

Postpartum Resources

These are just a few of *my* favorite things...

I'm always adding more and I love learning so send me *your* favorite resources!

Perinatal Mood Disorders / Postpartum Depression

[The Parent Connection of SLO](#)

[Alpha Support Network SLO](#)

[Postpartum Support International](#)

[The Symptoms of PPD & Anxiety \(in Plain Mama English\)](#)

Postpartum Fitness

[Natalie Garay Workshops](#)

[Natalie Garay- Incontinence, Organ Prolapse- Hope Beyond Surgery](#)

[MuTu System](#)

[Stop Doing Kegels - Real Pelvic Floor Advice](#) (iTunes- Down There for Women app)

Local Community Resources

Support Groups and Classes:

[The Fourth Trimester ~ Mother Support for the First Four Months with Jennifer Stover](#)

[Parent Participation](#) Fun "parent-and-me" classes for infants through school age
(These classes were a godsend to me, and how I met 75% of my mama friends!)

[La Leche League Meetings](#)

[SLO County Mommies](#)

[Moms Club of Atascadero](#)

[Babywearing Group of SLO](#): Meet friends, try on new wraps and carriers!

Breastfeeding Support Groups:

[Central Coast Breastfeeding Coalition - Support Groups](#)

[La Leche League Meetings](#)

Lactation Consultants - Local IBCLC's:

[CCBC- Lactation Consultants](#)

Community Support:

[Alpha- Local Resources](#)

[The Parent Connection SLO](#)

[Parents Helping Parents - Special Needs Support](#)

[Women Infants Children - WIC](#)

[Central Coast Breastfeeding Coalition](#)