-1523

- <http://center4cby.com/>
- Hurley Medical Center
 - Prenatal Expectant Parent Classes (Baby care, breastfeeding, and other topics)
 - (866) 750-4111
 - <http://www.hurleymc.com/>
- MFit Baby Care Basics
 - Learn the basics of caring for your newborn once you return home from the hospital. This class covers normal newborn appearance, diapering, bathing, feeding, burping, holding, and other important topics for new parents. Classes are \$10.00 per person.
 - Health Education Resource Center at (734) 647-5645 or (800) 433-6348.
- MFit Preparing for Parenthood
 - Prepare for the joys and inevitable challenges of parenthood. Learn about your child's development, how to safety-proof your home, the importance of taking care of yourself, your relationships, and more. Classes are \$10.00 per person.
 - Health Education Resource Center at (734) 647-5645 or (800) 433-6348.
- St. Joseph's Hospital Community Education
 - Classes on parenting, childbirth, infant care, and other topics.
 - <http://www.sjmercyhealth.org/body.cfm?id=11>
 - (734) 712-5800 or (800) 231-2211
- University of Michigan Center for the Child and the Family
 - Workshops on parenting through separation and divorce, positive parenting, communication with partner, creating healthy female relationships (mothers/daughters), and other topics.
 - 734-764-9466
 - www.umucf.org
- University of Michigan Visiting Nurses
 - Provide a one time 3-hour childbirth class. Classes fill up quickly.
 - (800) 842-5504
 - www.umvn.org
- Washtenaw Community College
 - Classes in childbirth preparation and parenting. New classes begin each semester.
 - www.wccnet.edu/lwl/
- Women's Health Resource Center
 - Happiest Baby on the Block Classes
 - Outpatient Lactation Consultations
 - Car Seat Safety Classes
 - www.med.umich.edu/whp/whrc/
- **Parenting Support Groups**
 - Beaumont Hospital
 - Offer Postpartum Adjustment Support groups.
 - (248) 551-1455
 - www.beaumont-hospitals.com/postpartum-adjustment-support
 - Huron Valley Parents of Multiples
 - Social and support group for expectant and current parents of twins, triplets, and more. Annual dues \$24 (includes monthly newsletter).
 - www.hvpom.org
 - Lesbian Mom Network of Washtenaw County
 - Support groups, regular events and social groups
 - www.lmnetwork.org/
 - Alliance of Genetic Support Groups

- www.geneticalliance.org
 - (202) 966-5557
 - MOPS (Mothers of Preschoolers)
 - Groups for ages 0 through 5 years old. Childcare provided while moms gather for informative speakers, small discussions, refreshments, spiritual growth, and craft making time.
 - www.mops.org
 - Mothering Arts Group
 - Informal group where you can meet with others to share resources, ideas, and support for attachment-style parenting. Children of all ages welcome.
 - (734) 883-8701
 - The Postpartum Depression Support Group of the Greater Ann Arbor Area
 - www.ppd-annarbor.org
 - (734) 418-2683
 - University of Michigan Depression Center Support Groups:
 - <http://www.med.umich.edu/depression/groups.htm>
 - **Other Information Sources**
- **Mental Health resources**
 - **Washtenaw County**
 - **Mental Health Services**
 - University of Michigan Perinatal Mood Disorders Clinic.
 - Therapy for pregnant and postpartum women to help with the transitions that accompany this period.
 - (800) 525-5188
 - <http://www.depressioncenter.org/understanding/women.asp>
 - Catholic Social Services
 - (734) 971-2730
 - www.csswashtenaw.org
 - Corner Health Center
 - For young people ages 12-22.
 - <http://www.cornerhealth.org/>
 - (734) 484-3600
 - Counseling and Psychological Services (CAPS)
 - (734) 764-8312 Free for UM students.
 - <http://www.umich.edu/~caps/>
 - Eastern Michigan University -The Counseling Clinic
 - (734)487-4410 Free initial consultation for all clients. Free of charge for all students, faculty, and staff at EMU
 - www.emich.edu/coe/clinics/counseling
 - Eastern Michigan University Psychology clinic
 - Low cost clinic for therapy and assessment
 - (734) 487-4987
 - www.emich.edu/psychology/dept-psychologyclinic.htm
 - Jewish Family Services.
 - (734) 769-0209
 - <http://www.jfsannarbor.org/counseling.htm>
 - Samaritan Counseling Services
 - (734) 677-0609
 - www.samaritan.cc
 - While particularly informed by Christian tradition, welcomes all regardless of faith or religious background.
 - St. Joseph Mercy Mental Health Counseling
 - (734) 712-2762
 - <http://www.sjmercyhealth.org/body.cfm?id=184>
 - St. Joseph Mercy Behavioral Services

