Maternal Child Health Resource Guide



MV Public Health Alliance

Merrimack Valley communities, safer and stronger, together

Maternal, Child & Family Health Program

TABLE OF CONTENTS

Online & Call/Text/Chat Mental Health Resources	3
Breastfeeding/Lactation Support	4
Home Visiting and In Person Maternal/Child Supports	6
Postpartum Support for Partners	8
Community Meetups for Families	10
Postpartum Health Resources	11
Private Therapists Specializing in Perinatal Mood & Anxiety Disorders	12
Prescribers	13
Physical Therapy (Baby & Maternal)	14
WIC	15
Early Intervention	16
Children's Clothing	17
Food Assistance	18
Assistance Programs	20
Transportation Services	23
Recreation Activities	24
Grandparents Raising Grandchildren Support	25



MVP Health Alliance
Enhancing public health and safety in Merrimack Valley

Online & Call/Text/Chat Mental Health Resources:



Postpartum Support International

Feeling overwhelmed or unsure of where to turn for support?

Check out our free online support groups!

- Perinatal mental health
- Loss and Grief
- Post-Abortion
- Termination for medical reasons

Massachusetts Postpartum Support International

A toll-free and confidential warm line that provides support, listings of local counselors, support groups, and information in Massachusetts. Leave a message and a trained volunteer or staff person will return your call within 24 hours. **Available in Spanish.**

Phone: (866) 472-1897

Website: https://psichapters.com/ma/

Email: **psiofmass@gmail.com**

National Maternal Mental Health Hotline

24/7, free, confidential hotline for pregnant and new parents. Available in English and Spanish.

Phone: 1-833-TLC-MAMA (1-833-852-6262)

Breastfeeding / Lactation Support



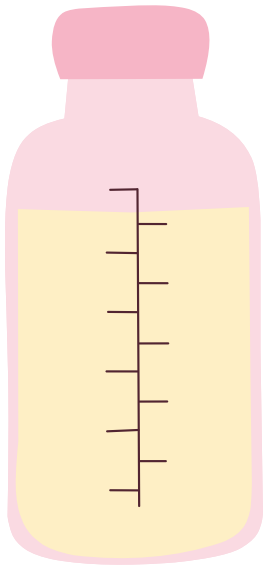
Anna Jaques Hospital
Lactation Consultants
Phone number: 978-463-1079

Milky Moms Services
Lactation Care
Address: 430 Boston Street #10, Topsfield
Phone: (240) 257-5436

Zipmilk.org
A database to find breastfeeding support resources near you

Greater Lawrence Family Health Center
Prenatal Group Visits: (978) 983-0469
(Option 1, then Option 3)
Lactation Clinic | Breastfeeding Support Group
Lactation Specialists

Breastfeeding / Lactation Support



Medications / Exposures and Breastmilk

Mommy Meds/Infant Risk Center:
The global authority in lactation pharmacology. Wondering if your medications or vitamins are safe for your breastfeeding infant? This helpline has answered more than 160,000 calls from parents and clinicians!

The InfantRisk Center mission is to support the health of moms and babies through the creation and translation of breastfeeding medicine research.
1-806-352-2519

Home Visiting and In Person Maternal / Child Supports

Salt Water Doula

Offering both prenatal and postpartum support, including FREE mom support group led by lactation counselor every Friday 10a-12p, virtual lactation support group Wednesdays at 1pm, and Teen Parent Connection on the Last Tuesday of Each Month from 6pm-7pm.
Other services include pre & post partum doula support and baby & me classes.

The Baby Mavens

Services include postpartum and lactation support, 24/7, travel, and overnight care, NICU support, classes, and support groups.
Phone number: 978-712-0411
Email: hello@thebabymavens.com

Restful Roots

Supporting families through every season of motherhood with compassionate postpartum care, newborn guidance, and personalized sleep support.

