

NYC Resource List

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This document contains a master list of NYC metropolitan area community resources for new families, which include but are not limited to:

→ Midwifery, Birth Center, Obstetrician, Lactation Counselor, Doula & Pediatrician Referrals; Postpartum Mental Health Referrals & Community/Holistic Programing; Abortion Access; Intimate Partner Violence Hotlines; Breastfeeding, Single Parenting, Teen Parenting, Special Needs & VBAC Support Groups; Nutrition & Sleep Consultation; LGBTQIA+ Affirming Care; Childbirth, Perinatal Exercise, Yoga & Infant CPR Education; Placenta Encapsulation, Fertility Clinics; Newborn & Water Birth Supply Rentals; Multicultural Organizations; Pelvic Floor Physical Therapy, Postpartum Comfort Supplies; Birth Justice Facts.

1. Midwifery

1. Supernatural Midwifery - Chloe Campbell, CNM
<https://supernaturalmidwifery.com/about>
2. Community Midwifery - Gina Eichenbaum-Pikser, LM, CNM
<https://www.communitymidwifery.com/>
<https://www.communitymidwifery.com/gynecology>
3. Cosmos Midwifery - Chloe Lubell, CNM
4. <https://www.cosmosmidwifery.com/about>
5. Nettle Wellness - Jo Zazsloff, CNM
<https://www.nettlewellness.com/>
<https://www.nettlewellness.com/team>
6. Taraab Midwifery - Sorayya Kassamali Rickicki, LM, CM, IBCLC
<https://www.taarabbirthmidwifery.com/en/about-sorayya>
7. Oula
 - a. 109 Montague Street, Brooklyn, NY, 11201
 - b. (718)-400-8339
 - c. [Hello@oulahealth.com](mailto>Hello@oulahealth.com)

8. Midwifery Care NYC
 - a. 448 W 57th St #1c, New York, NY 10019
 - b. (917)-903-2829
 - c. Website: <https://midwiferycarenyc.com/>

2. Birthing Centers:

1. Brooklyn Birthing Center
 - a. 2183 Ocean Avenue, Brooklyn, New York 11229
 - b. (718)-336-4119
 - c. Website: <https://brooklynbirthingcenter.com/about-us/>
2. The Birthing Center of New York
 - a. 6702 3rd Ave, Brooklyn NY, 11220
 - b. (929)-888-6996
 - c. Website: <https://nybirthingcenter.com/locations/>

3. Gynecologists & Obstetricians:

1. Planned Parenthood
 - a. 26 Bleecker Street, New York, NY 10012
 - b. (212)-965- 7000
 - c. Website:
<https://www.plannedparenthood.org/learn/pregnancy/prenatal-care>
2. Nettle Wellness
 - a. 469 Jefferson Avenue #2, Brooklyn, New York, 11221
 - b. info@nettlewellness.com
 - c. Website: <https://www.nettlewellness.com/services>
3. Johanna Halfon, MD - Columbia University Medical Center
 - a. 5 Columbus Circle, New York, NY 10019
 - b. (212)-305-9945
 - c. Website: <https://www.obgyn.columbia.edu/profile/johanna-k-halfon-md>
4. Zoe Rodriguez, MD - Mount Sinai
(transgender patient specialist)
 - a. <https://profiles.mountsinai.org/zoe-rodriguez>

4. Lactation Consultants

1. Expecting NYC
 - a. <https://www.expectingnyc.com/lactation-support/>

2. NYLCA
 - a. <https://www.nylca.org/help>
3. NYC Birth Village
 - a. <https://www.nycbirthvillage.com/contact>
 - b. NYCBIRTHVILLAGE@gmail.com
4. Best Latch
 - a. (973) 952-6455
 - b. Website: <https://www.bestlatch.com/>

5. Doulas:

1. Charlie Monolouis
<https://www.nourishingseedsdoula.com/>
2. Julia Morrow
<https://juliathedoula.com/>
3. Bilen Berhanu
<https://www.doulabilen.com/>
4. Jane Frost
<https://www.janefrostdoula.com/>
5. Kaleigh Terril
<https://generativebodies.org/>
6. Healthy Women, Healthy Futures Brooklyn Perinatal Network
 - c. 718-643-8258, x21
 - d. dwest@bpnetwork.org
2. Ancient Song Doula Services
 - a. 347-778-3490
 - b. doula@ancientsongdoulaservices.com
3. Red Moon Wellness
 - a. 405 5th Ave, Brooklyn, NY 11215

