

*PPD Support Groups (continued) . . . . .*

**KENSINGTON  
Mothers Supporting Mothers**

Facilitator: Mary Obata, MFT  
619-220-4680  
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

**SCRIPPS RANCH  
Mommy and Me Support Group**

Facilitator: Gretchen Pound, PhD  
858-663-7285  
Thursdays, 10:00 - 11:30 am  
Cost: \$15

**SERRA MESA  
Postpartum Support Group**

Sharp Mary Birch Hospital  
Facilitator: Sumaya Dinglasen, LCSW  
858-939-4141  
Tuesdays 10:00 - 11:30 am  
Wednesdays 6:30 - 8:00 pm  
Cost: FREE

**SORRENTO MESA  
New Moms Group**

Facilitator: Beth Creager Berger, PhD  
858-442-2421  
Call for days and times  
Cost: \$45

*Readings . . . . .*

**\*Beyond the Blues: A Guide to Understanding & Treating Prenatal and Postpartum Depression** (2003)  
Shoshana S. Bennett and Pec Indman

**\*Mothering the New Mother: Women's Feelings and Needs After Childbirth** (2000) by Sally Placksin

**Mother Nurture**  
(2002) by Rick Hanson, et al.

**The Postpartum Husband: Practical Solutions for Living with Postpartum Depression** (2001) by Karen Kleiman

**\*Postpartum Survival Guide** (1994) by Ann Dunnewold and Diane G. Sanford

**\*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

**When Words Are Not Enough: The Women's Prescription for Depression and Anxiety** (1997) by Valerie Davis Raskin

*Websites . . . . .*

**The Center for Postpartum Health**  
[www.postpartumhealth.com](http://www.postpartumhealth.com)

**IVillage Postpartum Depression Message Boards**  
<http://messageboards.ivillage.com/iv-pppd> and [iv-pspo](http://iv-pspo)

**Postpartum Dads: Helping Families Overcome Postpartum Depression**  
[www.postpartumdads.org](http://www.postpartumdads.org)

**Postpartum Education for Parents**  
[www.sbpep.org](http://www.sbpep.org)

**PPD Support Group (Online)**  
[www.ppdsupportpage.com](http://www.ppdsupportpage.com)

**\*Postpartum Support International (PSI)**  
[www.postpartum.net](http://www.postpartum.net)

**The Postpartum Stress Center**  
[www.postpartumstress.com](http://www.postpartumstress.com)

Note: \* indicates highly recommended

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



# Postpartum Health Alliance

P.O. Box 927231  
San Diego, CA 92192-7231  
(619) 254-0023

[www.postpartumhealthalliance.org](http://www.postpartumhealthalliance.org)

**Resources & Services**

*Antidepressants . . . . .*

**CTIS Pregnancy Risk Info Line**  
800-532-3749  
[www.ctispregnancy.org](http://www.ctispregnancy.org)

**Center for Women's Mental Health**  
[www.womensmentalhealth.org](http://www.womensmentalhealth.org)

**Drugs in Pregnancy and Breastfeeding**  
[www.perinatology.com/exposures/druglist.htm](http://www.perinatology.com/exposures/druglist.htm)

**UCSD Drug Info Line**  
619-543-6971

**UIC Perinatal Mental Health Project**  
800-573-6121  
[www.psych.uic.edu/research/perinatalmentalhealth/](http://www.psych.uic.edu/research/perinatalmentalhealth/)

*Baby Massage . . . . .*

**Milkmade at Home**  
4045 Third Avenue, Suite 302  
San Diego, CA 92103.  
Office: 619-252-9606  
Tuesdays & Thursdays  
12:30 - 1:30 pm  
Cost: FREE

**Lisa Roche**  
858-449-2113  
UTC / LA JOLLA  
Scripps Well Being  
Tuesdays 10:00 - 11:00 am  
ENCINITAS  
Scripps Hospital  
Fridays 10:00 - 11:00 am

*Bereavement . . . . .*

**Empty Cradle Support Groups**  
619-595-3887  
Miscarriage, stillbirth, or infant loss

**Jenna Druck Foundation**  
[www.jennadruck.org](http://www.jennadruck.org)  
Families Helping Families and Bereavement Services Directory