- <http://www.sjmercyhealth.org/body.cfm?id=160>
 - (734) 786-2301
- University Center for the Child and the Family, University of Michigan.
 - (734) 764-9466
 - www.umucf.org
- University Health Service
 - (734)734-8325
 - Provide medical management of common mental health issues for UM students.
 - www.uhs.umich.edu
- University of Michigan Psychological Clinic.
 - (734) 764-3471 Sliding scale fee
 - www.psychclinic.org
- Women's Center of Southeastern Michigan
 - (734) 973-6779
 - <http://www.womenscentersemi.org>
- **Community Providers for Perinatal Depression:**
 - Melissa Schuster, LMSW ACSW, CCE at (734) 302-0033
 - Jody Hoffman Ph.D. Ann Arbor Consultation (734) 996-9111
 - Valerie Wood, L.M.S.W., (734) 332-9196
 - Katherine L. Rosenblum, Ph.D , (734) 846-8025
 - Kellie Carbone, M.A., (734) 302-3530
 - Barbara Tapley-Land, M.A., (734) 216-1603
 - Irving Leon, PhD (734) 662-2055
 - Sue Gibney, LMSW Ann Arbor Consultation (734) 996-9111
 - Marci Fishman, Ph.D. (734) 332-9922
 - Barbara McCaslin, L.M.S.W. (734) 995-9095
 - Claudia Kraus Piper, L.M.S.W.(734) 668-7591
 - Ann Shields, Ph.D. (734) 622-0661
 - Joanne Friedman, PhD, (734) 662-5976
 - Michele Rivette, ACSW, (734) 930-2200
 - Deborah Gimble, MSW, (734) 786-2301
- **Support Groups**
 - Miscarriage and Newborn Loss Support Group
 - Lamaze Family Center
 - (734) 973-1014
 - www.lamazefamilycenter.org
 - Neonatal Intensive Care Unit Parent Group
 - Parents of patients currently in the NICU
 - (734) 764-7481.
 - Parent-to-Parent Pediatric Rheumatology Support Group
 - Parents of newly-diagnosed Pediatric Rheumatology patients
 - (734) 764-3123.
 - SHARING: Support and Health After Difficult Decisions
 - Those affected by pregnancy termination for a diagnosis of fetal anomalies
 - (734) 936-9758.
 - Depression and Bipolar Disorder Group: for young adults 18-23.
 - (734) 686-8414
 - Manic Depressive and Depressive Association:
 - (734) 439-2009
 - Depressed Anonymous
 - www.Depressedanon.com
 - Miscarriage and newborn loss support group