- b. (347) 699-8751
 - c. Website: <https://childbirth.redmoonwellness.com/>
- 4. Boober: Doula Directory
 - a. <https://getboober.com/>

6. Pediatricians & Pediatrics

1. Maimonides-General Pediatrics
 - a. 1301 57th St, Brooklyn, NY 11219
 - b. (718) 283-3640
2. Ilya Bialik, MD-New York Presbyterian
 - a. (718)-780-5780
3. Mount Sinai Kravis Children's Hospital
 - a. 1184 Fifth Avenue, New York, NY 10029
 - b. (212)-241-9500

7. Mental Health: Postpartum Depression & PMADS Resources + Support Groups:

1. Seleni Institute
 - a. Intake: (212) 939-7200.
 - b. Information: <http://www.seleni.org/guide-to-finding-a-therapist>
2. Mindful.NYC
 - a. <https://www.mindful.nyc/schedule>
3. Bloom Psychotherapy
 - a. (347)-921-0431
 - b. <https://www.nycbloomtherapy.com/contact>
4. MZMA Psychotherapy
 - a. (347)-934-9995
 - b. Psychology Today:
<https://www.psychologytoday.com/us/therapists/mzma-mental-health-co-unseling--brooklyn-ny/275046>
5. NAMI NYC
 - a. Website: <https://www.naminycmetro.org/>
6. National Maternal Mental Health Hotline: 1-833-943-5746 for 24/7 crisis support.
7. Postpartum Support International: <https://www.postpartum.net/>

8. PSYCHIATRIST: Dr. Swapna Vaidya <https://swapnavaidya.com/>

8. Perinatal Loss Support Groups/Bereaved Families:

1. The Mount Sinai Hospital: Pediatric & Perinatal Bereavement
 - a. Phone: (212)-241-4685
2. NYC Project Hope
 - a. <https://nyprojecthope.org/wellnessgroups/>

9. Breastfeeding Support Groups:

1. TLC-Brooklyn
 - a. https://www.tlcmidwife.com/bookings-checkout/breastfeeding-support-group?referral=service_list_widget
2. Breastfeeding Empowerment Zone-Brownsville Neighborhood Action Center Baby Cafe:
 - a. 259 Bristol St 3rd Fl, Brooklyn, NY 11212
 - b. (646)-682-3416
3. La Leche League
 - a. <https://lalli.org/get-help/>

10. Single Parent Support Groups:

1. Seleni
 - a. Groups: Programs@seleni.org
 - i. Single Parents by Choice Support Group

11. Intimate Partner Violence Support:

1. Rape, Abuse & Incest National Network (RAINN)
 - a. Hotline: 1-800-656-4673
 - b. Website: <https://www.rainn.org/resources>
2. NYC Anti-Violence Project
 - a. Hotline: (212) 714-1141
 - b. Website: <https://avp.org/>
3. Love is Respect
 - a. Hotline: 1-988-331-9474
 - b. Website: <https://www.loveisrespect.org/>

12. Abortion Access:

1. Exhale Pro Voice:
<https://exhaleprovoice.org/>
2. Plan C Pills:
<https://www.plancpills.org/>
3. Abortion Finder:
<https://www.abortionfinder.org/>
4. New York Abortion Access Fund:
<https://www.nyaaf.org>
5. Pro-Choice Therapists:
<https://www.prochoicetherapists.org/>
6. Abortions Welcome Companion:
<https://abortionswelcome.org/about-us/>
7. Abortion Access Front Resource Center:
<https://www.aafont.org/resources/>
8. National Network of Abortion Funds:
<https://abortionfunds.org/>
9. New York Abortion Doulas:
<https://www.newyorkabortiondoulas.org/>
10. Holistic Abortions:
<https://www.holisticabortions.com/>
11. Planned Parenthood: Joan Malin Brooklyn Health Center
 - a. 44 Court Street, Brooklyn, NY, 11201
 - b. Website:
<https://www.plannedparenthood.org/health-center/new-york/brooklyn/11201/joan-malin-brooklyn-health-center-2522-91110#services-offered>
12. Pro-Choice Therapists: *Directory of Clinicians who Support Bodily Autonomy*
 - a. Website:
<https://www.prochoicetherapists.org/>

