

# Pregnancy & Postpartum Support Resources During COVID-19 & Social Distancing

## Trusted Sources of Information

[American College of Nurse Midwives](#) | [American College of Obstetrician and Gynecologists](#) | [CDC.gov](#)

### Evidence-Based Birth

- [COVID-19 Resources Page](#)
  - Virtual Doula Directory
  - Access to online, comprehensive Childbirth Education classes
  - A recorded relaxation session

### Mother to Baby

- [COVID-19 Fact Sheet](#)
- Podcast: [COVID-19 in Pregnancy & Breastfeeding](#)

### March of Dimes

[Covid-19 What You Need to Know:](#)

### Wentworth-Douglass Hospital

- [Coronavirus \(COVID-19\) Updates](#)
- [COVID-19 & Pregnancy](#)

[World Health Organization](#)

## Wentworth-Douglass Hospital Groups & Service

[Perinatal Classes](#)

### Seacoast Babies App

- Free app available to download in the Play Store and App Store

### New Parents group-

- Fridays, 1:30-3:30 – **Currently On Hold**

### Finding Yourself in Motherhood –

- Currently meeting online. Please email [lyndi.sargent@wdhospital.org](mailto:lyndi.sargent@wdhospital.org) for more information.

Video: [Virtual Tour of Women & Children's](#)



WENTWORTH-DOUGLASS  
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A Mass General Community Hospital

WOMEN & CHILDREN'S CENTER

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## Free or Discounted Virtual Pregnancy/Birth/Postpartum Resources

Taylor Davis: [www.taylordaviddoula.com](http://www.taylordaviddoula.com)

- WDH affiliate doula offering donation-based virtual childbirth education sessions

Amy Peterson: [www.houndhill.com](http://www.houndhill.com)

- WDH affiliate doula offering support for pregnancy, postpartum and loss

Emma Dolan: <https://www.emmadolanbirthdoula.com>

- WDH affiliate doula offering virtual Doula Support

Darcy Sauers: [www.thedouladarcy.com](http://www.thedouladarcy.com)

- Local seacoast doula offering online support/resources

Lynn Lyons: [lynnlyonsnh.com](http://lynnlyonsnh.com)

- Psychotherapist specializing in anxiety, children, and parenting

Tiny Hood [www.tinyhood.com](http://www.tinyhood.com)

- Online childbirth and postpartum education
- Free online breastfeeding class

Holistic Belly: [www.holisticbelly.com](http://www.holisticbelly.com)

- Offering complimentary online doula consultation (30 min)
- Offering 60 minute session for birth plans, comfort measures, asking questions, extra support right now

Postpartum Support International (PSI): [www.postpartum.net](http://www.postpartum.net)

- Helpline: 1-800-944-4773 (both English and Spanish)
- Online support groups
- Resources for fathers

Relief – Parenting Respite & Resource Center: [www.reliefparenting.com](http://www.reliefparenting.com)



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