- Monthly support meetings, parent to parent program.
 - www.lamazeaa.org
 - (734) 973-1014
 - Sudden Infant Death Syndrome Support Network
 - (800) 331-7437
 - www.tomorrowschildmi.org
 - Depression Treatment Group: Cognitive Skills based group with 10 weekly sessions.
 - McAuley Outpatient Mental Health Services 2006 Hogback Ann Arbor
 - (734) 712-4399
 - National Alliance for the Mentally Ill Support groups
 - (734) 994-6611
 - Recovery Inc.
 - www.recovery-inc.com
 - Dawntreader Inc.
 - (734) 765-6465
 - Relationships Anonymous of Ann Arbor
 - (734) 663-787
 - New Ways to Feel Good_
 - Ten week therapy group using Cognitive - Behavior therapy (CBT) techniques for older adults dealing with depression, anxiety or adjustment difficulties. Wednesdays, September 30 - December 2, 2009 2:00 - 3:30 PM
 - Facilitators: Nina Abney, LMSW rabney@umich.edu
Sally Edwards, LMSW
- Substance Abuse Treatment
 - Alcoholics Anonymous
 - www.aa-semi.org to find meetings in your area
- **Other Resources**
 - Pregnancy and Newborn Loss Core Team at St. Joseph Mercy Hospital
 - www.sjmercyhealth.org/17452.cfm
 - (734) 712-0344
 - Perinatal Hospice of Washtenaw County
 - Non-profit organization whose mission is to provide comfort, education and support to the families of the unborn who have a condition that is not compatible with life outside the womb.
 - 734-395-0400
 - www.pnhospice.org
- **Wayne County**
 - **Support Groups**
 - Heart to Heart
 - A support group for infertility and loss at Henry Ford Wyandotte Hospital
 - (734) 246-7111
 - Healing Hearts
 - A support group for infertility and loss at Oakwood Hospital
 - (734) 467-5588
 - Tel-Help United Way Community Services Help Line
 - #211 Services: Dial #211 for general help to locate any social service in the greater Detroit area.
 - **Substance Abuse Treatment**
 - **Mental Health Services**

- Healthy Start Perinatal Depression Intervention – Detroit Department of Health and Wellness Promotion
 - <http://www.detroitmi.gov/HealthyStart/tabid/1017/Default.aspx>
 - (313) 876-4902 or (313) 876-4660
 - The Children's Center
 - www.thechildrenscenter.com
 - (313) 831-5535
 - Development Centers Inc.
 - www.develctrs.org
 - (313) 531-2500
 - Lincoln Behavioral Services
 - www.lbscares.com
 - (313) 450-4500
 - Northeast Guidance Center
 - www.neguidance.org
 - (313) 824-8000 or (313) 526-2879
 - The Guidance Center
 - www.guidance-center.org
 - (734) 785-7705
 - Southwest Counseling Solutions
 - www.swsol.org
 - (313) 841-8900
 - Starfish Family Services
 - www.sfish.org
 - (734) 728-3400
- Genessee County
 - **Mental Health Services**
 - **Support Groups**
 - **Substance Abuse Treatment**
 - Intake/Assessment Referral Center (IARC): The gateway to substance abuse treatment of Genessee County. By appointment:
 - (810) 235-9555
 - **Other Resources**
 - Healthy Start/ Reach 2010- Maternal Infant Health Advocacy Services:
 - Offers baby clothing, housing information, one on one support.
 - F.A.C.E.D: (810) 232-7733
 - Hurley Medical Care: (810) 257-9317
 - Genessee County Health Dept: (810) 237-6166
 - Love Inc
 - Offers transportation, adoption services, clothing, and other baby needs
 - www.allendalelove.org
 - (616) 892-4400
 - Proud Parents/ Proud Fathers
 - (810) 591-4613
 - Early On Passport: Offers free information sent to home for child growth and development. Offers incentives to encourage healthy lifestyle for families.
 - (810) 767-0703
 - Ready kits with coupons and activities: (810) 591-4400 or (810) 214-8961
 - Catholic Charities: Offer food, clothing, adoption services, transportation, housing, etc. Has a Healthy Families Program that offers assistance with education, employment, parent education, case management, and healthcare.

