



Acton & Littleton Maternal and Child Health Resource Guide

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POSTPARTUM SUPPORT

BREASTFEEDING/LACTATION SUPPORT

Clough Birthing Center Lactation Support

Access to certified lactation consultants for breastfeeding assistance for their OB/GYN patients.

Telephone support after discharge: 978-287-3317

Website: [Clough Birthing Center](#)

The Boston Area Lactation Connection (BALC)

Services: Prenatal and In-Home Services, Postpartum, Lactation Care

Phone number: 617-237-0727

Email: info@thebalc.com

Website: www.thebalc.com

Nightingale Lactation

May take Medicaid/Mass Health

Phone: 608-469-3725

Website: [Nightingale Lactation](#)

Literature - “The Womanly Art of Breastfeeding” By Diane Weissigner

Zipmilk.org – A database to find breastfeeding support resources near you

Nursing Mothers Council

Resources include a directory of local breastfeeding support providers

Phone number: 617-244-5102

Email: bacenmc@gmail.com

Website: <https://bace-nmc.org/about.html>

Mother-To-Baby

A non-profit program that offers evidence-based information about medications and other exposures during pregnancy and while breastfeeding.

Website: www.mothersbaby.org | en español: www.mothersbaby.org/es

Boston Association for Childbirth Education and Nursing Mothers' Council

Resources include a directory of local breastfeeding support providers

Phone number: 617-244-5102

Email: bacenmc@gmail.com

Website: [Boston Association for Childbirth Education](#)

DOULA SERVICES

Boston Birth Associates

Does not accept insurance

Phone number: 978-764-4414

Email: mari@bostonbirthassociates.com

Website: www.Bostonbirthassociates.com

Boston Doula Circle

May accept Medicaid/Mass Health

Phone number: 617-921-4812

Email: hello@bostondoulacircle.com

Website: www.bostondoulacircle.com

A Golden Birth

Does not accept insurance

Email: agoldenbirth@gmail.com

Website: www.agoldenbirth.com

Capstone Doula Services

Does not accept insurance

Phone: 781-707-8716

Email: CapstoneDoulaServices@gmail.com

Website: www.capstonedoulaservices.com/

Illuminated Birth

Does not accept insurance

525 Massachusetts Ave. Suite A in Acton, MA

Email: megan@illuminatedbirth.com

Website: www.illuminatedbirth.com

New Family Needs

Email: hilary@newfamilyneeds.com

Website: www.newfamilyneeds.com

Nightingale Lactation

May take Medicaid/Mass Health.

Phone: 608-469-3725

Website: [Nightingale Lactation](http://NightingaleLactation)

IN-HOME VISIT PROGRAMS

First Connections

Services: Children's Playgroups; New Parent Groups, Post Partum Depression Support, Parent Education Programs, Parent Blog, Childcare & Early Education Information, Resource & Referral Guidance, Parent-Child and Home Visiting.

Website: www.jri.org/services/foster-adoption-ecs/first-connections

Phone number: 978-429-8284

Program Director: Emily Fiorini

Address: 179 Great Road, Suite 104A, Acton, MA 01720

Program Director: Emily Fiorini

Email: efiorini@jri.org

Office Manager: Linda Jensen, LSWA

Email: lmattthews@jri.org

Healthy Families Central Middlesex

Support for first-time parents aged 23 or under

Website: www.healthyfamiliesma.org

Jewish Family & Children's Services - Lauren & Mark Rubin Visiting Moms Initiative

Phone number: 781-693-1361

Email: trich@jfcsboston.org

Website: www.jfcsboston.org/our-services/center-for-early-relationship-support/home-visits/lauren-mark-rubin-visiting-moms

The Baby Mavens

Services include postpartum and lactation support, 24/7, travel, and overnight care, NICU support, classes, and support groups

Phone number: 978-712-0411

Email: hello@thebabymavens.com

Website: www.thebabymavens.com

POSTPARTUM SUPPORT FOR PARTNERS

Postpartum Men

A resource for men with concerns about depression, anxiety, or other problems with mood after the birth of a child.