*Birth Trauma . . . . .*

**Birth Trauma Association**  
[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk)

**EMDR Institute**  
[www.emdr.com](http://www.emdr.com)  
Effective treatment for trauma and PTSD

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

[www.ican-online.org](http://www.ican-online.org)  
Information and support for cesarean prevention and recovery

**Trauma and Birth Stress**  
[www.tabs.org.nz](http://www.tabs.org.nz)

*Childcare . . . . .*

**Not to Worry, Inc.**  
858-350-6552  
[www.nottoworryinc.com](http://www.nottoworryinc.com)  
Babysitting, Nanny service

*Childcare (continued).....*

**YMCA Childcare Resource Service**  
800-481-2151  
www.ymcacr.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

**InfoLine/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**

619-583-1129  
www.beautifulbeginnings.org  
Referrals - Birth and postpartum

**Birth Resource Network**

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

**Rosemary Mason, CCE North County Doulas**

10026 Pinewood View  
Santee, CA 92071  
Office: 877-766-BABY  
Labor coach, baby support

*Lactation.....*

**La Leche League International**

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

**San Diego County Breastfeeding Coalition**

858-576-5981  
www.breastfeeding.org  
Referrals to lactation services and groups countywide

**Scripps Health Breastfeeding Support**

800-SCRIPPS  
www.scrippshealth.com  
Lactation consultation and information

*Military.....*

**Armed Services YMCA**

San Diego: 858-751-5755  
www.asymcasd.org  
Camp Pendleton: 760-385-4921  
www.camppendletonasymca.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

**Navy Fleet and Family Support Center**

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

**Navy New Parent Support Program**

619-556-8175  
www.cnsw.navy.mil/fsc/new\_parents.asp  
In-home parenting support and education

**New Parent Support Program**

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

*Parenting.....*

**Children's Care Connection (C3)**

Oceanside: 858-966-8014  
San Diego: 858-966-8931  
San Marcos: 760-591-0179  
www.chsd.org/1985.cfm  
FREE screening/assessment and parent enrichment classes for North & Central SD

**Grossmont Union High School District Parent/Child Participation Classes**

619-401-4122  
www.adultschool.guhsd.net under parent education  
Semester-long classes for parents and children. Okay to bring baby

**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

**Parenting Link**

866-432-6454  
www.informsandiegofamilies.org  
Referrals and information on parenting classes, in-home support, workshops, support groups.

**Parents Club Class**

Paradise Valley Hospital  
619-470-4784  
Cost: \$20

**San Diego Community College District Parent/Child Participation Classes**

619-388-1800  
www.sdce.edu under child development  
FREE Semester-long classes for parents and children. Okay to bring baby.

**Scripps Parent Connection**

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

**Welcome Home Baby**

Palomar Pomerado Health System  
877-504-2229  
Escondido: Tuesdays 11:00 - 12:30 pm and Tuesdays 6:30 - 7:30 pm (Spanish)  
Poway: Thursdays 10:00 - 11:00 am  
Cost: FREE

*Play Groups.....*

**Baby Boot Camp**

Renee Cinco: 619-813-1417  
www.babybootcamp.com  
Multiple locations in San Diego County  
Outdoor exercise classes

**Model Mom Club at Legoland**

760-918-5346  
www.legoland.com  
Weekly activity groups  
Ages: 0 - 4

**Mothers of Preschoolers**

POINT LOMA  
619-849-3100  
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 newborn and young children. Free playgroups, parenting workshops, social events.

**Stroller Strides**

866-FIT-4MOM  
www.strollerstrides.com/sandiego.html  
Outdoor stroller exercise classes throughout San Diego County

*PPD Support Groups....*

CARMEL VALLEY  
**Emotional Support Group for Latin Women (Spanish-speaking)**  
Facilitator: Magdalena Beneitez, MFT  
858-349-0604  
Tuesdays, 4:30 - 6:00 pm  
Cost: \$40

CARLSBAD  
**North County PPD Peer Support Group (A meetup group)**  
Facilitator: Holly Herring  
760-814-1421  
Thursdays, 10:30 - 12:00 pm  
Cost: Free

HILLCREST/BANKER'S HILL  
**Spanish-Speaking Support Group**  
Facilitator: Magdalena Beneitez, MFT  
858-349-0604  
Wednesdays 6:00 - 7:30 pm  
Cost: \$35