

Community Maternity Resource Guide

Expecting?

Here's a list of community resources available in your neighborhood.



Citywide Programs



Healthy Families New York (HFNY): HFNY is a home visiting program to improve the health and well-being of infants and children. Services promote positive parent-child interaction, healthy child development, healthy relationships, family self-sufficiency, and connections to medical providers and community resources. The program may start during pregnancy, or at birth, through age five. Services are free and open to all. Please visit healthyfamiliesnewyork.org to find a HFNY program near you.

Newborn Home Visiting Program: Newborn Home Visiting Program supports mothers and their newborns during the first few weeks after birth. A public health professional will visit you at home to provide breastfeeding support, give health and safety tips such as safe sleeping, and help with referrals to community resources. Other topics that may be covered during a visit include baby development, tips for bonding, support when feeling depressed or reaching a health goal like quitting smoking, and environmental safety check like missing smoke detectors, window guards, peeling paint that may contain lead. This program is free and open to women who delivered at participating hospitals. Program staff will contact eligible mothers to set up a home visit. Please visit nyc.gov/site/doh/health/health-topics/pregnancy-newborn-visiting.page .

Baby Café: Baby Cafés are free, drop-in community-based informal breastfeeding support groups. These peer-to-peer support groups offer high-quality, ongoing professional lactation care and intervention. Please visit www.babycafeusa.org/ to find a location near you.

Bronx Programs



Bronx Health Link:

Promotes women's health before, during and after pregnancy as well as the health of newborn infants. Bronx Health Link partners with community organizations to provide outreach and referrals to services, case management services, access to social services, and health education workshops in English and Spanish. **Please visit bronxhealthlink.org/health-resources for more information.**

Catholic Guardian Services | Parenting Resource Center:

Mothers have access to free parenting classes that teach self-care during pregnancy, how to feed and care for a newborn, develop appropriate expectations of child development, adapt to the stresses of parenthood, and strengthen their families. Pre - and post natal care, counseling for women in crisis pregnancies, financial assistance, and childcare supplies like cribs and layettes are also provided. **Please visit: <https://www.catholicguardian.org/child-welfare-family-support-services> or call 718.828.0300 for more information.**

Brooklyn Programs

Brooklyn Perinatal Network:

Please visit www.bpnetwork.org/nyc/ or call 718.643.8258 for more information on how to sign up for workshops.

Caribbean Women's Health Association (CWAH) |

Breastfeeding Workshop And Safe

Sleep Insights: CWAH's breastfeeding and safe sleep workshops are interactive 3-hour virtual workshops that help pregnant and birthing people learn about breastfeeding benefits, techniques and challenges as well as how to create a safe sleep environment for babies.

Parenting Program - Enhancing Child

Development: CWAH hosts parenting skills workshops to promote positive, effective, and research-proven parenting practices/strategies to strengthen young children's social, emotional, physical, and academic development.

Brooklyn Birth Justice Defenders:

CWAH serves as a hub for the Brooklyn Birth Justice Defenders (BJDs), a group of community residents committed to transforming the birthing experience for black people and people of color. BJDs educate the community about just, respectful, and dignified care during pregnancy, childbirth, and postpartum so that every individual is empowered to demand the care they deserve.

Doula Support: Caribbean Women's Health Association is now the largest no-cost community-based doula service provider in New York City.

Please visit www.cwha.org/ or call 718.826.2942 for more information.



Manhattan Programs



Henry Street Settlement Parent Center |

Six-Week Parenting Groups: Parents of children and teenagers explore a range of parenting topics in six-week groups, with topics healthy development, responsibility, discipline, self-esteem and more.

Weekly & Monthly One Time Workshops: offered on a variety of parenting issues: One-time workshops are held at the Parent Center and at other Henry Street program sites that offer education and discussion around different parenting issues. Topics include internet safety, effective discipline techniques, self-care and stress management, successful co-parenting, and many more.

Parenting Journey: Build nurturing family relationships through increased self-awareness and self-care in this 12-week curriculum-based parenting group

*Family Court/Administration for Children's Services-approved

Toddler Tuesdays: Parents and their toddlers (16 months to three years) engage in structured play, learning through music and movement, stories, arts and crafts and more in this six-week group.

Please visit www.henrystreet.org/programs/primary-behavioral-health/parent-center/ or contact the Parent Center at 212.471.2400 or email ParentCenter@henrystreet.org for more information.

Queens Programs



Public Health Solutions |

Queens Diaper Bank: Public Health Solutions offers free diapers to the residents of Queens through the Queens Diaper Bank. The Queens Diaper Bank is open two days a month by appointment only and provides diapers once every two months per child on a first come, first serve appointment basis.

Crib Distribution: Public Health Solutions is the Queens County Cribs for Kids distributor. Eligible parents or caregivers can receive safe sleep education, a Pack 'n Play (or portable crib), crib sheets, safe sleep sack for your baby, and crib netting.

NYC Breastfeeding Warmline: Offers free virtual breastfeeding support and answers questions about feeding your baby. Call **646.965.7212** to schedule a video or phone meeting with a Certified Lactation Counselor. This program is citywide.

Please visit:
<https://www.healthsolutions.org/community-work/family-support/community-offerings/> for more information.

Staten Island Programs

Cross Road Foundation: “Earn While You Learn” program for expecting and new mothers. Participants earn “Mommy Money” for attending prenatal and/or parenting classes. “Mommy Money” can be used at the Cross Road Foundation Mommy Store for baby items. Women who are pregnant and new mothers of babies up to 3 months old can join the program. Participants can take classes until their babies are 18 months old. This program is free but open only to residents of Staten Island. **Please call 718.556.3474 for more information.**



What You Need To Know

About The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) Benefit:

The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit provides comprehensive and preventive health care services for children under age 21 who are enrolled in Medicaid. EPSDT is key to ensuring that children and adolescents receive appropriate preventive, dental, mental health, developmental, and specialty services. To learn more, go to metroplus.org/member/health-information/womens-health.



**Member Services: 800.303.9626 (TTY:711),
Mon. - Fri., 8am - 6pm, Sat., 9am - 5pm.**

ATTENTION: Language assistance services and other aids, free of charge, are available to you. Call 1.800.303.9626 (TTY:711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.303.9626 (TTY:711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1.800.303.9626 (TTY:711)。 MBR 25.359