Phone number: 415-346-6719

Email: drwill@themensdoc.com

Website: www.postpartummen.com

PSI (Postpartum Support International) Help for Dads

Website: www.postpartum.net/get-help-for-dads

Literature - "The Postpartum Husband: Practical Solutions for Living with Postpartum Depression" by Karen Kleiman

HELPLINES & HOTLINES

Postpartum Support International (PSI)

800-944-4773 (#1 en español or #2 English)

Text "Help" to 800-944-4773

Text en español: 971-203-7773

Website: www.postpartum.net

HRSA Maternal and Child Health

National Maternal Mental Health Hotline

24/7 free, confidential hotline for new moms

Call or Text 1-833-852-6262 (English and Spanish)

<https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline/champions>

988 Suicide & Crisis Lifeline

Phone number: call or text 988 (English and Spanish)

Website: 988lifeline.org

Massachusetts Child-At-Risk Hotline

Phone number: 800-792-5200

Open nights, weekends, and holidays. During regular business hours (8:45 am-5:00 pm Monday-Friday), call your DCF area office.

Parental Stress Hotline

Phone number: 800-632-8188

<https://www.mass.gov/info-details/parent-and-caregiver-support>

Boston Area Rape Crisis Center

Rape hotline: 800-841-8371

Chat Online 9:00 am-11:00 pm:

[Boston Area Rape Crisis Center Online Chat](#)

Website: www.barcc.org

Healing Abuse Working for Change (HAWC)

Domestic violence support services

Emergency hotline: 800-547-1649

If you are interested in non-emergency services, please call the regular office line: 978-744-8552

Website: www.hawcdv.org

Casa Myrna/SafeLink

Statewide 24/7 domestic violence hotline

Hotline: 877-785-2020

Chat online: www.CasaMyrna.org/chat

Massachusetts Behavioral Health Crisis Line

If you or a family member is experiencing a mental health or substance use disorder crisis, the Behavioral Health Help Line (BHHL) is available 24 hours a day, 7 days a week, 365 days a year.

Phone number: 833-773-2445

Website: www.masshelpline.com

Community Behavioral Health Centers (CBHCs):

Phone number: 833-773-2445

Website: <https://www.mass.gov/community-behavioral-health-centers>

24/7 Walk-in alternative to emergency department visits for mental health and substance use crisis and urgent care. CBHCs in Waltham, Framingham, Lowell, and Leominster cover the Emerson Hospital service area. Check the link for location info.

MENTAL AND BEHAVIORAL HEALTH SERVICES

SUPPORT FOR SUBSTANCE USE DISORDERS

Al-Anon Family Group

Website: www.al-anon.org

12-Step Meetings – Alcoholics Anonymous (AA)

Find a meeting near you: 800-643-9618

Find a meeting today: 800-681-2956

For help with your alcohol use disorder and information about finding meeting locations and times, call 800-948-8417 (Massachusetts only)

Website: <https://www.aa.org/>

12-Step Meetings – New England Region Narcotics Anonymous (NA)

Phone number: 866-624-3578

Website: <https://nera.org/>

Engage Wellness Drug and Alcohol Rehab

Drug and alcohol rehab treatment programs

164 Great Road, Acton, MA 01720

Phone number: 978-699-9786

Email: help@engagewellnessnow.com

Website: www.engagewellnessnow.com

Learn to Cope

A peer-led support network for families dealing with addiction and recovery

Virtual and in-person meetings

Phone number: 413-203-1264

Email: lrc@learn2cope.org

Website: www.learn2cope.org

Moms Do Care Program

Services for pregnant and postpartum women with a history of substance use, including therapy, case management, classes, and medication management.

