

Franklin County Parenting and Breastfeeding Resources

Support Groups

La Leche League

Northampton

By [LLL of Amherst-Northampton](#)
Meetings are first Fridays of the month from 10 am to 11:30 am at Cooley Dickinson Midwifery Center Northampton

Nursing Mothers Council

Breastfeeding Support Group
Third Monday of the month from 9:30-11am
Jones Library
43 Amity St. Amherst,
Every effort is made to keep to the schedule but please call to confirm. Melissa 413-336-1616
For more information on NMC, visit <http://www.bace-nmc.org>.

Cooley Dickinson Hospital's Childbirth Center

Outpatient Breastfeeding Support Clinic

A free-drop-in service held weekly on Thursdays from 11:30 am - 12:30 pm in the lactation office outside of the Childbirth Center. Weigh your baby, and receive one-on-one support from a certified lactation consultant. You'll be with other new moms who are experiencing the same joys and challenges. Learn together in a group setting.

Individual Lactation

Consultations are also available seven days a week. Your insurance company will be billed and referrals are not required. To schedule an appointment, call (413) 582-2096.

The Birthplace at Baystate Franklin Medical Center

Breastfeeding Support Group

Explore and discuss issues and problems associated with breastfeeding with other new mothers who are nursing. This is a chance to meet and bond with other mothers facing the same issues.
Schedule: Wednesdays at 11 a.m.
Cost: Free; no pre-registration required
To learn more:

Call Baystate Health Link at 413-773-2454 (out of area, call 1-800-377-HEALTH).

MotherWoman Groups

Join mothers for a free, safe, confidential drop-in group for mothers of infants and young children. Expectant mothers welcome. Mothers are welcome in this space to say what is true for them about motherhood. Feel heard, valued, understood, nurtured and energized. Share laughter and tears. Be inspired. It's all here. Expectant mothers welcome. Free childcare is available for children up to age five.
motherwoman.org

Amherst

Getting Real About Motherhood
Thursdays, 9:45–11:15am
Amherst Family Ctr.
1200 N.Pleasant St., Amherst
For more information please contact: Amherst Family Center (413) 256-1145.

Ashfield

It Takes A Villiage Mother's Circle
Tuesdays, 10am-11:30pm
St. John's Corner House 469 Main St., Ashfield, MA Contact: (413)6503640
info@hilltownvillage.com

Cummington

Hilltown Village Mother's Group: Mindful Mamas
2nd Tuesday evening, 7:00-8:30
Cummington Family Ctr.
33 Main St., Cummington, MA For more information please contact: Stacey Mackowiak 413-634-8853

Greenfield

Circle of Moms: We Are All In This Together
Fridays, 10:00-12:00pm Community Action Family Center, 90 Federal Street, Greenfield.
Transportation support available.
For more information please contact: Mareike (413) 774-1000 ext. 2048
mmuszynski@csoinc.org

Hadley

Postpartum Support Group
Fridays, 10am–12pm at the

MotherWoman Office

220 Russell St
For more information please contact: Dawn Kennedy (413) 695-4128
Dawn@vitalmilk.com

Holyoke

Postpartum Support Group
Moms in recovery welcome
Wednesdays, 1:00pm
Midwifery Care of Holyoke
230 Maple St.
For more information please contact: Lisa Pack (413)534-2700

Wibraham

Postpartum Support Group: Pathways for Moms
3rd Thursdays, 12:30pm-2:30pm
Scantic Valley YMCA
45 Post Office Park

Online Support

Postpartum Support International www.psi.org

Postpartum Progress
postpartumprogress.typepad.com

Online PPD Support Group
www.ppdsupportpage.com

La Leche League www.llli.org
Find a La Leche League MeetingAsk La Leche League a question by email
www.llli.org/help_form

Breastfeedingonline.com

KellyMom.com

Find a lactation consultant
www.ilca.org

Hilltownvillage@wordpress.com

Womenshealth.gov

Parenting Resource Directory
www.parentingdirectory.org

At Home Support

Green River Doula Network

www.greenriverdoulas.org

A postpartum doula provides services and support in the home to help facilitate a warm and nurturing experience for the whole family

It Takes a Village, Home Visits

A trained volunteer visits your home once a week for the first three months after your baby arrives, providing companionship, playing with older children, preparing meals, washing dishes and helping in ways extended family might. Family Coordinator – [Lisa Goding](#), 413-455-5008

Phone Support

Call someone when you need support at home. The people at these numbers can listen to you on the phone, as well as refer you to other resources.

The InfantRisk Center will be dedicated to providing up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding. Monday-Friday 8am-5pm central time. Please contact us at (806)-352-2519. www.infantrisk.com

PPDMoms Hotline (800) PPDMOMS or (800) 773-6667
Available support 24 hours a day, 7 days a week. For moms and their loved ones. Support, information and referrals.

Parental Stress Line (800) 632-8188
A statewide warmline that is available 24 hours a day, 7 days a week; staffed by trained volunteer counselors who are sympathetic and non-judgmental.

Postpartum Support International of Massachusetts Warmline (866) 472-1897
Confidential information, support and listings of local resources. Leave a message and a volunteer

Franklin County Parenting and Breastfeeding Resources

will get back to you within 24 hours.