Jewish Family & Children's Services: Lauren & Mark Rubin Visiting Moms

A free service that matches volunteers with new parents during the first year of their baby's life. whether it's the first baby or a new baby in the household. Volunteers are trained and supervised and support parents who are adjusting to parenthood, isolated, or overwhelmed. Volunteers visit new parents at home and provide a weekly visit for at least two months or up until the baby's first birthday.
Phone number: 781-693-1361

The Lemon Grove

Whether you're trying to conceive, preparing for labor and delivery, or newly postpartum, doulas provide essential support for all stages of the perinatal journey. At The Lemon Grove, we offer holistic, evidence-based, and trauma-informed doula support for birthing people, their partners, and their families. As a perinatal wellness collaborative, our experienced and compassionate team provides personalized doula services for birth, postpartum, infertility & IVF support, and more.

Home Visiting and In Person Maternal / Child Supports

A Mommy's Friend Doula Services

Service Includes...

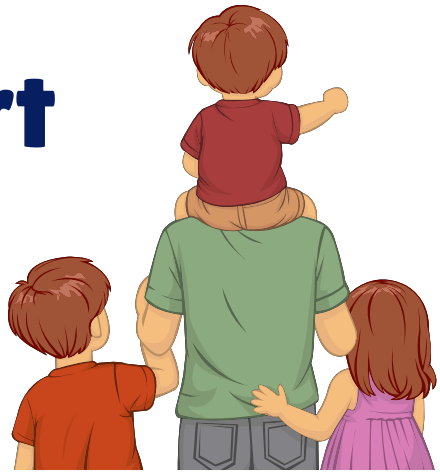
- A complimentary, no-obligation interview held in a public venue (such as a coffee shop)
- Two prenatal meetings held in doula's home office or in your home
- Creation of a written birth vision tailored to your wishes and preferences
- 24-hour phone and email support
- On-call availability beginning one week prior to your estimated due date
- Continuous, uninterrupted support throughout labor, birth, and the initial postpartum period
- One postpartum follow-up visit
- Access to lending library of books and educational videos
- Basic breastfeeding support and guidance

"To each birth, I bring with me my doula comfort bag! My bag is full of massage tools, essential oils and lotions, hot and cold rice socks, a rebozo, birthing ball, resource materials, relaxation music, flameless candles, copies of your birth plan, and any other items that we may decide will be essential for you to achieve the perfect birthing experience." -Enza Lilley

Healthy Families North Shore

Support for first-time parents aged 23 or under

Postpartum Support for Partners



Resources

POSTPARTUM MEN:

A resource for men with concerns about depression, anxiety, or other problems with mood after the birth of a child

Phone number: 415-346-6719

POSTPARTUM SUPPORT INTERNATIONAL: HELP FOR DADS

Resources and support for fathers experiencing postpartum depression or anxiety
Phone number: 800-944-4773
(1 En Espagñol, 2 in English)
Text (English): 800-944-4773
Text (Spanish): 971-203-7773

Dad Meetups



BROS, BABIES, & BEEF: DAD CONNECTION GROUP

Come meet and mingle with other dads from the area, as you munch on Nick's Roast Beef sandwiches! This group is for ALL dads! Expecting dads, new dads, veteran dads, single dads- we want you here! Bring those babies and older kids too are welcome!

NEWBURY TOWN LIBRARY DADS & DONUTS!

Come to our Dads and Donuts event to get quality bonding time with your child, listen to some stories, and eat donuts!

You don't have to be a dad to come- all family members are welcome.
Ages 0-5
Saturdays!

COMMUNITY MEETUPS FOR FAMILIES

FREE

ANNA JAQUES HOSPITAL — BABY & ME SUPPORT GROUP

No registration required
Haverhill: Women's Health Care // Wednesdays from 11:00 am - 12:00 pm
Newburyport: Anna Jaques Hospital // Thursdays from 11:00 am - 12:00 pm
Phone number: 978-463-1079

LA LECHE LEAGUE OF NORTH SHORE

Meeting information and breastfeeding information

FAMILY CONNECTIONS

CFCE Family Connections serves families with children from birth to age 6, providing access to comprehensive services, child development information and educational opportunities to support parents in their role as their child's first teacher. We're funded by the (CFCE) grant awarded to the Triton Regional School District by the Dept of Early Education and Care.

