

# Parent Support Groups

## **WellMama**

Local Chapter of Postpartum Support International. Offers mental health and emotional support, including counseling referrals and local support groups.

[www.wellmama.net](http://www.wellmama.net)

## **HOME (Helping Our Moms Excel)**

A group for moms of children five years and under, offers support and encouragement. Located at NW Hills Community Church: 3300 NW Walnut Blvd, Corvallis

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

## **International Parent Group**

For international parents, provides opportunities to learn and discuss parenting topics, build community, support one another, and more.

Meets virtually every other Thursday from 3-4pm.

For more information visit: [www.internationalmoms.net](http://www.internationalmoms.net)

or email: [internationalmomsgroup@gmail.com](mailto:internationalmomsgroup@gmail.com)

## **Baby Blues Connection**

Help for pregnant and postpartum parents with depression, anxiety, and stress.

Request a call: <http://babybluesconnection.org/request-a-call/>

Other: <http://babybluesconnection.org/finding-help/>

1-800-557-8375

## **Hope for the Mothers**

Support for women with Perinatal Mood and Anxiety Disorder (PMAD), also known as Postpartum Depression.

Visit the web site or call for locations and times:

[www.samhealth.org/health-services/classes-and-events/h/o/hope-for-mothers](http://www.samhealth.org/health-services/classes-and-events/h/o/hope-for-mothers)

Albany: 541-812-4475, Lebanon: 541-451-7872, Corvallis (Spanish): 541-768-5772

## **Corvallis Babywearers**

Meetings are usually in the fourth week of the month. Meeting specifics are posted in the Facebook group.

[www.corvallisbabywearers.org](http://www.corvallisbabywearers.org)

# Parent Resources

## **Postpartum Support International**

Support for moms and dads with postpartum depression.

[www.postpartum.net](http://www.postpartum.net)

1-800-944-4773

Or text 503-894-9453

## **Center Against Rape and Domestic Violence (CARDV)**

Staffed 24 hours-a-day, CARDV's hotline is available to provide support, information, safety planning and other resources to survivors of domestic and sexual violence, as well as their supporters.

[cardv.org](http://cardv.org)

Offers Live Chat online or call (541) 754-0110

## **Restore Physical Therapy**

Physical therapy with specialty in women's health, pregnancy, and postpartum.

966 NW Circle Boulevard Corvallis, Oregon 97330

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

541-908-7959

## **Samaritan Neuromuscular Medicine Resident Clinic**

Infant and postpartum OMT treatment.

Department of Good Samaritan Regional Medical Center

Phone: 541-768-4810

Samaritan HeartSpring Wellness Center

541-812-5656

## **Linn-Benton Community College/Pollywog**

Resources for families, including parenting classes, finding childcare, and support for infants, toddlers, and preschoolers.

Register online or call LBCC Family Connections/Pollywog at (541) 917-4884 for more information.

[www.pollywogfamily.org](http://www.pollywogfamily.org)

## **The Infant Risk Center**

Questions about over the counter or prescription medications while pregnant or nursing?

Speak with experts on the infant risk hotline:

Monday – Friday, 8am – 5pm CT

1-806-352-2519

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

## **Oregon Inter-Tribal Breastfeeding Coalition**

503-734-4346

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