

## Resources for Dads and Partners

Below you will find information and resources to: support fathers'/partners' mental health; increase awareness about parenting; recognizing signs of postpartum depression/anxiety in birthing parent and partner; find local and online resources for new parents; and access professional counseling for partners or couples.

### Local and Online Support & Education

Making Opportunity Count (MOC) inc.- Fitchburg, MA

- Parenting classes and support groups. Call (978) 516-5042 or email [FRC@mocinc.org](mailto:FRC@mocinc.org)

Postpartum Support International

- Chats for Dads- live phone sessions on the first Tuesday of each month. Chat with an expert- and other men.
- Dad support group
- Queer & Trans Parent Support Group
- Provider directory- search for a therapist who meets your unique needs

CareNet Pregnancy Resource Center- Fitchburg, MA

- Offers a wide variety of lessons on parenting, coparenting, fatherhood, etc.
- Visit [carenetchburg.net](http://carenetchburg.net) or call (978) 342-4244 for more information

### Books

*The Postpartum Partner: Practical Solutions for Living with Postpartum Depression* by Karen Kleiman

*Sad Dad: An Exploration of Postnatal Depression in Fathers* by Olivia Spencer

*Daddy Blues: Postnatal Depression and Fatherhood* by Mark Williams

### Education

Healthychildren.org from the American Academy of Pediatrics

- Helpful articles and information (in English & Spanish) for Dads of babies on topics like: Supporting breastfeeding, crying babies, healthy attachment with babies, importance of fathers in children's lives