NEWBURYPORT YOUTH SERVICES: MUSIC ROCKS

Join Miss Claudia at the Congregational Church as we sing and dance our way through early literacy embedded in music and movement. We'll do wiggles, tickles, bounces, silly songs, finger plays, instrument playing, and more! There is no cost or registration required for the program. Wednesdays 9:00-9:45 AM for ages 0-5. *CLASS IS FREE!*

**Temporarily not running: be sure to "like" the Family Connections Facebook page and follow along with Newburyport Rec for updates. **

Postpartum Health Online Resources

RECOVERING FROM A C-SECTION





CLEAR ANSWERS AND SMART ADVICE ABOUT YOUR BABY'S SHOTS

Private Therapists Specializing in Perinatal Mood & Anxiety Disorders



ERIN NAZARRO, LISCW
Amesbury, MA
617-359-1548

LINDSEY COLLENS, LICSW
Virtual appointments only
Hamilton, MA
978-233-1470

ERIN SANTOSUOSSO, LICSW
Newbury, MA
978-270-6355

PEGGY HARTMAN, PSYD
Newburyport, MA
201571-1782

THERESA THURLOW, LICSW
Newburyport, MA
978-701-1565

DEBRA RASCONA, MSW, LICSW
Accepts insurance
Office is in Newburyport
978-905-0997
Email: debrarascona@hotmail.com

BETH BROWN, LICSW, PMH-C, RPYT, EMDR
Stillwater Counseling
Certified Virtual appointments only
Newburyport, MA
978-378-3533

JANICE GOODMAN, PHD, PMHNP-BC, PMHCNS-BC
Virtual and in-person appointments.
Offers therapy and medication management
781-775-4963
Wakefield, MA
Email:
drjanicegoodman@gmail.com

JANE FINKELSTEIN, LICSW
Topsfield, MA
978-887-0101

Prescribers

DAVE MASSEY, NP

25 State Street
Suite 203
Newburyport, MA
978-270-5069

BEVERLY ANDERSON, RNCS

5 Market St # 206, Amesbury
Phone: 9788-388-0606

ELIOT COMMUNITY BEHAVIORAL HEALTH CENTERS

Accepts MassHealth
Danvers Office: 888-769-5201 |
75 Sylvan St. Building C, Danvers



FERNCROFT BEHAVIORAL HEALTH, CAROL EMERSON, PMHNP

Danvers, MA
Phone number: 978-606-0011
Email: info@ferncroftbh.com

NORTH SHORE PSYCHIATRY: LIZ SOCCORSO, APRN, ANNE E MOYLAN, M.D.

Insurance not accepted
Danvers, NA
Phone number: 978-922-8600

Physical Therapy

FOR BABY

AHOY BABY

Services include assessment of a child's development with a focus on gross motor skills, oral motor skills for babies birth to 6 months, head-turning preference, and body tension.
Address: 462 Boston St, Topsfield, MA 01983
Email: info@ahoybaby.com
Phone number: 1-978-312-2438

MATERNAL

FIND YOUR WAY MAMA LLC (AMESBURY, MA)

Dr. Arielle Martone, DPT, NCS
In person and at home appointments
Provides pelvic floor PT from a holistic whole person lens to provide lasting relief from pain and supporting recovery.
Phone Number: 1-978-475-1837

ALUNA RESTORATIVE WELLNESS (NEWBURYPORT, MA)

Darcie Pervier, MSPT, PES
Helping women recover from depletion, pelvic dysfunction, postpartum challenges, or caregiving burnout. Restoration of pelvic health, clarifying root causes of symptoms with personalized care. Also providing type 1 diabetes support.
Email: darcie@alunarestorative.com
Phone to call/text Darcie: 978-238-6276

ROOTED PELVIC HEALTH & WELLNESS (HAMILTON, MA)

Pelvic health physical therapists and occupational therapists combines whole-body expertise with a root-cause approach to lasting relief. Services also include Group Physical Therapy for postpartum individuals. Accepting new clients, out-of-network for insurance, located one block from commuter rail.
Email: info@rootedpelvis.com
Phone to call/text 978-209-9150

PREFERRED THERAPY SOLUTIONS (TELEHEALTH)

Rachael Percoco
Provides pelvic floor PT virtually in the comfort of your own home through telehealth appointments.
Phone Number: 800-611-6475



WOMEN, INFANTS, AND CHILDREN

WIC (Women, Infants and Children) is a federal nutrition program that provides nutrition and health education, healthy foods, Farmers Market coupons, breastfeeding support and other services like referrals to families who qualify. WIC is for low to moderate income pregnant and postpartum people and children under age 5. Dads, Grandparents or other caregivers of a child under age 5 are encouraged to apply.