- (810) 232-9950
 - Enhanced SKIP/ GISD Program: Offer home visits to help with child development, parenting, infant massage/sign language, vision/hearing/dental screenings. Offer playgroups. Parents as Teachers program.
 - (810) 591-4454
 - Even Start: Helps with getting GED. Must have a child less than 8 years of age.
 - (517) 373-8483
 - The Shelter of Flint: Offers transportation, food, clothing, housing, medical/dental care, counseling and assistance finding housing. Family oriented.
 - www.shelterofflint.com
 - (810) 239-5433
 - Carriage Town Ministries: Offers transportation, food, clothing, housing, medical/dental care, counseling and assistance finding housing.
 - www.carriagetown.org
 - (810) 233-4688
 - Connexion: Parenting classes
 - www.connexioninc.org
 - (810) 715-2341
 - Safe Kids: may offer new car seats
 - www.michigansafekids.org
 - (810) 606-7892
 - Perinatal Support Team: Hurley Medical Center, nurses, social workers to help with perinatal loss.
 - (810) 257-9300
- **Elsewhere**
 - **Mental Health Services**
 - Kent County Perinatal Mood Disorders Coalition
 - (616) 391-5000
 - Mother's Mind Matters – Kalamazoo County
 - www.mothersmindmatters.org
 - (269) 337-4510
 - Spectrum Health Postpartum Emotional Support Program – Grand Rapids
 - www.spectrum-health.org/postpartumdepression
 - (616) 391-1771
 - Allegiance Health (Formerly Foote Hospital)
 - (800) 531-3728 or (517) 789-5971
 - Mother's Mind Matters Mental Health Referral Network – Kalamazoo County
 - Contact information for mental health providers including insurance information.
 - www.mothersmindmatters.org
 - Upper Peninsula Maternal Emotional Support Program
 - <http://www.upmesp.org/>
 - **Support Groups**
 - HUGS Group.
 - A support group for infertility and loss at Huron Valley Sinai Hospital.
 - (248) 937-4847
 - HELP
 - Handling Emotions with Loss of Pregnancy at St. Joseph Mercy Hospital, Pontiac
 - (248) 858-3526

- Looking Ahead
 - A support group for infertility and loss at William Beaumont Hospital.
 - (248) 898-7595
- Parents Supporting Parents
 - Providence Hospital
 - (888) 440-7325
- Spectrum Health Hospital Postpartum Emotional Support Program Grand Rapids
 - (616) 391-1771
- Healthier Communities
 - (616) 391-5000
- Metro Health - MomsBloom
 - (616) 828-102
- Grand Rapids - Ada Bible Church - "Life After Baby"
 - www.Lifeafterbaby.wordpress.com
- Holland - Center for Good Health
 - (616) 394-3344
- Lansing - Ingham Regional Medical Center - A Brighter Tomorrow
 - (517) 367-5477
- Kalamazoo Area - Mother's Mind Matters Program
 - (269) 337-4510.
- **Substance Abuse Treatment**
- **Other Resources**
 - Tomorrows Child of Michigan/SIDS
 - www.tomorrowschildmi.org
 - Offers support groups for families who are grieving after loss of a baby or child.
 - Michigan Parents Helpline
 - (800) 942-4357
 - Toll free Services: Crisis counseling, 24 hours/7 days per week. anonymous and confidential
 - Listening Ear Crisis Hotline
 - 24 hours/7 days per week crisis hotline
 - (517) 337-1717
 - National Youth Crisis Hotline
 - (800) 448-4663
 - Resolve of Michigan
 - Great Lakes Helpline: (888) 255-1399
 - www.greatlakes.resolve.org for support groups available in your area
- **National resources**
 - PSI Postpartum Depression Helpline
 - (800) 944-4PPD
 - National Helpline Network
 - Referral service links women with PPD to volunteer mentors (women who have overcome PPD).
 - (800) PPD-MOMS
 - Alcoholics Anonymous World Services Office
 - www.aa.org
 - (212) 870-3400 OR (212) 870-3400 (for meeting referrals)
 - Adult Children of Alcoholics
 - www.adultchildren.org
 - (562) 575-7831

