

Support for mothers during the emotional experience of pregnancy and the postpartum period.

Many women have lots of feelings during pregnancy and the years after a baby is born. Being a mother is a hard job. Having support and help can make things go better. All mothers and new families deserve lots of help. You do too!

Please call Crisis Services or visit an emergency department if you are in an urgent situation. It is a good time to call Crisis Services if you are afraid to be alone or are concerned about your safety or the safety of your child(ren). All of the following offer 24-hour care and accept CommonwealthCare, MassHealth, and uninsured.

BHN Crisis: (413) 733-6661 or on-site assessments at 417 Liberty Street.

Suicide prevention hotline: 1-800-PPD-MOMS

Support Groups

Motherhood can be surprising in many ways. Come meet other mothers and talk about being a mom. Most groups do not meet during public school vacation and snow days.

Mercy Women's Health (Springfield)
177 Dwight St., Springfield
413-886-0410

Mercy Women's Health (Holyoke)
306 Race St., Holyoke
413-536-7385

***Square One: Mother to Mother Support Group**
1st & 3rd Wednesdays @ 4:00 pm
Family Square
255 King Street, Springfield
413-858-3132
www.sdn.org

***Midwifery Care of Holyoke**
Wednesday's @ 1:00 pm
230 Maple Street, Holyoke
413-534-2700

It Takes A Village: New Parent Support Group
Thursday @ 10:00am
The Greenwood Center
291 Maple Road, Longmeadow
For more information, please call
413-794-5515

***Mother to Mother Support Group**
Fridays @ 10am
Baystate Medical Center
NICU Family Lounge
For more information call 413-794-5515

***It takes a Village Mothers Circle**

Tuesdays @ 10:00am
St. Johns Corner
469 Main St., Ashfield
Facilitator is certified therapist.
Free childcare and refreshments.
For more info call 413-650-3640 or
info@hilltownvillage.

*MotherWoman facilitator trained support
group

Counseling & Therapy

*How do I know if I need therapy?
Being a mother is a tough job. It's
okay to ask for help. Ask questions
and share your concerns.*

Sarah Crawford, LICSW
Easthampton, MA
413-695-3772

Thom Child and Family Services
Springfield, MA
413-783-5500

Celia MacKinnon LMHC, LMFT
West Springfield, MA
413-758-1973

Counseling/Gynecology Group
Teana Mirapae & Lauren Gaffney
Longmeadow, MA
413-567-9355

Gandara Mental Health
Holyoke
413-736-8329

River Valley Counseling Center
Holyoke
413-737-2437

Cheryl Przewdziecki
Chicopee, MA
413-885-0978

ServiceNet Mental Health
Holyoke
413-533-5201

Community Health Resources
Enfield, CT
1-877-884-3571

Behavioral Health Network (BHN)
Liberty Street Clinic
Springfield, MA
413-736-3668
www.bhninc.org

Behavioral Health Network (BHN)
Mount Tom Center for Mental Health
and Recovery
Holyoke, MA
413-536-5475

Behavioral Health Network (BHN)
City Clinic & HHC City Clinic
Holyoke, MA

Baystate Health Behavior Health Services
Springfield, MA
413-794-5555
www.baystatehealth.org/services/behavioral-health

The Carson Center for Children and Families
Westfield, MA
413-568-6141

Meg Colenback, RN, LICSW
Easthampton, MA
413-650-6903

Lauren Harris, LMHC
Easthampton, MA
413-369-3791

Kathy Varner, LICSW
Susan Goldman, LICSW
West Springfield, MA
413-781-2348

Coletta Aberdale, LICSW
Chicopee and South Hadley, MA
413-493-2563

Susan Dudek, LICSW
West Springfield, MA
413-781-3307

Annie Hotchkiss, LICSW
Westfield, MA
413-297-5564

Alexia Johnstone, LMHC
697 Main St
Suite 6
Holden, MA 01520
ajohnstonelmhc@gmail.com
413-320-6453

Resources for Young Parents

Being a young mother can be challenging and stressful. There are resources available for you.

Springfield Pregnant and Parenting Teen Network
Social, emotional, and physical health support for expectant or parenting teens, ages 14-24.
280 Chestnut St. 6th Floor
Springfield, MA 01118
413-794-3062

Holyoke Teen Parenting Program
Education assistance, connections to community resources, parenting guidance and support, for expectant and/or parenting teens ages 14-24.
Laura Farnsworth
9 Sullivan Rd., Holyoke
Lfarnsworth@mspcc.org
413-532-9446

MCPAP for Moms is a statewide program that offers consultation and referral services to front line medical and psychiatric providers serving pregnant and postpartum women. Providers can call 1-855-Mom-MCPAP.

Healthy Families
Healthy Families is a home-based family support and coaching program that supports young first-time parents and helps them create stable, nurturing environments for their children.

Healthy Families Massachusetts
Holyoke, MA
Parent education, support groups, and connection to community resources.
Angie Morrell
9 Sullivan Rd
Holyoke, MA 01040
413-532-9446

Healthy Families Massachusetts
Springfield, MA
Teaching first time parents proper baby care.
Liz Szarkowski
413-858-3119
Rosa Rivera
413-858-3132

Prescribers

How do I know if I need medication or if it's the right thing for me? Share your experience and history. Ask questions and share your concerns.

Morris Pardo, MD
299 Carew St #207
Springfield, MA 01104
413-733-2050

Liz Bertuch, MS, APRN
1236 Main St #202A
Holyoke, MA 01040
413-532-6777

Mending Minds
Laurie Kimball, NP
296 N. Main St #20
E. Longmeadow, MA 01028
413-525-5080

Psych Care Associates
185 West Avenue, Suite 301
Ludlow, MA 01056
413-583-6750

Dr. Valerie Sharpe
3300 Main St Suite 3C & D,
Springfield, MA 01199
413-794-7035

Additional Resources

MotherWoman
Provides education to providers and group support for mothers.
Hadley, MA

MA Society for the Prevention of Cruelty to Children (MSPCC)
Healthy Families Holyoke
9 Sullivan Road, Holyoke
413-532-9446

Early Head Start
Providing educational and social services for families.
Nicole Blais (BlaisN@headstart.org)
Sarah DeWolfe (SarahD@headstart.org)
413-788-6522x101.

Pathways for Parents
Guiding parents, educating children and helping families with children prenatal to age 8.
For more information contact
Cindy Milner
413-583-3527

Square One
Healthy Families Springfield
1095 Main Street, Springfield
413-732-5183
www.sdn.org/content/healthy-families-springfield
Square One Family Center
255 King St., Springfield
413-858-3132

Parental Stress Hotline
1-800-562-0112

It Takes a Village
Postpartum support for hilltown families in the postpartum period (up to age 1). Also offers a Village Closet for all local moms. It's a storehouse of maternity and baby supplies, free for anyone who need it.
Www.hilltownvillage.org
Info@hilltownvillage.org
413-650-3640
facebook.com/HilltownVillage

MCPAP for Moms
The MCPAP for Moms website includes a support group search option and additional resources at www.mcpapformoms.org. Follow the tab labeled <For Mothers and Families>

Postpartum Support International
<http://www.psi.org>
Search Postpartum Support International on Facebook and request to join group for online support.

Postpartum Support International MA <http://www.postpartum.net/locations/massachusetts/>

Postpartum Progress:
<http://postpartumprogress.org>

If you provide support for moms in Hampden County and would like to be added to this list please contact us at:
hampdenresourcesformoms@gmail.com.

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