Orange WIC Warmline:
(413) 475-1773

Greenfield WIC Warmline:
(413) 376-1170

Northampton La Leche League leaders: [Lex](#) (413) 268-0141; Lori (413) 774-3975; [Lauren](#) (413) 341-3233; [Rosemary](#) (413) 537-9755

Cooley Dickinson Lactation Services Warmline: (413) 582-2096

Amherst/Northampton WIC Warmline: (413) 387-1273

24/7 La Leche League Hotline:
1-877-4-LA LECHE

WIC Breastfeeding Peer Counselors:
(413) 582-4230

Womenshealth.gov Helpline
1-800-994-9662

Crisis Services

The following Crisis Services offer 24 hour psychiatric assessment. They accept most insurances and underinsured patients. Crisis evaluations take place in your home or in the community.

Franklin County
(413) 774-5411 or (800) 562-0112
140 High Street
Greenfield, MA 01301

Social Opportunities

Community Network for Children(CNC). Please visit: <https://sites.google.com/site/comunitynetworkforchildren/programs-and-events> to discover all of the free, fun and educational activities CNC provides. (e.g. storyhours, playgroups, gymnastics, support groups, gifts for new parents)

Birthing Mama Yoga

All practices promote postpartum healing and wellness in an atmosphere that encourages sharing challenges and joyful discoveries as a parent. Babies are gently and safely incorporated into

the class through partner poses and practices that comfort and support their optimal development. Nursing, walking, bouncing, changing diapers and soothing fussy babies are perfectly normal in this space. For more information please contact: Corinne(413) 253-4817 or Arden(413) 585-8990

Greenfield Public Library: Preschool Story Hour

Tuesdays 10:00-11:00AM
Parents with kids 5 and under, please join us for a weekly hour of story and craft time fun! Meet other people with small children and enjoy stories, songs, fingerplays, and crafts with Sally Ahearn. No sign-up is required, and this program is open to everyone and free of charge. For more information phone the children's librarian at (413) 772-1544 ext. 5.
Location: LeVanway Meeting Room

Mother Goose on the Loose

Fridays 11:00-11:45AM
Join the happy circle with Kay Lyons at a lap-sit story hour for children, age 3 and under with a grown-up. No sign-up is required, and the program is free of charge thanks to the generosity of the Friends of Greenfield Public Library. For more information phone the children's librarian at (413) 772-1544 ext. 5.
Location: LeVanway Meeting Room

Sunshine Storytime

Mondays 10:00-11:00AM
Kay Lyons brings a blend of read-aloud, sing-along, play-along fun to families with young children. There is half an hour of story time, a few minutes of visiting, and some play time for active young children. For further information contact Kay Lyons at (413) 772-1544 ext. 5, or check the library website at www.greenfieldpubliclibrary.org.
Location: LeVanway Meeting Room.

Wheeler Memorial Library: Orange Storytime

Mondays 10:30am
In the meeting room of the Wheeler Memorial Library, Candy Cross will lead the group of gathered adults and children in a

fun and educational half-hour of movement, music and words. For adults to explore with children up to the age of three years old. No registration is required for the MGOL programs. Candy can answer questions at 978-544-2495 x103

Rise and Romp Storytime

Tuesdays at 10:30am
For young children birth to 3 years old. This is a program of handplays, songs, stretches, rhymes and short short stories. After the activity time children will be invited to do a craft or play together as suits their age.

Heath Free Public Library: Preschool Story Hour

Children (birth to age 5, older siblings welcome) and their caregivers are invited to share stories, songs, sign language, crafts and a snack with Lyra Johnson-Fuller. A great way to meet other local parents and have some fun with your baby/toddler/young child! It's offered on selected Fridays, September through early June.

Family Centers and Playgroups

Amherst Family Center
1200 North Pleasant Street,
Amherst, MA 01002
413-256-1145
www.umass.edu/ofr

Belchertown Playgroup
Clapp Memorial Library
19 S. Main St.
Belchertown, MA 01007
413-586-4998 x109
www.collaborative.org/early-childhood

Gateway Family Center
Gateway Community Center
9 Russell Rd.
Huntington, MA 01050
413-667-2203 x3
[Find us on Facebook](#)

Hatfield Playgroup
First Congregational Church of Hatfield (enter through side door)
41 Main St.
Hatfield, MA 01038
www.collaborative.org/early-childhood

Northampton Parents Center
297 Main St., Lower Level
Northampton, MA 01060
413-582-2636
www.northamptonparentscenter.org or [find us on Facebook](#)

Ware Family Center
49 Church St.
Ware, MA 01082
413-967-8127
<http://warefamilycenter.org>

Other Support Resources

ZipMilk.org
ZipMilk is a site that provides listings for breastfeeding resources sorted by ZIP Code. It is designed for use by consumers interesting in help or support for breastfeeding, as well as by providers who want to give their clients access to such resources. These resources are not a substitute for medical advice.

Franklin County Family Network/Family Center & Community Action
Playgroups, literacy programs, parenting education. For services contact Program Coordinator Francia Wisneski, M.Ed, 90 Federal Street, Greenfield. (413) 475-1553
www.communityaction.us

Massachusetts New Parent Initiative: Discover a wealth of resources!
<http://www.mass.gov/eohhs/gov/departments/dph/programs/family-health/new-parent-initiative/massachusetts-new-parent-initiative.html>