

Play Groups.....

- Luna Moms Club powered by Stroller Strides**
www.strollerstrides.com/lunamomsclub.php
Hosts free playdates, moms' nights out, etc.
- Meestup Groups**
www.meestup.com
A wide variety of playgroups and other types of moms' groups that meet countywide
- Model Mom Club at Legoland**
760-918-5346
www.legoland.com
Weekly activity groups
Ages: 0 - 4
- Mothers of Preschoolers**
www.mops.org
Nondenominational groups countywide.
Ages: 0 - 5
- Mothers of Twins Club**
877-540-2200
www.nomotc.org
Referrals to local clubs
- Scripps Parent Connection**
858-626-6944
www.sandiegoparent.com
Resource network for families of newborns and young children. Free playgroups countywide, etc.
- Stroller Strides**
866-FIT-4MOM
www.strollerstrides.com/sandiego.html
Outdoor stroller exercise classes countywide
- Readings.....**
- Beyond the Blues: Understanding & Treating Prenatal and Postpartum Depression and Anxiety** (2011) Shoshana S. Bennett and Pec Indman
- Dropping the Baby and Other Scary Thoughts: Breaking the Cycle of Unwanted Thoughts in Motherhood** (2010) by Karen Kleiman
- Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide** (2010) by Ann L. Dunnewold and Diane G. Sanford

The Mother-to-Mother Postpartum Depression Support Book

(2006) by Sandra Poulin

Mothering the New Mother: Women's Feelings and Needs After Childbirth

(2000) by Sally Placksin

The Pregnancy and Postpartum Anxiety Workbook

(2010) by Pamela Wiegartz and Kevin Gyoerko

The Postpartum Husband: Practical Solutions for Living with Postpartum Depression

(2001) by Karen Kleiman

This Isn't What I Expected: Overcoming Postpartum Depression

(1994) by Karen R. Kleiman and Valerie D. Raskin

What am I Thinking? Having a Baby after Postpartum Depression

(2005) by Karen Kleiman

Websites.....

The Center for Postpartum Health

www.postpartumhealth.com

Village Pregnancy & Postpartum Depression Message Board

http://forums.village.com/t5/Postpartum-Pregnancy-Depression/ct-p/iv-ppppd

I'm Listening by Jane Honikman

www.janehonikman.com

MedEd PPD section for moms

www.mededppd.org *highly recommended

Online PPMD Support Group forums

www.postpartumdepression.yuku.com

Postpartum Progress Blog: Peer to Peer Support

www.postpartumprogress.typepad.com

Postpartum Support International (PSI)

www.postpartum.net *highly recommended

The Postpartum Stress Center

www.postpartumstress.com

This document is to be printed on both sides and folded in half.

10/10



Postpartum Health Alliance

P.O. Box 927231

San Diego, CA 92192-7231

(619) 254-0023

www.postpartumhealthalliance.org

Resources & Services

PPD Support Groups.....

PPD Support Groups (cont.)..

ESCONDIDO

Being the Mom You Want to Be

Facilitator: Susanne Dillmann, Psy.D.
760-743-7789

www.drillmann.com

Call for days and times

Cost: Sliding scale

HILLCREST/BANKER'S HILL

Spanish-Speaking Support Group

Facilitator: Magdalena Beneitez, MFT
858-349-0604

Wednesdays, 6:00 - 7:30 pm

Cost: \$35

KENSINGTON

Mothers Supporting Mothers

Facilitator: Mary Obata, MFT

619-220-4680

www.maryobata.com

Mondays, 12:00 - 1:30 pm

Cost: Sliding scale \$45 - \$5

LA JOLLA

Postpartum Support Group

Scripps Memorial Hospital La Jolla
Facilitator: Amanda Clifford, LCSW

1-800-SCRIPPS

Thursdays, 2:30 - 4:00 pm

Cost: FREE

LA MESA

Postpartum Support Group

Sharp Grossmont Hospital

Facilitator: Jutta Maranto, LCSW

619-740-4906

Thursdays, 3:00 - 4:30 pm

Cost: FREE

POINT LOMA

New Mothers Support Group

Kaiser Permanente, Point Loma
619-221-6114

For public and Kaiser members

3rd Thursday of the month, 1-2:30 pm

Cost: FREE

SCRIPPS RANCH

Mommy and Me Support Group

Facilitator: Gretchen Pound, Ph.D.
858-663-7285

Thursdays, 10:00 - 11:30 am

Cost: \$15

New Mom's Support Group

Java Mama

Facilitator: Amber T. Rukaj, MFT

619-616-6548

www.javamama.com

Fridays, 2:00 - 3:00 pm

Cost: FREE

SERRA MESA

Postpartum Support Group

Sharp Mary Birch Hospital
Facilitator: Sumaya Dinglasen,

LCSW

858-939-4141 to register

Tuesdays, 10:00 - 11:30 am

Cost: FREE

SORRENTO MESA

New Moms Group

Facilitator: Beth Creager Berger,
Ph.D.

858-442-2421

Call for days and times

Cost: \$40-\$45

PPD Support Groups (cont.)