WHO IS WIC FOR/INCOME GUIDELINES:

APPLY FOR WIC:

WIC Main Office
3 Washington Square
1st Floor Haverhill, MA 01830
Phone: 978-374-2191
Fax: 978-241-9527

WIC

EARLY INTERVENTION

SERVING

AMESBURY,
GROVELAND,
ROWLEY,
NEWBURY,
GEORGETOWN,
MERRIMAC
SALISBURY,
HAVERHILL,
BOXFORD,
NEWBURYPORT,
WEST NEWBURY

320 MAIN STREET,
P.O. BOX 956
WEST NEWBURY,
MA 01985



THOM PENTUCKET IS COMMITTED TO PROVIDING HIGH QUALITY, COMPREHENSIVE, AND FAMILY-CENTERED EARLY INTERVENTION SERVICES TO INFANTS, TODDLERS, THEIR FAMILIES, AND OTHERS IN THE COMMUNITY WHO CARE FOR THEM. OUR NURSES, SOCIAL WORKERS, OCCUPATIONAL AND PHYSICAL THERAPISTS, SPEECH-LANGUAGE PATHOLOGISTS, MENTAL HEALTH COUNSELORS, EDUCATORS, AND OTHER SPECIALISTS ARE PASSIONATE ABOUT SUPPORTING FAMILIES AND YOUNG CHILDREN. IF YOU HAVE A CONCERN REGARDING YOUR CHILD'S DEVELOPMENT.

CONTACT INFORMATION

+1 (978) 363-5553

Children's Clothing & Gear Sales & Consignment



Children's Drop & Shop
Biannual Winter/Fall & Spring/Summer Consignment Sale

Children's Orchard (Amesbury)
Address: 58 Macy St, Amesbury, MA 01913
Phone: (978) 462-5437

Children's Orchard (Rowley)
Address: 225 Newburyport Turnpike, Rowley, MA 01969
Phone: (978) 948-6600

Facebook Marketplace
Find Kids and Baby clothing across surrounding area



Food Assistance

Our Neighbor's Table

PHONE: 978-388-1907
EMERGENCY HOTLINE: 978-835-3016

GROCERY PROGRAMS
The Jardis-Taylor Center: 194 Main St, Amesbury
Thursdays, 10:30am - 6:30pm; Fridays, 9am - 3pm; Saturdays, 9am - 1pm

Salisbury Market: 114 Bridge Road (Route 1), Salisbury
Mondays, 12pm - 5pm; Tuesdays, 10am - 3pm; Wednesdays: Curbside pickup

Community Meal: Main Street Congregational Church Vestry Hall,
145 Main Street, Amesbury
Wednesdays from 4:00-6:00 pm

First Parish Church of Newbury

20 HIGH ROAD NEWBURY, MA
PHONE: 978-358-1077
EMAIL: INFO@NEWBURYFOODPANTRY.ORG

We provide healthy, fresh food with compassion and respect to ALL who are in need. Place your order online or by phone from 8:00 AM Wednesday until noon on Thursday. Guests can select the food items that they need using our online ordering system.

Sacred Hearts Food Pantry

CARLETON AVE (BEHIND THE CHURCH), BRADFORD, MA 01835
PHONE: 978-373-1281

The Sacred Hearts Parish Food Pantry is open Mondays, Wednesdays, and Fridays, from 7:30 to 11 am at Sacred Hearts Parish on the Carleton Avenue side, Bradford, MA. Bring proof of current Haverhill residency or a valid ID. Please note weather closures.

