

## Resources for New Parents

### Support Groups

#### **Mom Circle**

Offered monthly, see calendar on website below.

Info: Whether you're navigating pregnancy, adjusting to postpartum life, managing toddlers, supporting school-aged kids, dealing with teens, or your kids have flown the nest, this is the perfect opportunity to connect with other moms, share experiences, and offer support.

To learn more about the event, see upcoming dates, and to register, visit [www.knowmommy.com/events](http://www.knowmommy.com/events)

**Mothers in Mind at Solid Ground Counseling in Madison. Fridays for 5 weeks beginning Feb 21. 12:00-1:30pm**  
RSVP at 256-403-4082

#### **H.O.P.E. (Helping Other Parents Endure)**

Mondays, 5:30 - 6:45 PM

Call for location & to RSVP.

Open to any parent who has suffered the death of a child. The Caring House also has support groups for Kids, Tweens, and Teens, and we also can provide short-term family or individual sessions as well. For more information please call The Caring House at (256) 265-HOPE (4673) or email [thecaringhouse@hhsys.org](mailto:thecaringhouse@hhsys.org).

### Online Support Groups

**Facebook MomMe Group** - offers community and monthly meetups with moms at all stages.

### Health and Wellness

**Momtastic Fitness** - offers low cost mom and baby workouts to strengthen pelvic floor and core muscles. [www.momtasticfitness.com/classes](http://www.momtasticfitness.com/classes)

**The Mom Walk Collective** - currently in Madison and Athens with Huntsville coming soon! 2 meet-ups and walks a month with a wonderful group of moms. "If you crave social connection with other moms in similar life stages, give it a shot! You never know when you'll find your new bestie!"  
[www.themomwalkcollective.com/walks](http://www.themomwalkcollective.com/walks)



POSTPARTUM SUPPORT  
INTERNATIONAL

### In An Emergency

National Crisis Text Line:  
Text HOME to 741741 from anywhere in the  
USA, anytime, about any type of crisis.

National Suicide Prevention Hotline  
Call 988

*Call for yourself or someone you care about; free and  
confidential; network of more than 140 crisis centers  
nationwide; available 24/7*

### Call or Text our HelpLine

Call 1-800-944-4773 (4PPD)  
English & Spanish

Text in English: 800-944-4773  
Text en Español: 971-203-7773

*Leave a confidential message any time, and a trained  
and caring volunteer will return your call or text. Our  
volunteers return messages between 8am-11pm EST.*

### National Maternal Mental Health Hotline

Call or Text 1-833-852-6262  
In English and Spanish

*24/7, Free, Confidential Hotline for Pregnant and  
New Moms. Interpreter Services are available in  
60 languages. (US Only)*

TTY users can use a preferred relay service or  
dial 711 and then 1-833-852-6262

See a list of local Perinatal Mental Health trained and certified providers  
in our area at [www.postpartum.net/get-help/provider-directory/](http://www.postpartum.net/get-help/provider-directory/)

### Audrey Smith, ALC, Perinatal Mental Health Trained Counselor

Tree of Life Behavioral Health  
190 Lime Quarry Rd Suite 111 Madison, AL 35758  
256-278-2802



Hello! I'm a Perinatal Mental Health trained counselor who also provides Neurodivergent Affirming therapy. I enjoy working with clients and new parents who are autistic and/or ADHD, and may be struggling with life transitions.

I am in network with Medicaid (ages 0-21) and accept self-pay on an affordable sliding scale. I work with clients ages 16 and up. I am an ALC under the supervision of Jessica Penot, PLC-S.

The perinatal time in life is already so challenging and requires so much change, it can be especially hard for someone who is neurodivergent, so I'm hoping to help.

My first role as a counselor was serving as the Perinatal Care Coordinator for 5 years in a substance abuse treatment setting. I've recently had a child myself, so now that I have the lived experience I was eager to complete the training for Perinatal Mental Health through PSI. My aim is to help others go through this huge life transition with as much grace, support, coping skills, and resources as possible.

For more information, to add suggestions for resources, or for help, please reach out. You may email me at [audreycsmith256@gmail.com](mailto:audreycsmith256@gmail.com) or contact my office at 256-278-2802 to schedule a session or free consultation.

### Breastfeeding Support Groups

Every Tuesday, 10 AM - Noon  
North Huntsville Public Library  
3011 Sparkman Drive NW  
Meeting Room 133  
Huntsville, AL 35810

Every 1st Saturday, 10 AM - Noon  
Women's Pavilion  
910 Adams Street, Room 120B  
Huntsville, AL 35801

Call a Huntsville Hospital Lactation Consultant with any breastfeeding questions at (256) 265-7285.

Madison Hospital - Free classes, support groups, and make appointments with lactation consultants at  
[www.madisonhospital.org/services/breastfeeding-support-services](http://www.madisonhospital.org/services/breastfeeding-support-services)



## La Leche League of *Madison County*

**Interested in Breastfeeding?** La Leche League offers positive mother-to-mother breastfeeding support and information from experienced Leaders. Breastfeeding and expecting mothers are invited to our monthly breastfeeding support meetings.

**Day Meetings:** 3rd Friday, every month, 11:15am – 12:15pm  
Lowe Mill, 2211 Seminole Dr SW, Huntsville, AL 35805  
(Use Door 2 from the parking lot; classroom is on your left.)

**Meeting Topics:** •Advantages of Breastfeeding •Avoiding Difficulties  
•Childbirth and the New Baby •Nutrition and Weaning

### **For breastfeeding help, contact ...**

Email: [lllmadisoncounty@gmail.com](mailto:lllmadisoncounty@gmail.com)

Chloe: 256-603-2666\*

Elizabeth: 256-541-7243\*

(\*Email/text only; please no voicemail)

**Connect online:** [www.facebook.com/LLLMadison](http://www.facebook.com/LLLMadison)  
<https://lllalliance.org/>