-If you are looking for help and struggling with mental health or substance use, call our outpatient intake coordinator at phone number: 857-285-6264

-If you are a pregnant person struggling with drug or alcohol use or if you are concerned about a pregnant person who may be using substances, call the statewide Women & Family Referral Center at phone number: 866-705-2807

Email: ihr@healthrecovery.org

Website: www.healthrecovery.org/page/moms-do-care

Massachusetts Substance Use Hotline

A statewide, public resource for finding substance use harm reduction, treatment, recovery, and problem gambling services

Phone number: call 800-327-5050 or text "HOPE" to 800327

Website: www.helpline.ma.org

The Journey Recovery Project

A patient-oriented resource that serves as a guide through recovery, pregnancy, and early parenting.

Website: www.journeyrecoveryproject.com

Tobacco Cessation

Hotline: 877-879-6422

Website: www.nicotine-anonymous.org

Website: www.smokefree.gov

Phone Apps: quitSTART, QuitGuide, SmokefreeTXT

Substance Abuse and Mental Health Services Administration (SAMHSA)

Website: www.samhsa.gov/find-help

MENTAL HEALTH CARE PROVIDERS

A Balanced Self

Offers individual and group therapy, in-person and virtual

Email: info@abalancedself.org

Website: www.abalancedself.org

Ellie Mental Health

Compassionate and personalized mental health care
Peabody location Phone number: 978-605-4428
Website: www.elliementalhealth.com

Therapy Matcher

Provides free, personalized, and confidential referrals to licensed independent clinical social workers across Massachusetts
Phone number: 800-242-9794
Email: info@therapymatcher.org
Website: www.therapymatcher.org

Postpartum Support International (PSI) Provider Directory

Online directory to find qualified perinatal mental health professionals in your area.
Helpline: call or text 800-944-4773
Website: www.psidirectory.com

Therapy Den

Directory of therapists; able to sort by specialty, zip code, and type of insurance accepted
Website: www.therapyden.com

Make Birth Better

Resource devoted to helping parents access support and professionals access training and information about birth trauma.
Website: <https://www.makebirthbetter.org/>

Prevention & Treatment of Traumatic Childbirth

PATTCh is a collective of childbirth and mental health professionals dedicated to the prevention and treatment of traumatic childbirth.
Website: <https://www.facebook.com/pattch.org/>

ONLINE THERAPY**Talkspace**

Website: www.talkspace.com

7 cups

Website: www.7cups.com

BetterHelp

Website: www.betterhelp.com

PRIVATE THERAPISTS**Acton Psychological Associates**

532 Great Road, Acton, MA 01720

Phone number: 978-263-1972
Website: www.actonpsychological.com

Boundaries Therapy Center
518 Great Road, Acton, MA 01720
Phone number: 978-263-4878
Website: www.boundariestherapycenter.com

Concord Psychotherapy
42 Nonset Path, Acton, MA 01718
Phone number: 978-505-9038
Website: www.facebook.com/Concord4Psychotherapy/

Luminary Counseling
282 Central Street, Acton, MA 01720
Phone number: 978-472-0224
Email: Office@luminarycounselingma.com
Website: www.luminarycounselingma.com

Metrowest Behavioral Health Center
360 Massachusetts Avenue, Suite 103, Acton, MA 01720
Phone number: 978-264-3553
Email: Slallier-casal@jri.org
Website: <https://jri.org/services/behavioral-health-and-trauma/metrowest-bhc>

Prism Therapy Collective
268 Main Street, Acton, MA 01720
Phone number: 508-257-1662
Email: hello@prismtherapy.com
Website: www.prismtherapy.com

Progressive Therapeutics
201 Great Road, Suite 202, Acton, MA 01720
Phone: (508) 834-3183
Website: www.progressivetx.com

Psychiatric Holistic Health
319 Littleton Road, Westford, MA 01886
Phone number: 978-692-0096
Email: info@healingholistichealth.com
Website: www.psychiatricholistichealth.com