13. Community Programs:

1. Citywide Doula Initiative

- a. <https://www1.nyc.gov/site/doh/health/health-topics/doula-care.page#cdi>

14. Vaginal Birth After Cesarean (VBAC) Support Groups:

1. ICAN of Manhattan
 - a. 1-800-686-ICAN (4226) Ext. 168

15. Nutrition:

1. Children's Aid Society-Food Distribution Center
 - a. 150 E 45th St, New York, NY 10017
2. Weill-Cornell Pediatric Gastroenterology & Nutrition
 - a. 505 East 70th Street, Helmsley Tower, 3rd Floor, New York, NY 10021
 - b. (646) 962-3869
3. Cassie Steinburg, CDN
 - a. https://www.zocdoc.com/doctor/cassie-steinberg-cdn-349955?LocId=125146&reason_visit=1060&insuranceCarrier=330&insurancePlan=2414&dr_specialty=385&isNewPatient=true
4. Elizabeth Adler, CDN
 - a. <https://www.eatnutrition.nyc/>

16. Sleep Consultants:

1. Mommywise
 - a. <https://mommywise.com/about/>
 - b. +1-212-651-9275
2. Goodnight Sleep Coaching
 - a. <https://goodnightsleepcoaching.com/>
 - b. 917-574-4980

17. Childbirth Education:

1. Birth Day Presence & Boober
 - a. <https://getboober.com/class-schedule/>
2. Lamaze International
 - a. Website:
<https://www.lamaze.org/birthing-classes>

3. Evidence Based Birth
 - a. Website:
<https://evidencebasedbirth.com/>

18. Prenatal Addiction Support:

1. OASAS
 - a. <https://oasas.ny.gov/treatment/pregnant-and-parenting-persons>
 - b. <https://findaddictiontreatment.ny.gov/>

19. Teen Pregnancy Support:

1. The Children's Village
 - a. 400 E. Fordham Road, 6th Floor, Bronx, NY 10468
 - b. 718-220-4700
 - c. Website:
<https://childrensvillage.org/our-programs/inwood-house/pregnantparenting-teens/>

20. LGBTQIA+ Birthing Person Support:

1. Queer Birthing Project
 - a. Website: <https://www.queerbirthproject.org/about>
2. The Trevor Project
 - a. Hotline: 1-866-488-7386
3. The LGBT Center
 - a. 208 W 13 St, New York, NY 10011
 - b. (212)-620-7310
 - c. Website: <https://gaycenter.org/>
4. Manhattan Alternative
 - a. Website:
https://www.manhattanalternative.com/?fwp_cat=d-poc-providers

21. Special Needs Child Support Groups:

1. Marlene Meyerson JCC
 - a. Website: <https://mmjccm.org/special-needs-support-groups>
2. My Time Inc
 - a. Website: <https://mytimeinc.org/>

3. Bronx Parents Autism Support Circle
 - a. 646-450-2567
 - b. Website: <http://bxpasc.org/>

22. Prenatal & Postpartum Exercise Classes:

1. PROnatal Fitness
 - a. 127 W 79th St, #2D, New York, NY 10024
 - b. 516-778-9468
2. Love Child Yoga
 - a. <http://www.lovechildyoga.com/>

23. Infant & Child First Aid/AED/CPR Courses:

1. Staying Alive CPR-Red Cross Accredited
 - a. 117 9th St, Brooklyn, NY 11215
 - b. (718)-603-0879
 - c. Website: s-a-cpr.com
2. Little Hearts CPR
 - a. 421 7th Ave., Suite 711, NY, NY 10001
 - b. (212)-691-5989
 - c. <http://littleheartscpr.com/>

24. Placenta Encapsulation:

1. Brooklyn Placenta Encapsulation
 - a. Contact Form: <http://www.brooklynplacentaservices.com/contact.html>
2. Abby Block
 - a. Contact Form:
<https://www.abbyblock.com/contact-find-hire-doula-nyc-brooklyn-doula-services-nyc-brooklyn-hypnobirthing-doula-natural-birth>

25. Fertility Clinics:

1. NYU Langone Fertility Center
 - a. 660 1st Ave., New York, NY 10016
 - b. (212)-263-8990
 - c. Website: <https://www.fertilityny.org/>
2. Genesis
 - a. 808 8th Ave, Brooklyn, NY 11215
 - b. (718)-436-3747

