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Social work Support for Women at OB/GYN Associates of WNY partnering with GPPC.

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Help yourself or someone you know experiencing depression and anxiety during pregnancy and postpartum.

A collection of services available in our community and online

Physical Health

Prenatal/Mom and Baby exercise classes and yoga classes:

- Rising Sun Yoga 5225 Sheridan Drive (at Evans) Williamsville NY 14221 risingsunyoga.com
- JoyWheel Yoga Amherst NY <https://erinschifferli.com/>
- Prenatal Yoga 460 Franklin St Buffalo NY <https://www.caryhousebuffalo.com/prenatal-yoga>
- The Wellness Barn & Fitness Hamburg NY <https://www.thewellnessbarnandfitness.com/>

Nutrition and Health Coaching:

- Julie Baudo – located here at OB/GYN Associates of WNY
716-675-5222

Pelvic pain issues and treatment:

- Correr Physical Therapy Correrapt.com

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

- Start with Sleep- sleep assessment and recommendations, startswithsleep.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 is also free and open to the public. Please call 862-1678 to register. (**Perinatal loss, infertility, pregnancy after loss**)
- Western New York Perinatal Bereavement Network, Tiniest Angels support group for **perinatal loss**- run by Kristen Smith, this group is free and open to the public. Please call 716-626-6363

Grief Podcast:

- Guy's and Grief- geared toward fathers that have experienced pregnancy or infant loss.

Online Support groups:

- Postpartum Progress - blogs, info, and online support www.postpartumprogress.com
- Postpartum Stress Center - great source for information www.postpartumstress.com
- Postpartum Resource Center of NY - information and other services www.postpartumny.org
- Postpartum Support International - expert line, warm line, info, and online support groups www.postpartum.net
- Local classes and support www.Buffalobaby.org
- Seleni Institute - wonderful resource for information and articles on a variety of topics www.seleni.org
- Return to Zero: Hope <https://rtzhope.org/register> -
Preparing for Termination for medical reasons.
Continuing pregnancy with life limiting or fatal diagnosis.
LGBTQ+ Pregnancy + Infant Loss
6-week Support groups available

Mom community groups:

- It takes a village postpartum circle- Every 3rd Saturday of the month at 12:30pm. Held at village yoga and wellness. 141 Pine St. Hamburg NY 14075. –Join Facebook group
- The Mom Connection- first and third Tuesdays at 10:00am at the Rural Outreach Center, East Aurora. Email Alison at ajgenders@icloud.com for more information
- The Mom walk collective Buffalo- 2 walks a month to bring mommas together to build your supportive community. Check Instagram to find a walk: @themomwalkcollectivebuffalo

Breastfeeding support and information:

- Pamela V- Lactation consultation & baby café at OBGYN Associates of WNY. Call 716-675-5222
- Baby's Sweet Beginnings- Breastfeeding and maternity Boutique in Lancaster, also have lactation consultants that meet on site. 681-8100

Sometimes moms cannot 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:

www.Postpartumstress.com/get-help/is-breast-always-best/

Pet adjustment issues:

- Family Paws-preparing families with dogs for life with babies and toddlers, contact Sit n' Stay Pet Services 716-822-3287

Support Organization for **Trisomy 18, 13 and related disorders (SOFT)**:

- SOFT organization- Registration FREE, Facebook support group
- Return to Zero: Hope <https://rtzhope.org/register>
Continuing pregnancy with life limiting or fatal diagnosis support group.

Socialization

Mommy and Me Classes:

- Baby's Sweet Beginnings- Breastfeeding and Maternity Boutique in Lancaster 681-8100
babyssweetbeginnings.com
- Buffalomommies.com -various activities around town
- Meetup.com- South towns Moms, supermoms Empowerment Group of Orchard Park, Moms Club of Amherst/Clarence, Buffalo Mothers, Buffalo Single Mothers, Working Moms, Niagara Mommy and Me playgroup.

Mommy and Me Music Classes:

- Music Together of Hamburg -musictogetherhamburg.com
- Betty's Music Together- classes in East Aurora, Amherst, Buffalo, Getzville, Williamsville
bettermusictogether.com
- Life Rhythm Music Therapy- liferhythmmusic.com

Emotional Wellness and Mental Health

Postpartum specialists- counselors and prescribers:

- Julie Rosinski, LCSW PMHC-therapist in private practice, Hamburg 716-253-4728 Accepts the following insurance: Blue Cross Blue Shield, Fidelis, Independent Health, and Univera
- Amy Creamer LMHC- therapist in private practice, 990-3137 Accepts the following insurance: Aetna, BlueCross BlueShield, Cigna, Oscar, Oxford, and UnitedHealthcare

- 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.
- ECMC accepts voluntary and involuntary patients 7 days a week, 24 hours a day. You must begin by first visiting the regular hospital emergency room, ECMC Main Building 462 Grider St. Buffalo NY 14215
 - ❖ From there you will be transferred to the adult CPEP floor for a psychiatric evaluation.

General Information about Postpartum Depression and Anxiety

Information for the 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 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 be mindful that this list is a guide and by no means a complete list of providers and resources available to you. This list is intended to be a starting point with suggestions. Every individual is different and there are no guarantees that each resource on this list is accepting new patients/clients. Please feel free to add feedback if you feel that someone or something should be added. If you have any questions or need further assistance, please reach out to our social worker, Emily Crowley LMSW at 716-675-5222 ext. 103.