Three Rivers Mental Health

179 Great Road, Acton, MA 01742

Phone number: 857-229-2852

Email: Info@threeriversmentalhealth.com

Website: www.threeriversmentalhealth.com/

Transitions Counseling Center

531 King Street #1, Littleton, MA 01460

Phone number: 978-952-6336

SUPPORT GROUPS & MEETUPS

Hamilton Wenham Mother's Club

Provides social events, resources, and education

Email: hwmothersclub@gmail.com

Website: www.hwmothersclub.com

Mamás Unidas

Provides connection, education, and referrals

Phone number: 781-214-8262

Email: yamily@mamasunidas.org

Website: <https://www.mamasunidas.org>

Pathways for Children

Multiple support groups are available for parents

Contact Jeannine Helen, Parent Education Coordinator

Phone number: 978-296-8088

Email: frc@pw4c.org

Website: <https://link.edgepilot.com/s/cb5d0b66/gwP3-k9DQ0G01ttO I7IYw?u=http://www.pw4c.org/>

Beyond Birthing

Offers a comprehensive array of classes, groups, and services designed to support and prioritize your overall well-being.

131 Dodge Street, Beverly, MA 01915

Phone number: 617-394-8009

Email: info@beyondbirthingvillage.com

Website: beyondbirthingvillage.com

FACEBOOK GROUPS

All My Mama Friends

Exclusively Pumping Mamas

Milky Mommas

VIRTUAL GROUPS

Postpartum Support International

Over 50+ free virtual support groups

Website: www.postpartum.net/get-help/psi-online-support-meetings

Fragile Beginnings Support Group

Thursdays, 10:30-11:30 am via Zoom

Register online: www.jfcsboston.org/our-services/center-for-early-relationship-support/new-parent-support/fragile-beginnings-support-group

Email: lpucker@jfcsboston.org

Spanish-Speaking Support Group

Tuesdays, 9:00 am-10:30 am via Zoom

Website: <https://www.jfcsboston.org/our-services/center-for-early-relationship-support/new-parent-support/spanish-speaking-support-group>

Email: Jacqueline Caceres at Jcaceres@jfcsboston.org

Para registrarse, por favor llama a Jacqueline Caceres (781) 693-5022 y recibirá el enlace para el grupo.

Postpartum Depression and Anxiety Support Group

Tuesdays, 1-2 pm via Zoom

Phone number: 781-693-1200

Email: CERSIntake@jfcsboston.org

Website: www.jfcsboston.org/our-services/center-for-early-relationship-support/new-parent-support/postpartum-depression-support-group

INFANT LOSS

SHARE Pregnancy and Infant Loss

Provides information for families about early pregnancy loss, stillbirths, and neonatal loss

Phone number: 800-821-6819

Website: <https://nationalshare.org/>

Empty Arms Bereavement Support

Website: www.emptyarmsbereavement.org

Phone number: 413-570-0811

GENERAL SUPPORT AND PARENT MEET-UPS

First Connections

Services: Children's Playgroups; New Parent Groups, Post Partum Depression Support, Parent Education Programs, Parent Blog, Childcare & Early Education Information, Resource & Referral Guidance, Parent-Child and Home Visiting.

Website: www.jri.org/services/foster-adoption-ecs/first-connections

Phone number: 978-429-8284

Program Director: Emily Fiorini

Address: 179 Great Road, Suite 104A, Acton, MA 01720

Program Director: Emily Fiorini

Email: efiorini@jri.org

Office Manager: Linda Jensen, LSWA

Email: lmattthews@jri.org

Acton Boxborough Family Network

Mission: Based in Acton, MA, is a non-profit group of local parents working together to increase and improve local resources for families with young children.

Website: www.abfamily.org

Email: chair@abfamily.org

Littleton Parents Association

Mission: Non-profit group of local parents working together in Littleton, Massachusetts, to increase and improve resources for families with children under 5 years of age.

Website: www.facebook.com/littletonparents/

Email: littletonparent@gmail.com

RESOURCES FOR CHILDREN

Children's Friend, Family Services

Services: Children's Mental Health, Youth Mentoring, Teen Parenting, In-Home Therapy, Outpatient Therapy Group. Available in English and Spanish.

