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Counseling and Support for Women at the Audubon Medical Centre  
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## **Helping yourself or someone you know with depression and anxiety during pregnancy and postpartum**

A collection of just some of the services available in our community and online

### **Physical Health**

Prenatal/Mom and Baby exercise classes and yoga:

- East Meets West Yoga 1738 Elmwood Avenue Buffalo, NY 14207 [eastmeetswestyoga.com](http://eastmeetswestyoga.com)
- Rising Sun Yoga 5225 Sheridan Drive (At Evans) Williamsville, NY 14221 [risingsunyoga.com](http://risingsunyoga.com)
- Dharma Dog 6435 Webster Road Orchard Park, NY 14127 [dharmadogyoga.com](http://dharmadogyoga.com)
- MamaZen Located at Joywheel Yoga (see below) [mamazenlife.com](http://mamazenlife.com)
- Joywheel Yoga 411 Main St. Side Door. East Aurora, NY 14052 716-655-2060 [joywheelyoga.com](http://joywheelyoga.com)
- Healing Waters Yoga - Molly McDermott 542 Quaker Road EA, N.Y. 14052 [yogic-birth.vpweb.com](http://yogic-birth.vpweb.com)

Nutrition and Health Coaching:

- Kim Fenter CHNC - located here at Audubon, 639-4034

Pelvic pain issues and treatment:

- Correr Physical Therapy - Sarah Capodagli specializes in pelvic floor rehabilitation. [Correrapt.com](http://Correrapt.com)
- Khristeena Kingsley - a midwife who specializes in holistic pelvic care and abdominal therapy. [Wnymidwife.com](http://Wnymidwife.com)
- Lisa Trunzo - pelvic pain physical therapist in Grand Island 773-3300
- Regenesi Wellness LLC - Karen Hughes, occupational therapist specializing in Myofascial Release 863-7939

Sleep issues for mom, baby, family, and other siblings:

- Start with Sleep - sleep assessment and recommendations, seminars [startwithsleep.com](http://startwithsleep.com)

### **Support**

Support groups:

- Millard Suburban – run by Nancy Owen, this group meets every 2nd Thursday of the month at 7pm. This free group is open to pregnant and postpartum moms. Please call 568-3628 to register.
- Sisters Hospital – run by Amy Creamer, this group meets every 4th Thursday at 6pm. This group is also free and open to the public. Please call 862-1678 to register.
- Care Connection - Mom's Morning Out, held 1st and 3rd Wednesday of the month at 9:30am. Bring your baby and join in on discussion, ask questions, meet some new moms just like you! Light refreshments will be served! For more info call 725-6370.

Online Support Groups:

- Postpartum Progress - blogs, info, and online support [postpartumprogress.com](http://postpartumprogress.com)
- Postpartum Stress Center - great source for information [postpartumstress.com](http://postpartumstress.com)
- Postpartum Resource Center of NY - information and other services [postpartumny.org](http://postpartumny.org)
- Postpartum Support International - expert line, warm line, info, and online support groups [postpartum.net](http://postpartum.net)
- Local classes and support [Buffalobaby.org](http://Buffalobaby.org)
- Seleni Institute - really wonderful resource for information and articles on a variety of topics [seleni.org](http://seleni.org)

Doulas:

- Tara Withey - Birthing by Design [birthingbydesignwny.com](http://birthingbydesignwny.com)

- Elizabeth Carey - Niagara Doula [niagaradoula.com](http://niagaradoula.com)
- Emelie Obrochta - Mama Zen [mamazenlife.com](http://mamazenlife.com)
- Molly McDermott - Yogic-Birth [yogic-birth.vpweb.com](http://yogic-birth.vpweb.com)

#### Breastfeeding support and information:

- Care Connection – lactation consultants, assistance with ordering pumps or other supplies, classes 249-6305
- Baby Cafe - drop in support groups at Sisters Hospital on Tuesdays from 11-1pm for more info 862-1939
- LaLeche League - Hamburg/East Aurora branch meets for breastfeeding support the third Friday of the month at 11:00 at Fresh and Fluffy
- Baby's Sweet Beginnings - Breastfeeding and Maternity Boutique in Lancaster, also have lactation consultants that meet on site. 681-8100
- The Peaceful Baby - in home consultation, 207-9052
- Sometimes moms can not or choose not to breastfeed, and this can be emotionally difficult. It's important to talk about this with your provider or a therapist. Here is a good article that puts things in perspective when postpartum depression and anxiety come into play:  
[Postpartumstress.com/get-help/is-breast-always-best/](http://Postpartumstress.com/get-help/is-breast-always-best/)

#### Career coaching:

- Jillian Lucas - help with evaluating and reestablishing career goals as a mom [jmlcareercoaching.com](http://jmlcareercoaching.com) 480-8881