The Open Door

FOOD PANTRY, COMMUNITY MEALS, AND SNAP ASSISTANCE
PHONE: 978-283-6776

Communities served – Ipswich site:
Ipswich, Rowley, Topsfield, Boxford, Hamilton, Wenham and Georgetown



Food Assistance

Joanne's Pantry

SALISBURY COUNCIL ON AGING
43 LAFAYETTE RD, SALISBURY

Wednesdays, 1pm - 3pm; Fridays, 11am - 1pm
Serving Salisbury residents only



Georgetown Food Pantry

GEORGETOWN SENIOR COMMUNITY CENTER
51 NORTH ST, GEORGETOWN

Mondays, 10am - 12pm; Wednesdays 10am - 12pm

Among Friends Meal Program

ST PAUL'S EPISCOPAL CHURCH
166 HIGH ST, NEWBURYPORT, MA

Meals provided Mondays from 5pm to 6pm, Tuesdays and Fridays from 11am to 12:15pm

West Newbury Food Pantry

WEST NEWBURY SENIOR CENTER / SAGE CENTER
381 MAIN ST, WEST NEWBURY
PHONE: 978-363-1104

The pantry is open the First, Third & Fifth Tuesday of the month (Open on Wednesday if Tuesday is a holiday).

Rowley Food Pantry

FIRST BAPTIST CHURCH RECTORY (REAR OF BUILDING)
153 MAIN ST (RT 1A), ROWLEY

Tuesdays 10am - 12pm;
First & Third Thursday of the month, 5:30pm - 7pm
Serving residents of Rowley in a welcoming, friendly environment.

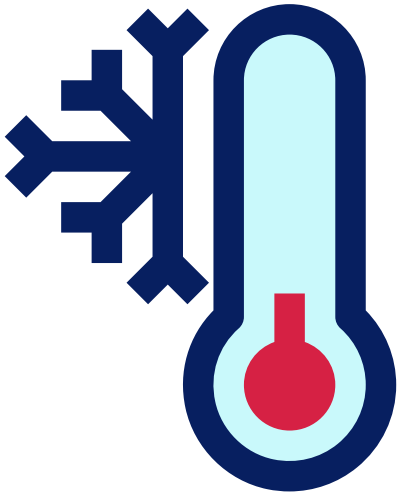
Assistance Programs

Housing Assistance

CITIZENS INN, INC.: 81 MAIN ST PEABODY, MA 01960
MAIN PHONE NUMBER: (978) 531-9775

Citizens Inn breaks the patterns of instability that lead to homelessness and hunger for every individual served.





Heat & Fuel Assistance

MASSACHUSETTS DHCD HEAT LINE
(FUEL ASSISTANCE PROGRAM)
PHONE:1-800-632-8175

Financial aid for heat.

GOOD NEIGHBOR ENERGY FUND
NEWBURYPORT CORPS
40 WATER STREET, NEWBURYPORT, MA
PHONE: (978) 465-0883

Fuel assistance available to eligible families during the heating season. You may apply for energy assistance by directly contacting your local Salvation Army Corps Community Center.

Financial Assistance

MASSACHUSETTS DEPARTMENTS OF TRANSITIONAL ASSISTANCE
PHONE NUMBER: 877-382-2363

The Department of Transitional Assistance (DTA) assists and empowers low-income individuals and families to meet their basic needs, improve their quality of life, and achieve long-term economic self-sufficiency.



Assistance Programs

Head Start

Head Start provides quality early education programming and comprehensive services to pregnant women and families with children between the ages of 0-5. There is no cost to participate, although there may be voucher related fees for children enrolled in full-time classrooms.

Amesbury / Newburyport Seacoast Center
447 Merrimac Street Newburyport, MA 01950
Phone: 978-499-8357

Social Services

PETTENGILL HOUSE

SERVING AMESBURY, BYFIELD, GROVELAND, MERRIMAC, NEWBURY, NEWBURYPORT, ROWLEY, SALISBURY & WEST NEWBURY RESIDENTS

Provides support services and interventions to individuals, children and families residing in the Greater Newburyport Community including food pantry, emergency assistance support, meal delivery, SNAP applications, MassHealth assistance, crisis intervention, Operation Backpack (providing backpacks and school supplies to children) and school and community education programs. Senior support; substance addiction and mental health initiatives.