Greater Lowell Area Director: (617) 947-9582

Lowell Young Parent Support Director: (774) 504-4334

Website: www.jri.org/services/community/childrens-friend-and-family-services

Massachusetts Department of Early Education and Care (EEC)

Main Office phone number: 671-988-6600

EEC Contact Center phone number: 617-988-7841

Website: www.mass.gov/orgs/department-of-early-education-and-care.com

EARLY INTERVENTION

Minuteman ARC Early Intervention

Website: www.ne-arc.org/services/early-intervention

Address: 289 Great Road, Suite 100, Acton, MA 01720

Phone number: (978) 287-7800

Website: www.minutemanarc.org

PROGRAMS AND ACTIVITIES

Discovery Museum

A children's museum focused on hands-on learning through play.

Target ages 0-8 years old

Address: 177 Main Street, Acton, MA 01720

Phone number: 978-264-4200

Email: fun@discoveryacton.org

Director of Community Partnerships: Susan Heilman

Email: sheilman@discoveryacton.org

Website: <https://link.edgepilot.com/s/b0d73d69/dD4nCqHG90SJ76JEEIhLYA?u=http://www.discoveryacton.org/>

SOCIAL SERVICES

Mass 211

Get connected to health and human service resources in Massachusetts

Phone number: 211 or 877-211-6277

Website: www.mass211.org:

Catholic Charities of Boston

Website: www.ccab.org

Main office phone number: 617-464-8500

FOOD ASSISTANCE

Project Bread FoodSource Hotline

Connects you to programs that will help you afford groceries and put food on the table

Phone number: 800-645-8333

Hours: Mon-Fri - 8 am - 7 pm & Sat: 10 am - 2 pm

Website: www.projectbread.org/foodsource-hotline

Women, Infants, and Children (WIC) Offices

Website: [WIC Offices](#)

FINANCIAL ASSISTANCE

Massachusetts Department of Transitional Assistance

Phone number: 877-382-2363

Website: www.mass.gov/orgs/departments-of-translational-assistance

Social Security Office

Locations in Waltham, Lowell, Framingham

Phone number: 800-772-1213

Website: www.ssa.gov

HOUSING ASSISTANCE

Littleton Housing Authority

Website: [Housing Authority | Littleton, MA](#)

Address: 19 Shattuck St #1, Littleton, MA 01460

Phone: (978) 486-8833

Acton Housing Authority

Website: [Our Properties | Acton Housing Authority | Massachusetts Chapter NAHRO | National Association of Housing and Redevelopment Officials](#)

Address: 68 Windsor Ave, Acton, MA 01720

Phone: (978) 263-5339

Tenant Resources

Website: [Tenant Resources | Acton, MA - Official Website](#)

Address: 30 Sudbury Rd Rear, Acton, MA 01720

Phone: (978) 929-6652

Acton Community Services

Website: [Community Resources | Acton, MA - Official Website](#)

Town of Acton Community Resources

Social services organization

Address: 30 Sudbury Rd, Rear. Acton, MA 01720

Phone: (978) 929-6652

Littleton Elder and Human Services

Website: [Elder & Human Services | Littleton, MA](#)

Address: 33 Shattuck St, Littleton, MA 01460

Phone: (978) 540-2470

MCO Housing Services

Website: [MCO Housing Services, Your Resource for Affordable Housing in Massachusetts](#)

Address: P.O. Box 372, Harvard, MA 01451

Phone: 978-456-8388

Regional Housing Services Office

Website: [Regional Housing Services Office](#)

Address: 37 Knox Trail, Acton, MA 01720

Phone: (978) 287-1092

Littleton Rental Assistance Program

Website: [Littleton Rental Assistance Program | Littleton, MA](#)

19 Shattuck St, Littleton, MA 01460

Phone: 978-486-8833

Boxborough Rental Assistance Program

Website: [Rental Assistance Program | Boxborough, MA](#)

