



Connect to the Community

RESOURCE LIST

How to Use the Resource Tags: The resource tags help you quickly identify the types of support each organization may offer to you, your baby, or your family. Some resources have more than one tag because they provide support in multiple areas. So be sure to read the description to learn how each organization may be able to help.

- | | |
|-----------------------------|-----------------------------|
| ♥ African-American Families | ♥ Loss & Grief |
| 👤 Fathers & Partners | 🛡️ Safety/Domestic Violence |
| 👩 Pregnancy & Postpartum | 🚨 Crisis |
| 👶 Breastfeeding & Lactation | 🏠 Basic Needs |
| 👶 Babies & Children | 🏠 Home Visiting/Parenting |
| 🧠 Mental Health | ⚖️ Advocacy/Health Equity |
| | 💰 Financial Support |

Connecticut-Based Resources for Mothers, Babies & Families

211 Connecticut — 🏠 👤 👩 🧠 🛡️

Need help but don't know where to start? 211 connects Connecticut families with food, housing, childcare, healthcare, crisis services, parenting support, and hundreds of other community resources.

Website: [211 Connecticut](https://211connecticut.org/) Phone: 2-1-1 or 1-800-203-1234

ACCESS Mental Health for Moms — 🧠 👤

ACCESS Mental Health for Moms provides specialized consultation to Connecticut healthcare providers caring for pregnant and postpartum patients experiencing mental health or substance-use concerns. Families can ask their provider about this resource when additional guidance is needed.

Website: [ACCESS Mental Health for Moms](https://accessmentalhealthfor moms.org/) / Phone: 833-978-MOMS (6667)

Baby Bonds — 💰 👤

If your Connecticut-born baby qualifies, the state automatically invests money into a Baby Bonds account that can later be used for approved expenses such as education, homeownership, starting a business, or retirement savings. There is no application or enrollment required for eligible children.

Website: [CT Baby Bonds](https://ctbabybonds.org/) / Phone: 860-702-3000

Birth to Three —

If you have concerns about your child's development, Connecticut's Birth to Three System can connect eligible children under age three with early intervention services. You do not have to wait for a diagnosis before asking about an evaluation. Website: [Connecticut Birth to Three](#) / Phone: 1-800-505-7000

Care 4 Kids —

Care 4 Kids helps eligible Connecticut families pay for childcare. Families can learn about eligibility, apply for assistance, and locate participating childcare providers. Website: [Care 4 Kids](#) / Phone: 1-888-214-KIDS (5437)

Community Alliance for Research & Engagement (CARE) New Haven —

CARE works with New Haven communities most affected by health disparities, including Black and Brown communities and low-income populations, through research, community engagement, and health equity initiatives. Website: [CARE New Haven](#) / Phone: Contact through website

Connecticut Office of Early Childhood — Home Visiting Programs —

Connecticut's home-visiting programs bring trained professionals into families' homes to provide support related to pregnancy, parenting, child development, health, safety, and family wellbeing. Programs include Nurse-Family Partnership, Healthy Families America, Child First, and other models, with eligibility varying by program.

Website: [CT Office of Early Childhood — Home Visiting](#) / Phone: 1-800-505-7000

Connecticut WIC —

WIC provides eligible pregnant and postpartum people, infants, and young children with nutrition assistance, breastfeeding support, nutrition education, and referrals to other services. Connecticut WIC also provides resources specifically for fathers and families.

Website: [Connecticut WIC](#) / Phone: 1-800-741-2142

CT Safe Connect —

If you or someone you love is experiencing domestic violence, trained advocates are available 24/7 to listen, help you consider your options, and connect you with local services. It serves as the entry point to Connecticut's domestic violence services and connects people with CCADV's 18 member organizations for ongoing local support. Support is free and confidential.

Website: [CT Safe Connect](#) / Phone: 1-888-774-2900

Earth's Natural Touch: Birth Care & Beyond, Inc. — 🤝 👩 👧 🧒 💜 👩 ⚖️

Earth's Natural Touch provides birth and postpartum doula services, lactation, fertility, bereavement, and other perinatal support to families throughout Connecticut and in multiple states across the country. ENT also offers the free virtual Mocha Milkshake Café support group for breastfeeding families and houses and leads the Doulas4CT Coalition.

Website: [Earth's Natural Touch: Birth Care & Beyond, Inc.](#) / Phone: [Contact through website](#)

Family Bridge — 👩 🧒 🏠 👩

Family Bridge connects eligible families with home-based support from nurses and community health workers who can help with newborn care, maternal wellbeing, parenting, diapers, and other family needs.

Website: [Family Bridge](#) / Phone: 860-500-4412

Breastfeeding Heritage and Pride — Hispanic Health Council — 👩 👩 💜

Breastfeeding Heritage and Pride provides culturally responsive, peer-based breastfeeding support and education, including support for families in English and Spanish.

