



Postpartum Resources

Postpartum Doula Support

In-home doula support during baby's first months.

Austin Baby Guru | austinbabyguru.com | 512-791- 8749
Laura Chism | laurachism.net | 512-994- 5337
Austin Born | Austin-born.com

Online Support

Connect with other new moms when you can't make it out of the house.

Peaceful Postpartum Online Retreat | newmamaproject.com
Online PPMD Support Group | PPMDsupportpage.com

Postpartum & Breastfeeding Groups

Support for when it's time to get out of the house and connect with other new mothers.

The Breastfeeding Café at Austin Born

A great first outing with your little one! This is a safe space where the other moms won't mind if you are late, your baby cries, you leak milk or you're not comfortable with anyone else touching your baby.

Fridays & 4th Saturdays 10a-12p, \$15
www.austin-born.com

The Circle at Austin Born

A postpartum group for when life isn't Pinterest perfect.

Wednesdays 9:30a-11:30a, \$15
www.austin-born.com

Mothers Unfolding

Each five- week group explores the heart of what it means to be a mother, sharing wisdom and insight, while acknowledging the unique gifts and challenges of motherhood.

Contact Lanell directly at lanellcoultas@gmail.com
www.consciousbirthing.com

La Leche League

All breastfeeding mothers are welcome to attend meetings or call a listed leader for help or information. Babies always welcome! Various meetings throughout town, no fee.

www.texasll.org

International Cesarean Awareness Network (ICAN)

Improving maternal-child health by preventing unnecessary cesareans through education, support for cesarean recovery and promoting vaginal birth after cesarean (VBAC).

3rd Thursdays at Windsor Park Branch of Austin Public Library

Search Facebook for *ICAN of Austin*

Lactation Consultants

Alyssa Goss, IBCLC | mammamilkmaven.com

The Breastfeeding Success Co | bfsuccess.com

Helina Teshome, RN, IBCLC | 512-203-6264

Dawn Martin, IBCLC | 512-554-9144

Holistic Healthcare

Songbird Acupuncture | songbirdacupuncture.com

Light Family Acupuncture | lightfamilyacupuncture.com

Keep Austin Healthy Chiropractic | keepausitnhealthychiropractic.com

Pure Light Chiropractic | purelightchiro.com

Lizzy Martinez, homeopath | lizzymartinez.com

Yoga for Depression Group | yogaforyourpsyche.com

Counselors & Psychiatrists

If you find yourself struggling with your emotions beyond 2-3 weeks after birth you may have something more than the baby blues. Postpartum mood disorders (PPMDs) are not rare and they can interfere with a family's joy over a new baby and interrupt the parent-infant bonding process. Do not wait to get help from a postpartum counselor if your mood is declining.

Providers on this list have agreed to see women with PPMD symptoms within five days. When calling or leaving a message, please identify yourself as someone experiencing PPMD and ask for an expedited appointment.

Dr. Lynn Spillar
512-329-9294 | Austin, Tx 78746

Dr. Shiree Flume, Psychiatrist
512-329-5575 | Austin, Tx 78746

Denae Rickenbacker
512-690-2075 | Cedar Park, Tx 78613

Dr. Diane Nguyen, Psychiatrist
512-505- 5456 | Lakeway, Tx 78734

For more resources, visit the Pregnancy & Postpartum Health Alliance at www.pphatx.org or Austin Counseling for New Moms at www.counselingfornewmoms.com