Boxborough Town Hall, 26 Middle Road, Boxborough, MA 01719

Phone: 978-264-1735

HEALTH INSURANCE ACCESS**Massachusetts Health Connector**

State health insurance marketplace

Phone number: 877-623-6765

Website: www.mahealthconnector.org

Health Care for All Massachusetts

Statewide resource to help consumers with health coverage

Helpline: 800-272-4232

Website: hcfama.org/health-insurance-help

CHILD CARE ASSISTANCE

Child Care Circuit: 190 Hampshire St, Lawrence, MA 01840

Communities served: Acton, Dracut, Chelmsford, Littleton, Lowell, Westford

Phone number: 978-686-4288

Email: info@childcarecircuit.org

Website: www.thecommunitygroupinc.org/child-care-circuit

MEDICAL SERVICES**Emerson Hospital Main Campus**

133 Old Road to Nine Acre Corner, Concord, MA, 01742

Hours: Emergency Department 24 hours a day, seven days a week

Phone number: 978-369-1400

Website: [Emerson Hospital Main Campus](#)

Clough Birthing Center

133 Old Road to Nine Acre Corner, Concord, MA, 01742

Hours: 24 hours a day, seven days a week

Phone number: 978-369-1400

Website: [Clough Birthing Center](#)

AFA Obstetrics & Gynecology Concord

131 Old Road to Nine Acre Corner, Suite 830, Concord, MA 01742

Office Hours: Monday – Friday 8:15 am – 4:30 pm

Phone number: 978-371-1396

Website: [AFA Obstetrics & Gynecology, PC](#)

AFA Obstetrics & Gynecology Leominster

80 Erdman Way, Suite 307, Leominster, MA 01453 (Located in the RMV Building)

Hours: Monday, Tuesday, Wednesday 8:15 am – 4:30 pm

Phone number: 978-371-1396

Website: [AFA Obstetrics & Gynecology, PC](#)

AFA Obstetrics & Gynecology Westford

133 Littleton Road, Suite 208, Westford, MA 01886

Hours: Monday, Tuesday, Wednesday 8:15 am – 4:30 pm

Phone number: 978-371-1396

Website: [AFA Obstetrics & Gynecology, PC](#)

Concord OB/GYN Associates Concord

59 Old Road to Nine Acre Corner, Suite 1, Concord, MA 01742

Hours: Monday – Friday 8:00 am – 5:00 pm

Phone number: (978) 369-7627

Website: [Concord OB/GYN](#)

Concord OB/GYN Associates Westford (Satellite Office)

133 Littleton Road, Suite 204, Westford, MA 01886

Hours: Monday – Friday 8:00 am – 5:00 pm

Phone number: (978) 369-7627

Website: [Concord OB/GYN](#)

Concord OB/GYN Associates Sudbury Office (Satellite Office)

490 Boston Post Rd, Bldg C, Suite 2003, Sudbury, MA 01776

Hours: Monday – Friday 8:00 am – 5:00 pm

Phone number: (978) 369-7627

Website: [Concord OB/GYN](#)

Newton-Wellesley Hospital

2014 Washington Street, Newton, MA 02462

Hours: 24 hours a day, seven days a week

Phone number: 617-243-6000

Website: [Newton-Wellesley Hospital Maternity Services](#)

Mount Auburn Hospital (Beth Israel Lahey Health)

330 Mount Auburn Street, Cambridge, MA 02138

Hours: 24 hours a day, seven days a week

Phone number: 617-492-3500

Website: [Mount Auburn Hospital Obstetrics & Gynecology](#)

PHYSICAL THERAPY

Pregnancy and Postpartum PT

238 Littleton Road, Suite 204, Westford, MA 01886

Hours:

Phone number: 978-496-9184

email: admin@pregnancyandpostpartumpt.com

Website: [Pregnancy and Postpartum PT](#)

Extra Steps Pediatric Therapies, Inc. (Minuteman Arc)

2 Mill & Main Building # 2, Suite 370, Maynard, MA 01754

Hours: Monday – Friday 9:00 am – 7:00 pm

Phone number: (978) 287-7878

Email: info@extrasteps.org

Website: [Extra Steps Pediatric Therapies](#)