



Prenatal + Postpartum Resource List

This is a **general** list of local and online resources. Contact [Katherine](#) with any questions about or recommendations for this list.

Black Fox Yoga Programs (*online at this time*)

- Open Door Parent Community - Connect with other parents, find resources and support
- Wind Down Prenatal Meditation - Meditation for relaxation, pregnancy safe postures
- Yin + Meditation*
- Grace + Fire retreats*
- Private Instruction

**These classes are not specific to pregnancy. Modifications are available.*

Medical

- [ACOG](#) - American College of Obstetrics and Gynecology
 - [For Patients](#) - General info
 - [COVID-19, Pregnancy, and Breastfeeding](#)
- [AmericanPregnancy.org](#)
 - [Benefits of Prenatal Yoga](#)
 - [Tips for nausea relief](#)
 - [Bonding with Baby While Pregnant](#)
- [Embrace PT + Wellness](#) (Somerville, MA - *online at this time*) Pelvic health therapist

Crisis Help

- **If you are in crisis or need more immediate help, please call 911 or call the Suicide Prevention Hotline at 1-800-273-8255 or www.suicidepreventionlifeline.org**

Mental Health

- [Postpartum Support International](#) - Perinatal support resources
- Liz Sarantopoulos, LICSW (Sudbury, MA) **currently not accepting new clients*
- [The Leggett Group](#) - Psychotherapy (Framingham, Roslindale, MA)
- [Andrea Werner Insoft](#) LICSW (Newton, MA) - Perinatal health for women and men, including fertility/loss/premature birth
- Jen Sweet, MD
857-273-1023
Offering Virtual Care throughout Massachusetts, California and New York, United States
[Visit Website](#)
- Olivia Bonanno, MSN, Psychiatric-Mental Health Nurse Practitioner-Board Certified
(508) 521-2200



514 Main Street, Suite 303, Weymouth, Massachusetts, United States

[Visit Website](#)

- Lauren Brown
dr Lauren Brown@gmail.com
Concord, MA

Massage Therapy

- [Bodywise](#) (Acton, MA) - Prenatal massage therapy

Chiropractor

- [Hudson Chiropractic Center](#) (Hudson, MA) - Prenatal and pediatric services

Acupuncture

- *Coming soon*

Pilates

- *Coming soon*

Birth and Postpartum Services

- [A Golden Birth](#) (Central/Metrowest, MA) - Birth and postpartum doula services

Pregnancy and Infant Loss Support

- Support Groups
 - [JFCS Memory Garden Services for Pregnancy and Infant Loss](#) - Emotional, practical, and spiritual support for families of all faiths and backgrounds
- [Baby Loss Advisors/Doulas](#) -
- [Return to Zero](#) - Community of bereaved parents and care providers. Support groups and population-specific resources.
- [Andrea Werner Insoft](#) LICSW (Newton, MA) - Perinatal health for women and men, including fertility/loss/premature birth
- [Liz Sarantopoulous](#) MSW, LICSW (Sudbury, MA - *online at this time*)
- [Still Standing Magazine](#) - For all who are grieving child loss and infertility
- [Empty Arms Bereavement](#) (Pioneer Valley, MA)
- **A note: There are many ways to memorialize a loss and/or support a grieving loved one. Please reach out for a more detailed list of these options.*

Community Support

- [First Connections](#) (Acton, MA - *online at this time*) - New parent support groups, playgroups, and more.



- [Baby Connections](#) (Acton, MA - *online at this time*) - Lactation counseling, sleep consulting, infant massage, baby sign language
- [NAMMA Families](#) (Nashoba, Assabet, Metrowest MA)
- [JFCS - Center for Early Relationship Support](#) (Waltham, MA) - *online at this time*) - New parent support groups, toddler parent group, and more (all faiths welcome)
- [WIC](#) - Supplemental Nutrition Program for Women, Infants, and Children
- [Open Table](#) (Maynard, MA - serves Middlesex County) - Food pantry services

Parents of Multiples

- [JFCS](#) - Parents of Twins, Triplets, and More: share the unique experiences of parenting more than one baby. Wednesdays, 3:00 - 4:30 p.m. **Register for the video support group.**

Partner/Family Resources

- *Available by request*

Kelly Mom - All things pregnancy and babies

- [KellyMom.com](#)

Breastfeeding Support

- [Michelle Stalow](#) MAT, IBCLC, RLC (Metrowest MA)
- [La Leche League](#)

Child Development and Services

- [First Connections](#) (Acton, MA - *online at this time*) - New parent support groups, playgroups, and more.
- [About Early Intervention in MA](#) - EI services, eligibility, and referrals
- [Minuteman ARC](#) (Concord, MA)

Family Networking

- [Acton-Boxborough Family Network](#)
- [Maynard Family Network](#)
- Sudbury Family Network
- **Complete list of Family Networks by town coming soon!*

Other People We Love

- [Soutiens](#) - Creators of “The Return Plan” and support for parents in the workplace
- [Julia Krupp Photography](#) - Newborn and family portraits

Black Fox Yoga | Katherine Cota MacDonald
BlackFoxYoga.com



- [Moments by Jay Coy](#) - Maternity and motherhood photography
- “Everything Free” FB groups for gently used/unused gear!
- Estate Planning Services:
 - [Egleson & Sturges](#) (Belmont, MA)
 - [The Parents Estate Planning Law Firm](#) (Acton, MA)

Podcasts

- Mom & Mind podcast <https://drkaeni.com/podcast/>
- Expectful podcast <https://expectful.com/our-podcast/>
- Happy as a Mother <https://open.spotify.com/show/2aXOz6ljNiflecS4Y7wH3B>

Books

Coming soon