

Resource and Referral Guide for Mothers and Families

Hamden County

It's normal to be stressed or tired during pregnancy — and after your baby's born. The good news is that getting support can help. Here's a list of services that may be available to you:

If you're worried about your safety or the safety of your children, please call the following **24-hour care crisis services** or go to the closest emergency room right away.

Behavioral Health Network (BHN)
(413) 733-6661

Suicide Prevention Hotline
1-800-PPD-MOMS

Support Groups

Motherhood can be surprising in many ways. Meet other mothers and share your experiences of being a mom. Most groups do not meet during public school vacation and snow days.

- ★ MotherWoman facilitator trained support groups

Baystate Medical Center
It Takes a Village — New Parents
Thursday @ 10:00 AM Greenwood Center
291 Maple Road, Longmeadow, MA
(413) 794-5515

- ★ **Baystate Medical Center — Mother to Mother**
Friday @ 12:30 PM
NICU Family Lounge, Wesson 2nd
759 Chestnut Street, Springfield, MA
(413) 794-5515

- ★ **It Takes a Village — Mothers Circle**
Tuesday @ 10:00 AM St. Johns Corner
469 Main Street, Ashfield, MA
Facilitator is certified therapist. Free childcare and refreshments.
(413) 650-3640 or info@hilltownvillage.org

- ★ **Midwifery Care of Holyoke**
Wednesday @ 1:00 PM
230 Maple Street, Holyoke, MA
(413) 534-2700

- ★ **Square One — Mother to Mother**
2nd & 4th Wednesday @ 10:00 AM
Square One Family Center
1095 Main Street, Springfield, MA
Contact: Jenise Katalina
(413) 858-3122

Counseling and Therapy

Being a mother is a tough job. It's okay to ask for help. Ask questions and share your concerns

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

Baystate Health
Adult Behavioral Health Services
Springfield, MA
(413) 794-5555
www.baystatehealth.org/services/behavioral-health

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
40 Bobala Road, Holyoke, MA
(413) 536-5475

Behavioral Health Network (BHN)
City Clinic and HHC City Clinic
235 Maple Street, Holyoke, MA
(413) 532-0389

Carson Center for Human Services
Springfield: **(413) 737-3730**
Ware: **(413) 967-6241**
Westfield: **(413) 568-6141**

Community Health Resource
Enfield, CT
(877) 884-3571

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

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

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

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

Holyoke Medical Center
Adult Outpatient Services
20 Hospital Drive
(413) 534 2698

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

Gandara Mental Health
Holyoke
(413) 736-8329

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

Alexia Johnstone, LMHC
697 Main Street, Suite 6
Holden, MA
(413) 320-6453

Celia Mackinnon, LMHC, LMFT
West Springfield, MA
(413) 758-1973

Cheryl Przewdziecki
Chicopee, MA
(413) 885-0978

River Valley Counseling Center
Holyoke, MA
(413) 737-2437

ServiceNet Mental Health
Holyoke, MA
(413) 533-5201

Thom Child and Family Services

Springfield, MA
(413) 783-5500

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

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.

Liz Betuch, MS, APRN
1236 Main Street, #202 A
Holyoke, MA
(413) 532-6777

Mending Minds
Laurie Kimball, NP
296 North Main Street, #20
East Longmeadow, MA
(413) 525-5080

Morris Pardo, MD
299 Carew Street, #207
Springfield, MA
(413) 733-2050

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

Valerie Sharpe, MD
Baystate Health Adult Behavioral Health Services
Springfield, MA
(413) 794-7035

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.
Contact number for providers:
(855) MOM-MCPAP (855-666-6272)

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
A program of ROCA that provides social, emotional, and physical health support for expectant or parenting teens, ages 14-24.
Springfield, MA
Email: springfield@rocainc.com
(413) 846-4301

Holyoke Teen Parenting Program

Education assistance, connections to community resources, parenting guidance and support, for expectant and/or parenting teens, ages 14-24.
9 Sullivan Road, Holyoke, MA
Contact: Laura Farnsworth
(413) 532-9446 or lfarnsworth@mस्पcc.org

Healthy Families is a free and voluntary, home-based family support and coaching program for young first-time parents. You can sign up for the program during pregnancy and continue up to your child's third birthday.

Healthy Families – Holyoke
Parent education, support groups, and connection to community resources.
9 Sullivan Road, Holyoke, MA
Contact: Angie Morrell
(413) 532-9446

Healthy Families – Springfield
Parent education, support groups, and connection to community resources.
1095 Main Street, Springfield, MA
Contact: Liz Szarkowski
(413) 858-3132

Parents as Teachers Holyoke & Springfield
a free and voluntary program that equips parents with the knowledge and resources to prepare their children, from prenatal through kindergarten, for a stronger start in life and greater success in school. Services include home visiting, group connections, and community resources.

1095 Main Street, Springfield
Contact: Jenise Katalina
(413) 858-3122

Additional Resources

Early Head Start
Serves pregnant moms and children birth to three in a home based or center based model. NOTE: Families & children must meet certain financial and age guidelines.
Holyoke | Chicopee | Springfield
Contacts: Nicole Blais and Sarah DeWolfe
(413) 788-6522

It Takes a Village
Offers free neighbor-to-neighbor support to families with infants and young children living in the Hilltowns of western MA. Also offers a Village Closet for all local moms; a storehouse of maternity and baby supplies, free for anyone who is in need.
Info@hilltownvillage.org
(413) 650-3640

MA Society for the Prevention of Cruelty to Children
Healthy Families | Holyoke
Pregnancy and parenting support, child and family counseling, and adoption and foster care services.
9 Sullivan Road, Holyoke
(413) 532-9446

MCPAP for Moms

Website includes a mothers' support group search option and additional resources at www.mcpapformoms.org. Follow the tab labeled <For Mothers and Families>.

MotherWoman

Provide mothers' support groups led by trained facilitators; offers comprehensive facilitator trainings for MotherWoman Support Groups; and offers professional training to medical and social service providers about postpartum emotional complications.
Holyoke, MA
Email: info@motherwoman.org
Web: www.motherwoman.org
(413) 387-0703

Parental Stress Hotline
(800) 562-0112

Pathways for Parents
Guiding parents, educating children, and helping families with children prenatal to age 8.
Contact: Cindy Milner
(413) 583-3527

Postpartum Support International MA
Warmline for help within 24 hours
This telephone WARMLINE and email provide toll-free and confidential information, support and listings of local resources.
www.postpartumma.org
WARMLINE: (866) 472-1897
Email: psiofmass@gmail.com

Square One Family Center
1095 Main Street, Springfield, MA
(413) 732-5183

Square One Family Center
255 King Street, Springfield, MA
(413) 858-3132

Perinatal Support Coalition of Hampden County
3rd Friday @ 9:00 AM
Baystate Medical Center
759 Chestnut Street, Springfield
Wesson Lundy Board Room
Email: hampdenresourcesformoms@gmail.com

If you provide support for moms and families in Hampden County and would like to be added to this Resource and Referral Guide, please contact us at hampdenresourcesformoms@gmail.com