- c. Website: genesisfertility.com
- 3. RMA of New York
 - a. <https://www.rmany.com/>

26. Waterbirth Supply Rentals:

- 1. Buoyant Birth
 - a. <https://www.buoyantbirth.com/faq>
- 2. In His Hands Birth Supply
 - a. <https://www.inhishands.com/water-birth>

27. Newborn Supply Rentals:

- 1. Baby's Away-Queens College, CUNY
 - a. Main St, Kew Gardens Hills, NY 11367
 - b. (718) 229-5837
- 2. Baby Chic NY
 - a. Website: https://babychicny.com/category_21/Rentals.htm

28. Reiki Practitioners:

- 1. Josie Hart
 - a. Contact: <https://www.itsthesweetspot.com/contact>

29. Clinical Herbalists:

- 1. Lena Degloma, MS
 - a. (347) 699-8751
 - b. Website: <https://herbal.redmoonwellness.com/>
- 2. Spiral Herbal Remedies
 - a. 810 Washington Ave, Brooklyn, NY 11238
 - b. Website: <https://www.spiralherbalremedies.com/>

30. Acupuncture:

- 1. Yinova Center
 - a. 37 W 17th St #300, New York, NY 10011
 - b. (212) 533-2255
 - c. Website:
https://www.yinovacenter.com/locations/flatiron/?utm_campaign=gmb-flatiron&utm_medium=organic&utm_source=google

2. Nan Yi-Chun
 - a. 44 E 12th St, New York, NY 10003
 - b. <https://www.acupuncturehealsnyc.com/home>

31. Multicultural Family Resources:

1. Brooklyn Chinese American Association-Early Learn Program
 - a. Website: <https://www.bca.net/eng/acs.html>
2. Jewish Community Center-Children & Families
 - a. Website: <https://jccharlem.org/kids>
3. NYUL
 - a. Website: <https://www.nyul.org/>
4. Black Mammas Matter Alliance
 - a. Website: <https://blackmamasmatter.org/about/>
5. The Lower East Side Girls Club
 - a. 402 E 8th St, New York, NY 10009
 - b. (212) 982-1633
 - c. Website: <https://www.girlsclub.org/>

32: Sperm Preservation & Egg Preservation Services:

1. Sperm Preservation
 - a. LEGACY
 - i. Website: <https://www.givelegacy.com/>
2. Egg Preservation
 - a. Co
 - i. Website: <https://www.cofertility.com>

33. Pelvic Floor Physical Therapists:

1. LUNA
 - a. Website:
<https://www.getluna.com/locations/upper-west-side-physical-therapy/pelvic-floor-dysfunction>
2. EVOLVE

- a. Website:
<https://evolveny.com/physical-therapy/pelvic-floor-physical-therapy-brooklyn>
- 3. Spear Center
 - a. Website:
<https://spearcenter.com/find-pt/pelvic-floor-therapy/>
- 4. NYC Pelvic Pain Specialists
 - a. Website:
https://www.pelvicrehabilitation.com/locations/midtown-manhattan/?gclid=Cj0KCQiA3eGfBhCeARIsACpJNU9-O3Z7NSbhH-PRk-JCaaZqUunwp9X1ODAAk8h32qUUtSsrdxKENIsaAkmMEALw_wcB

35. Postpartum Comfort Supplies

- 1. Bodily
 - a. <https://itsbodily.com/collections/birth-recovery-postpartum>

36. Pregnancy & Birth Rights Resource for NYC

- 1. NYC.gov
 - a. <https://www.nyc.gov/assets/doh/downloads/pdf/ms/birth-rights-companion-guide.pdf>
- 2. Pregnancy Justice US
 - a. <https://www.pregnancyjusticeus.org/wp-content/uploads/2020/05/BIRTH-RIGHTS-A-resource-for-everyday-people-to-defend-human-rights-during-labor-and-birth.pdf>
- 3. National Partnership
 - a. <https://nationalpartnership.org/wp-content/uploads/2023/02/the-rights-of-childbearing-women.pdf>
- 4. National Association to Advance Black Birth
 - a. <https://thenaabb.org/black-birthing-bill-of-rights/>

37. Perinatal Massage Specialists

- 1. Red Moon Wellness
 - a. <https://massage.redmoonwellness.com/rates.php>

2. Jess Malat
 - a. <https://www.jessmalatbodywork.com/>