

# RESOURCE & REFERRAL GUIDE FOR MOTHERS & FAMILIES HAMPDEN COUNTY

## Support and resources for **MOTHERS & FAMILIES** during the emotional experience of pregnancy and postpartum period.

*Many women have lots of feelings during pregnancy and the years after a baby is born. Being a mother is a hard job. Having support can make things go better. All mothers and families deserve lots of help. You do too!*

If you are experiencing fear of being alone and/or are concerned about your safety and/or the safety of your baby/child(ren) please call **CRISIS SERVICES** or visit an emergency department.

The following supports offer 24-hour care and accept CommonwealthCare, MassHealth, and uninsured.

**BEHAVIORAL HEALTH NETWORK (BHN) CRISIS**  
(413) 733-6661

**SUICIDE PREVENTION HOTLINE**  
1-800-PPD-MOMS

### SUPPORT GROUPS

<sup>\*MW</sup> MotherWoman facilitator trained 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.*

#### **BAYSTATE MEDICAL CENTER MOTHER TO MOTHER <sup>\*MW</sup>**

Friday @ 12:30 PM  
NICU Family Lounge, Wesson 2<sup>nd</sup>  
759 Chestnut Street, Springfield, MA  
(413) 794-5515

#### **BAYSTATE MEDICAL CENTER IT TAKES A VILLAGE - NEW PARENTS**

Thursday @ 10:00 AM  
Greenwood Center  
291 Maple Road, Longmeadow, MA  
(413) 794-5515

#### **IT TAKES A VILLAGE MOTHERS CIRCLE <sup>\*MW</sup>**

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](mailto:info@hilltownvillage.org)

#### **MERCY WOMEN'S HEALTH**

177 Dwight Street (SPRINGFIELD, MA)  
(413) 886-0410

#### **MERCY WOMEN'S HEALTH**

306 Race Street (HOLYOKE, MA)  
(413) 536-7385

#### **MIDWIFERY CARE OF HOLYOKE <sup>\*MW</sup>**

Wednesday @ 1:00 PM  
230 Maple Street, Holyoke, MA  
(413) 534-2700

#### **SQUARE ONE - MOTHER TO MOTHER <sup>\*MW</sup>**

1<sup>st</sup> & 3<sup>rd</sup> Wednesday @ 4:00 PM  
Family Square  
255 King Street, Springfield, MA  
(413) 858-3132

#### **SQUARE ONE - MOTHER TO MOTHER <sup>\*MW</sup>**

1st & 3rd Wednesday 10:00 AM  
Square One Family Center  
1095 Main Street, Springfield, MA  
(413) 858-3122  
Contact: Jenise Katalina

### COUNSELING & THERAPY

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

#### **BAYSTATE HEALTH ADULT BEHAVIORAL HEALTH SERVICES**

Springfield, MA  
(413) 794-5555  
[www.baystatehealth.org/services/behavioral-health](http://www.baystatehealth.org/services/behavioral-health)

#### **BEHAVIORAL HEALTH NETWORK (BHN)**

Liberty Street Clinic  
Springfield, MA  
(413) 736-3668  
[www.bhninc.org](http://www.bhninc.org)

#### **BEHAVIORAL HEALTH NETWORK (BHN) MOUNT TOM CENTER FOR MENTAL HEALTH & RECOVERY**

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

#### **BEHAVIORAL HEALTH NETWORK (BHN)**

**CITY CLINIC & HHC CITY CLINIC**  
235 Maple Street, Holyoke, MA  
(413) 532-0389

#### **CARSON CENTER FOR HUMAN SERVICES**

Springfield      Ware      Westfield  
(413) 737-3730    (413) 967-6241    (413) 568-6141

#### **CELIA MACKINNON, LMHC, LMFT**

West Springfield, MA  
(413) 758-1973

#### **CHERYL PRZEZDZIECKI**

Chicopee, MA  
(413) 885-0978

#### **COMMUNITY HEALTH RESOURCES**

Enfield, CT  
(877) 884-3571

#### **COUNSELING/GYNECOLOGY GROUP**

Teana Mirapae & Lauren Gaffney  
Longmeadow, MA  
(413) 567-9355

#### **GANDARA MENTAL HEALTH**

Holyoke  
(413) 736-8329

#### **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

## COUNSELING & THERAPY

*continued*

**COLETTA ABERDALE, LICSW**  
Chicopee and South Hadley, MA  
(413) 493-2563

**SARAH CRAWFORD, LICSW**  
Easthampton, MA  
(413) 695-3772

**MEG COLEBACK, RN, LICSW**  
Easthampton, MA  
(413) 650-6903

**SUSAN DUDEK, LICSW**  
West Springfield, MA  
(413) 781-3307

**LAUREN HARRIS, LMHC**  
Easthampton, MA  
(413) 369-3791

**ANNIE HOTCHKISS, LICSW**  
Westfield, MA  
(413) 297-5564

**ALEXIA JOHNSTONE, LMHC**  
697 Main Street, Suite 6  
Holden, MA 01520  
[ajohnstonelmhc@gmail.com](mailto:ajohnstonelmhc@gmail.com)  
(413) 320-6453

**KATHY VARNER, LICSW**  
**SUSAN GOLDMAN, LICSW**  
West Springfield, MA  
(413) 781-2348

## RESOURCES FOR YOUNG PARENTS

*Being a young mother can be challenging and stressful. There are resources available for you.*

### SPRINGFIELD PREGNANT & 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  
(413) 846-4301  
**Email:** [springfield@rocainc.com](mailto:springfield@rocainc.com)

### 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@mspcc.org](mailto:Lfarnsworth@mspcc.org)

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](mailto:hampdenresourcesformoms@gmail.com)

**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  
(413) 532-9446  
Contact: Angie Morrell

### HEALTHY FAMILIES | SPRINGFIELD

Parent education, support groups, and connection to community resources.  
1095 Main Street, Springfield, MA  
(413) 858-3132  
Contacts: Liz Szarkowski & Rosa Rivera

## 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 BERTUCH, 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)

### 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](mailto:hampdenresourcesformoms@gmail.com)

## 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  
(413) 788-6522  
Contacts: Nicole Blais and Sarah DeWolfe

### 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](mailto:Info@hilltownvillage.org)  
(413) 650-3640

### MA SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN (MSPCC)

**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](http://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  
(413) 387-0703  
**Email:** [info@motherwoman.org](mailto:info@motherwoman.org)  
**Web:** [www.motherwoman.org](http://www.motherwoman.org)

### PARENTAL STRESS HOTLINE

(800) 562-0112

### PATHWAYS FOR PARENTS

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

### 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](http://www.postpartumma.org)  
WARMLINE: (866) 472-1897  
**Email:** [psiofmass@gmail.com](mailto: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