

Local Postpartum Resources:

- **Evolution Prenatal Yoga:**
 - 20 Kilburn Street Suite 120, Burlington VT 05401
Call: 802-899-0339
 - Post Natal Yoga, Post Natal Core Yoga, Infant Massage & Yoga, Baby Yoga, Free playgroup,
 - VerMamas group (support group: 6 week series/ \$150)

- **Prenatal Method:**
 - 1 Mill St, Suite 236 Chace Mill Burlington VT 05401 call (802) 829- 0211
 - Mama & Baby yoga, Infant massage and baby wearing, Post Natal rehab option,
 - Breastfeeding clinic Tuesday mornings 9 – 10:30 am

- **Birth Journey's:**
 - One Main Street, Suite 214 , Burlington, VT 05401
 - Call: 802-324-8809
 - Postpartum Doula services, Housekeeping services,
 - New Parents Play Group: 1st and 3rd Thursday 9:30-11:30 am
 - Breastfeeding and Pumping for returning to work class

- **Postpartum Support Group**
 - free, open to Moms/babies < 6 months of age
 - VNA Family room, 20 Allen St, Burlington, VT 05401
 - Wednesdays @ 12:30 pm *check VNAfamilyroom calendar*
 - https://www.vnacares.org/wp-content/uploads/2016/02/FamilyRoom_calendar_3.16.pdf

- **Postpartum Physical Therapy**
 - **Evolution Physical Therapy :(802) 864-9642**
 - **Phoenix Physical Therapy:(802) 863-6662**
 - **Hemmett Health and Chiropractic care:(802) 879-1703**

- **Vermont 2-1-1** is the number to dial to find out about hundreds of important community resources, like emergency food and shelter, disability services, counseling, senior services, health care, child care, drug and alcohol programs, legal assistance, transportation agencies, educational and volunteer opportunities, and much more.
 - **Call 211**

- **Fussy Baby Network:** Telephone support/warmline
 - 888-431-BABY(2229) *no charge for this service*

- **FACT: Fathers and Children Together : weekly groups Tuesdays 4-7 pm VNA Family Room 20 Allen St, Burlington**
 - is for fathers or men in the fathering role and their children, age birth through five. FACT offers an opportunity for dads to meet other dads and their children. Includes fun activities, education and support. There are FACT programs in Burlington, Winooski, and St. Albans
 - 802-862-2121

- **Twinklings:** High-quality pre-loved pregnancy & newborn items (profits support access to scholarships for labor doulas)
 - 1 Steele St, Ste 122, Burlington VT (waterfront)
 - Call 802-324-8809

- **Once Upon a Child:** Gently used kids clothing, goods and toys
 - 38 Taft Corners Shopping Center, Williston, VT 05495
 - (802) 878-5434

Web sites:

www.BurlingtonVTMomsBlog.com

local parenting website connecting moms and families throughout Champlain valley.

<http://www.findandgoseek.net/interests/>

Find&GoSeek is a fun and easy way to search, discover and talk about what's great (and not so great) to do in Lake Champlain regional area. We all know some of the best ideas and suggestions come from our friends and trusted sources. Vermont's Find&GoSeek collects and organizes all that information for you in one convenient place.

<https://www.vnacares.org/family-support-services/the-family-room/>

The Family Room is VNA's parent-child center located at 20 Allen Street (St. Joseph's School) in Burlington. We offer a variety of programs for parents and children from birth through six-years-old, provide information about community resources for families, and partner with other social service agencies for more effective service delivery

http://cdn.buildingbrightfutures.org/wp-content/uploads/2016/01/Resources-for-Families-with-young-children_May-2015.pdf

Resources for families with young children in Chittenden County: Expectant parents, and families with children birth to 6 yrs.

Post Partum Transition Web sites:

- www.womensmentalhealth.org. Website of Massachusetts General Hospital's Center for Women's Mental Health. Contains up to date information and discussion of research findings in women's mental health for individuals and health care providers.
- [www.postpartumprogress](http://www.postpartumprogress.org). Postpartum Progress® is a registered 501c3 nonprofit that is laser-focused on maternal mental health. Peer-to-peer organization with three key focus areas: raising awareness, providing peer support for pregnant and new mothers and reducing stigma.
- www.postpartum.net :Postpartum Support International . Extensive site about postpartum depression and anxiety with information and articles, links to websites, access to a warmline and opportunity to Chat with an expert.
- www.ppdsupportpage.com : online support group
- <http://www.postpartumdads.org/> targeted specifically for the non pregnant /postpartum partner. Information and resources. Blog.
- [www.fussybabynetwork](http://www.fussybabynetwork.com). : warm line telephone support nationwide.