- U.S. department of Health and Human Services and SAMHSA’s clearinghouse for Alcohol and Drug Information
 - <http://ncadi.samhsa.gov/>
 - (800) 729-6686
- National Drug Information and Treatment Referral Hotline
 - (800) 662-HELP OR (800) 66-AYUDA (en espanol) OR (800) 228-0427
- Women for Sobriety
 - www.womenforsobriety.org
- Ready, Set, Grow
 - Parenting information and assistance, resources and referrals, smoking Cessation by telephone weekly for 8 weeks.
 - www.readyssetgrowpassport.org
 - (810) 767-0703
- National Alliance for the Mentally Ill
 - www.nami.org
 - (800) 950-6264
- National Clearinghouse on Family Support and Children’s Mental Health
 - 800-628-1696 (recording operates 24 hours)
- Depression After Delivery
 - www.depressionafterdelivery.com/
- Motherisk
 - www.motherisk.org/
- Online Postpartum Support Group
 - www.ppdsupportpage.com
- Postpartum Education for Parents
 - www.sbpep.org/
- Postpartum Support International
 - www.postpartum.net/
- U.S. Department of HHS Depression During and After Pregnancy
 - www.womenshealth.gov/faq/postpartum.htm
- Fragile X Foundation (national)
 - www.fragilex.org
 - 800-688-8765
- CLIMB Inc.
 - (Center for Loss in Multiple Birth)
 - www.climb-support.org
- Compassionate Friends
 - 877-969-0010
 - www.compassionatefriends.org
- Share
 - www.nationalshare.org
- **Books and other printed material**
 - 2007 Guide to Post partum Depression Resources
 - <http://center4cby.com/new/wp-content/uploads/2007-guide-to-postpartum-depression-resources.pdf>
 - Depression During and After Pregnancy: A Resource for Women, Their Families and Friends (HRSA)
 - www.mchb.hrsa.gov/pregnancyandbeyond/depression/
 - Depression During and After Pregnancy Knowledge Path – Maternal and Child Health Library
 - www.mchlibrary.info/knowledgepaths/kp_postpartum.html
 - Depression During and After Pregnancy – National Women’s Health Information Center
 - www.womenshealth.gov/faq/postpartum.pdf

- Web site in Spanish:
 - www.womenshealth.gov/espanol/preguntas/postpartum.htm
 - MedEdPPD.org
 - www.mededppd.org
 - MedlinePlus: Postpartum Depression
 - www.nlm.nih.gov/medlineplus/postpartumdepression.html
 - Postpartum Stress Center
 - www.postpartumstress.com
 - PostpartumDads: Helping Families Overcome Postpartum Depression
 - www.postpartumdads.org
 - Postpartum Couples
 - www.postpartumcouples.com
 - Online Communities
 - www.postpartumnet/info-sessions
 - www.postpartumstress.com
 - www.postpartumprogress.typepad.com
- **Financial Support and services for Low-Income Individuals**
 - Maternal and Infant Health Program
 - MIHP is a support program for pregnant and parenting women with
 - Medicaid. Clinic and home based services; social workers, dieticians and registered nurses
 - (248) 799-6367 or (810) 230-2158
 - WIC: Women, Infants, and Children:
 - Available to women who recently have had a baby, infants and children up to 5 years old. Program offers supplemental food (coupons for food), nutritional education, and referrals based on a health screening and needs assessment.
 - www.fns.usda.gov/wic
 - www.michigan.gov/wic
 - Michigan: (800) 942-1636 or (734) 544-6889
 - **Healthcare for Uninsured or Medicaid**
 - Central Diagnostic and Referral
 - Detroit only (313) 876-4070
 - Wayne County (not Detroit) (800) 686-6543
 - Southeast Michigan Community Alliance (uninsured)
 - (313) 295-1200