



## Postpartum Community Resources

### **Grand River Hospital**

- Provides Individual Counselling, and weekly support group meetings run by a Social Worker
- Post Partum Mood Disorder Clinic – Irene Tiegs 519-749-4300 Ext. 2267
- Grand River Hospital Crisis Clinic- 519-742-3611 -This clinic is available on evenings and weekends. Please call the above number and ask for the crisis clinic.

### **Cambridge Memorial Hospital provides Mental Health Services**

- Post Partum Mood Disorder Clinic- 519 621 2330 Ext 4361

**Our Place Family Resource and Early Years Centre-** The Stork Secrets (Postpartum Adjustment: Recovery & Discovery) is a peer support group for mothers.

### **Embrace Counselling Services**

Provides Individual Counselling support for women coping with Post Partum Sessions available via Skype, Telephone or In-person at a location of your choice

[www.embracecounsellingservices.com](http://www.embracecounsellingservices.com)

Follow on Facebook or Instagram

519-212-2462

**Your Wellness Team on Queen – No Woman Left Behind** meets every second Tuesday of each month from 1030am- Noon. Guest Speakers monthly, lots of support.

- Join the Facebook Group (online support)

**Yellowood Nutrition & Wellness-** Provides Healthy Baby Consultations, Lactation consultant services, postpartum mood disorder

**Crisis Services of Waterloo Region** – Provides prevention, assessment, intervention and resolution services for urgent crisis situations in Waterloo Region

- Here 24/7 1-844-437-3247

### **Carizon Counselling**

400 Queen Street South ☐ Kitchener, ON Canada, N2G 1W7

519-743-6333

### **KW Counselling**

480 Charles St. East ☐ Kitchener ON N2G 4K5

Phone: 519.884.0000

### **Family Counselling Centre of Cambridge & North Dumfries**

18 Walnut St. Cambridge

519 621 5090

### **Life with a Baby**

[www.lifewithababy.com](http://www.lifewithababy.com)



## Postpartum Books

Postpartum Depression & Anxiety: A Self-help guide for Mothers  
By: Pacific Post Partum Support Society

This Isn't what I Expected: Overcoming Postpartum Depression  
By: Karen Kleiman & Valerie Davis

The Mother-to-Mother Postpartum Depression Support Book: Real Stories from  
woman who lived through it and recovered  
By: Sandra Poulin

The Postpartum husband: Practical Solutions for Living with Postpartum  
Depression  
By: Karen Kleiman

Moods in Motion: A coloring and healing book for postpartum moms  
By: Karen Kleiman & Lisa Powell Braun

The Fourth Trimester: A Postpartum Guide to Healing your Body, Balancing your  
emotions, and restoring your vitality  
By: Kimberly Ann Johnson

Transformed by Postpartum Depression: Women's Stories of Trauma and Growth  
By: Walker Karraa

Down Came the Rain: My Journey through Postpartum Depression  
By: Brooke Shields

Essential Oils for Postpartum Moms: Look and feel amazing after baby, with gentle  
essential oil blends  
By: Danielle Merriott

When Baby Brings the Blues: Solutions for Postpartum Depression  
By: Ariel Dalfen

After the Stork : The Couples Guide to Preventing and Overcoming Postpartum  
Depression

By: Sara Rosenquist & Michael Yapko

Postpartum Podcasts: Kelly Joy, Kelly Edson (Available on iTunes)

The Baby Book: Revised Edition

By: Dr. Sears

Sleeping with your Baby

By: James J. McKenna

The Baby Sleep Book

By: Dr. Sears

Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family

By: La Leche League International

The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer

By: Harvey Karp

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

By: Laura Van Dernoot Lipsky

Mothering the New Mother

By: Sally Plaskin

Dr. Jack Newman's Guide to Breastfeeding, by Dr. Jack Newman The Womanly Art of Breastfeeding

By: La Leche League International

Ina May's Guide to Breastfeeding

By: Ina May Gaskin

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers

By: Morhbacher and Kendall-Tackett

Heal Your Birth Story: ...releasing the unexpected

By: Maureen Campion Homebirth

Lean In: Women, Work, and the Will to Lead

By: Sheryl Sandberg

Unfu\*k Yourself: Get Out of Your Head and into Your Life

By: Gary John Bishop

Ordinary to Extraordinary: An Inspired Guide to Living the Life of Your Dreams

By: Tabatha DeBruyn