#### Pet adjustment issues:

- Family Paws - preparing families with dogs for life with babies and toddlers, contact Kim or Victoria through Sit n' Stay Pet Services 822-3287

#### Peer support for families with babies with Down Syndrome:

- Did you just get a prenatal diagnosis that your baby has Down Syndrome? Did you find out at birth your baby has Down Syndrome? I know how you feel, I've been there! YOU'RE NOT ALONE! I would love to talk with you. My name is Julie. My daughter was diagnosed at birth with Down Syndrome. Please call/text or email me anytime! I'm looking forward to hearing from you! 716-983-8888 JAJ087@YAHOO.COM

### **Socialization**

#### Mommy and Me Classes:

- Baby's Sweet Beginnings - Breastfeeding and Maternity Boutique in Lancaster 681-8100 [babyssweetbeginnings.com](http://babyssweetbeginnings.com)
- [buffalomommies.com](http://buffalomommies.com) - various activities around town
- Meetup.com - Southtowns Moms, Supermoms Empowerment Group of Orchard Park, Moms Club of Amherst/Clarence, Buffalo Mothers, Buffalo Single Mothers, Working Moms, Niagara Mommy and Me Playgroup
- mops.org - groups at various locations throughout the area
- Western New York Mothers of Multiples - [motcofbuffalo.org](http://motcofbuffalo.org) for playgroups and Mom's Night Out
- Moms Club - various locations, [momsclub.org](http://momsclub.org)
- Your local Public Library
- Your local YMCA

#### Mommy and Me Music Classes:

- Music Together of Hamburg - [musictogetherhamburg.com](http://musictogetherhamburg.com)
- Betty's Music Together - classes in East Aurora, Amherst, Buffalo, Getzville, Williamsville [bettysmusictogether.com](http://bettysmusictogether.com)
- Life Rhythm Music Therapy - [liferhythmmusic.com](http://liferhythmmusic.com)

### **Emotional Wellness and Mental Health**

#### Postpartum specialists - counselors and prescribers:

- Jennifer Mancuso Urban LCSW and Lori Badach LCSW – therapists in private practice, located here at Audubon, you can schedule through the front desk or by calling us directly at 639-0016
- Julie Rosinski LCSW – therapist in private practice, Hamburg, 253-4728
- Alicia Coulter LCSW - therapist at Horizon, 831-1800

- Amy Creamer LMHC – therapist in private practice, Amherst, 990-3137
- Angela Roche NP – nurse practitioner at Horizon 831-1800 (also a Women's Health NP here at Audubon)
- Maria Cartegena MD – psychiatrist at Suburban Psychiatric in Amherst, 689-3333
- Wendy Weinstein MD – psychiatrist in Buffalo, 362-1210

Agencies - accept most insurances:

- Horizon Health Services - 831-1800
- BryLin Outpatient Services - counseling and psychiatry, located in Williamsville, 632-5450

**Suicidal thoughts – If you or someone you care about is suicidal or in danger of harming themselves please seek help immediately. You can call Crisis Services at 834-3131 24 hours a day 7 days a week, or the National Suicide Prevention Line at 1-800-273-8255.**

Hospital – In severe cases of postpartum depression, intensive help can best be given in a hospital setting:

- BryLin accepts voluntary patients 7 days a week, 24 hours a day by calling Admissions at 249-6376 ext. 2264.

### **General Information about Postpartum Depression and Anxiety**

Info for fathers and partners:

- From the Postpartum Progress website, check out the "Postpartum Pact."  
postpartumstress.com/get-help/how-can-i-help-a-loved-one/a-note-to-dads/
- For Dads with postpartum depression, here is a site dedicated to helping men get the information and help that they need too: postpartummen.com and also postpartumdads.org

Book Suggestions:

- "This isn't what I expected" by Karen Kleiman
- "Tokens of Affection - reclaiming your marriage after postpartum depression" by Karen Kleiman
- "What Am I thinking? Having a baby after postpartum depression" by Karen Kleiman
- "Dropping the Baby and Other Scary Thoughts" by Karen Kleiman
- "The Pregnancy and Postpartum Anxiety Workbook" by Pamela Wiegartz
- "Down Came the Rain" by Brooke Shields
- "Heal Your Birth Story" by Maureen Campion

Online Information:

- Postpartum Progress - postpartumprogress.com
- Postpartum Stress Center - postpartumstress.com
- Postpartum Resource Center of NY - postpartumny.org
- Postpartum Support International - postpartum.net
- Local classes - Buffalobaby.org
- Seleni Institute - seleni.org

\*\*\* Please keep in mind that this is by no means a complete listing of providers and resources available to you. This list is intended to be a starting point with suggestions of potentially helpful resources, but every individual is unique and there are no guarantees. Please feel free to provide feedback as you check out this list, and let us know if you think something or someone should be added! If you have any questions or concerns about anything on this list please get in touch with us.

Jennifer and Lori