VISTA
North County PPD Peer-Led Support Group
Babies in Bloom
Facilitator: Holly Herring
760-814-1421
www.passnc.org/resources/supportgroups
2nd and 4th Fridays, 11:45 - 1:15 pm
Cost: FREE

Anidepressants

CTIS Pregnancy Risk Info Line
800-532-3749
www.ctispregnancy.org

Center for Women's Mental Health
www.womensmentalhealth.org

Drugs in Pregnancy and Breastfeeding

www.perinatology.com/exposures/druglist.htm

UCSD Drug Information

www.health.ucsd.edu/specialties/pharmacy/services/druginfo.htm

Bereavement

Empty Cradle Support Groups

619-595-3887
www.emptycradle.org
Miscarriage, stillbirth, or infant loss

Jenna Druck Foundation

www.jennadruck.org
Families Helping Families and Bereavement Services Directory

Multiple Loss with Survivor Siblings Support Group

Sharp Mary Birch Hospital
Facilitator: Yvonne Rothermel, MFT
858-939-4141
Third Sunday, 1:00 - 3:00 pm

Birth Trauma

Birth Trauma Association

www.birthtraumaassociation.org.uk

EMDR Institute

www.emdr.com
Effective treatment for trauma and PTSD

Birth Trauma (cont.)

International Cesarean Awareness Network (ICAN), San Diego Chapter
760-744-5260

www.ican-online.org
Information and support for cesarean prevention and recovery

Trauma and Birth Stress

www.tabs.org.nz

Childcare

YMCA Childcare Resource Service

800-481-2151
www.ymcacts.org
Referrals for licensed day care homes and centers

Crisis/Referrals

San Diego County Mental Health 24-Hour Access/Crisis Line

800-479-3339
Support and referrals to county mental health services and Medi-Cal providers

Info Line/2-1-1

2-1-1 or 858-300-1211
www.211sandiego.org
24-hour referrals to community resources, low fee counseling, health & disaster svcs

Military OneSource

800-342-9647
www.militaryonesource.com
Trained counselors provide confidential support and information 24 hours a day

Doulas

Beautiful Beginnings

858-650-3305
www.beautifulbeginnings.org
Referrals - Birth and postpartum

San Diego Birth Network

619-525-7753
www.birthresourcenetwork.org
Referrals - Birth and postpartum

Rosemary Mason, CCE North County Doulas

619-448-6667
www.northcountydoulas.com
labor coach, baby support

Lactation

La Leche League International

858-646-9779
www.lalecheleague.org
Lactation support groups countywide

Scripps Health Breastfeeding Support

800-SCRIPPS
www.scrippshealth.com

San Diego County Breastfeeding Coalition

800-371-MILK
www.breastfeeding.org
Referrals to lactation services and groups countywide

Military

Armed Services YMCA

San Diego: 858-751-5755
www.asymcasd.org
Camp Pendleton: 760-385-4921
www.camppendletonsymca.org
Free parent support groups and parent-child classes and confidential in-home counseling

Military OneSource

800-342-9647
www.militaryonesource.com
Trained counselors provide confidential support and information 24 hours a day

Military Childcare & Respite Services

800-441-9199

Navy Fleet and Family Support Center

619-556-7404
www.cnrsw.navy.mil/fsc/default.asp
Free parenting and family workshops, classes, support groups, confidential counseling

Navy New Parent Support Program

619-556-8175
www.cnrsw.navy.mil/fsc/new_parents.asp
In-home parenting support and education

New Parent Support Program

Camp Pendleton: 760-725-3884
www.mccscamp Pendleton.com
Miramar: 858-577-9812
www.mccsmiramar.com
Parenting classes & support, in-home visits

Parenting

Bright Futures for Kids

Jewish Family Service
North Inland: 858-637-3065
North Coastal: 858-637-3303
Central and East: 858-637-3065
FREE parenting classes to all families of children ages 0-5

First 5 Commission Children's Health and Developmental Services

North Coastal: 858-966-7715
North Inland: 760-796-6859
North Central: 858-966-7874
Central and East: 619-515-2300
South Bay: 619-420-3620
www.howkidsdevelop.com
Newborn home visits for first-time parents, at risk home visits, developmental & behavioral screening/services

Grossmont Adult School Parent / Child Participation Classes

619-588-3515
http://adultschool.guhhsd.net under parent education
Semester-long classes for parents and children by age.

InfoLine/2-1-1

2-1-1 or 858-300-1211
www.211sandiego.org for database search under parenting education
Database of all the San Diego health & human service agencies and services.

San Diego Community College District Continuing Ed Parents / Children Participation Classes

619-388-1234
www.sdcc.edu under parent education
FREE Semester-long classes for parents and children by age.

Scripps Parent Connection

858-626-6944
www.sandiegoparent.com
Resource network for families of newborn and young children.
Parenting workshops, social events, free playgroups countywide.

Welcome Home Baby

877-504-2229
www.pph.org
FREE Baby Basics Support Group Classes and BabySource classes