Phone: 978-463-8801
Fax: 978-463-8743
Hours in Amesbury are Monday - Friday from 8:00 am - 4:00 pm (by appointment only)



PETTENGILL HOUSE FOOD PANTRY

13 Lafayette Road Salisbury, MA 01952
Phone: 978-463-8801
Fax: 978-463-8743 www.pettengillhouse.org
Salisbury Food Pantry: Tuesday from 9 am - 6 pm.

Assistance Programs

Community Services of Newburyport
The Annex at St. Paul's Church

SERVING NEWBURY, NEWBURYPORT & WEST NEWBURY RESIDENTS

Services We Provide: Comprehensive Referral Services; Medical/Dental/Prescription Assistance; Heating/Utility Assistance; Housing Assistance; Personal Care Products; Diapers; Holiday Gift Assistance and Camp Scholarships

The Annex at St. Paul's Church
35 Summer Street Newburyport MA 01950
Phone: 978-465-7562
Email: newburyportcommunityservice@gmail.com

St. Vincent dePaul

PROVIDES FOOD, CLOTHING, ASSISTANCE WITH FUEL & UTILITY BILLS, RENTAL ASSISTANCE AND OTHER EMERGENCY SERVICES

11 Sparhawk Street Amesbury, MA
01913 978-388-0330 x100 (Holy Family)
978-465-3334 (Star of the Sea)



TRANSPORTATION
MEVA Ring and Ride

MEVA (Merrimack Valley Transit Authority) local bus system

85 RAILROAD AVENUE HAVERHILL, MA
PHONE: 978-469-6878

The Mini MEVA service is for people living in Boxford, Georgetown, Groveland, Newbury, Rowley and West Newbury. This service allows the residents to commute anywhere within those towns as well as anywhere in Andover, Amesbury, Newburyport, Haverhill, Lawrence, Merrimac, Methuen, NorthAndover, and Salisbury. This service will also allow you to connect to the MeVa fixed route bus system. Call the Mini MEVA Office to reserve a ride at (978) 469-6878 (option 3) Monday - Friday 8:00am - 5:00pm. * Trips may be reserved up to (2) weeks in advance, but no later than 2 business days in advance. * If you are using Mini MeVa to transfer to a MeVa fixed-bus routes, you can call 1 business day in advance.

CHOOSE TRANSPORTATION - MINI MEVA
RING AND RIDE RING AND RIDE SERVICE HOURS:
MONDAY – FRIDAY 5:00 AM - 8:00 PM SATURDAY 7:00 AM - 7:00 PM

Merrimack Valley Transit

Get a ride to MassHealth medical appointments

You can get transportation to MassHealth covered services, including medical, counseling, and day habilitation appointments with the PT-1 Form!

GET MORE INFORMATION HERE!
PT-1 FORM (PRESCRIPTION FOR TRANSPORTATION)





NEWBURYPORT

RECREATION & YOUTH SERVICES ACTIVITIES

CHECK OUT THE VARIETY OF ACTIVITIES

INCLUDING:

ARTS ENRICHMENT, CAMPS, FIELD TRIPS, DANCES, PLAYGROUPS, MUSIC CLASSES AND MORE....

REGISTER ONLINE:

CONTACT INFORMATION: REC OFFICE

Newburyport City Hall: 60 Pleasant Street, 2nd Floor

Office Hours: Mon - Thurs 9am - 3pm, Friday 8am - Noon
Due to the nature of our work, we are often at programs. Please email or call ahead.

Phone: 978-465-4434
General email: youthservices@cityofnewburyport.com

NEW DEPARTMENT WEBSITE

GRANDPARENTS* RAISING GRANDCHILDREN

*And Other Relatives

Join us in a judgement free zone, a time and place to share feelings, experiences and resources.
Facilitated by Kathleen Shaw, LICSW



YWCA Children's Center
13 Pond St, NBPT

Second Tuesdays of the Month:
March 10
April 14
May 12
June 9

Time: 5:30-7:00pm
Child care and pizza provided
Regional group- Open to all!

NEWBURYPORT RECREATION AND YOUTH SERVICES

Contact kathleenshaw@comcast.net to RSVP

SCAN HERE FOR MORE INFORMATION →