Website: [Hispanic Health Council](#) / Phone: 860-527-0856

Mocha Milkshake Café — 💜 👩 👩 🧒

Mocha Milkshake Café is a free virtual breastfeeding/chestfeeding support community where families can ask questions, share experiences, and connect with other parents and perinatal professionals. It is especially intentional about culturally aligned support for Black and Brown families and is available beyond Connecticut.

Website: [Mocha Milkshake Café](#) / Phone: [Contact Earth's Natural Touch through website](#)

MotherToBaby CT — 👩 🧒

MotherToBaby CT provides free, confidential, evidence-based information about exposures during pregnancy and breastfeeding, including medications, alcohol and drugs, infections, medical conditions, chemicals, radiation, and workplace or environmental exposures. If you're pregnant, breastfeeding, planning a pregnancy, or concerned about an exposure, you can contact the service to speak with a teratogen information specialist or genetic counselor.

Website: [MotherToBaby CT at UConn Health](#) / Phone: 860-679-6199

New Haven Healthy Start — ❤️ 👩 👨 👶 🏠

New Haven Healthy Start supports families through pregnancy, birth, and the baby's first 18 months with referrals, parent education, lactation support, health insurance assistance, and support for fathers. The program specifically works to improve birth outcomes and address health disparities affecting New Haven families.

Website: [New Haven Healthy Start](#) / Phone: 203-777-7087

Parents Connecting Parents — 🏠 👩 👶 👨

Parents Connecting Parents connects expecting and current parents with Parent Ambassadors who can provide support, encouragement, and connections to community resources. The program operates in several Connecticut communities.

Website: [CT Parents Connecting Parents](#) / Phone: 860-500-4563

Postpartum Support International – Connecticut Chapter (PSI-CT) — 🧠 👩 💜 👨

PSI-CT connects Connecticut families with support and resources related to perinatal mental health, including support groups and referrals for parents and families during pregnancy and postpartum. PSI-CT is the Connecticut chapter of Postpartum Support International.

Website: [PSI-CT](#) / Phone: 1-800-944-4773 / [FOR HELP](#)

The Diaper Bank of Connecticut — 👶 🏠

The Diaper Bank works with community organizations throughout Connecticut to help families access diapers and other essential supplies. Families can use its distribution network to find a participating organization near them.

Website: [The Diaper Bank of Connecticut](#) / Phone: 203-934-7009

Waterbury Bridge to Success (BTS) — ❤️ 👩 👶 ⚖️

Waterbury Bridge to Success connects families and community partners with resources designed to improve outcomes for children and families from cradle to career, including its Black Maternal Health initiative and resources addressing pregnancy, postpartum care, maternal health, and family wellbeing. They partner with Earth's Natural Touch: Birth Care & Beyond to train Doulas in their community.

Website: [Waterbury Bridge to Success](#) / Phone: 203-754-0040

Yale New Haven Hospital

Certified Car Seat Technicians teach how to properly secure babies in their car seats as well as how to install the car seat correctly in the vehicle. Appointments offered at Yale New Haven Children's Hospital in New Haven, Bridgeport Hospital, Greenwich Hospital and Lawrence + Memorial Hospital.

Call for appointment 203-200-KIDS or email carseats@ynhh.org.



National Resources for Mothers, Babies & Families

988 Suicide & Crisis Lifeline — 🚨 🧠

If you or someone you love is experiencing emotional distress, having thoughts of suicide, or facing a mental health or substance-use crisis, you can call or text 988 for free, confidential support 24/7. You do not have to be suicidal to reach out.

Website: [988 Suicide & Crisis Lifeline](#) / Phone/Text: 988

Black Women's Health Imperative — ❤️ 👩 🧠 ⚖️

The Black Women's Health Imperative works to improve the health and wellbeing of Black women and girls through education, advocacy, research, and policy. Its resources address reproductive health, mental health, chronic conditions, and health equity.

Website: [Black Women's Health Imperative](#) / Phone: 202-787-5938

Crisis Text Line — 🚨 🧠

When you need someone to talk to during a difficult or overwhelming moment, you can text with a trained crisis counselor. Text HOME to connect with support.

Website: [Crisis Text Line](#) / Text: HOME to 741741

March of Dimes — 👩 🧒 👩

March of Dimes provides pregnancy, newborn, NICU, postpartum, and family health information and resources. Families can also use its resources to learn about pregnancy complications and find support in their communities.

Website: [March of Dimes](#) / Phone: 1-888-MODIMES (663-4637)

National Center for Fathering — 👨

The National Center for Fathering provides practical information and resources designed to help fathers build stronger relationships with their children and become more intentional in their parenting. The center offers free micro-courses for dads.

Website: [National Center for Fathering](#) / Phone: 1-800-593-DADS (3237)

National Domestic Violence Hotline — 🛡️ 👨 👩 👨

If you or someone you love is experiencing domestic violence, confidential advocates can help you explore your options and connect with local services. Support is available by phone, text, and online chat.

Website: [National Domestic Violence Hotline](#) / Phone: 1-800-799-SAFE (7233)

Text: START to 88788

National Human Trafficking Hotline —

If you or someone you know may be experiencing sex or labor trafficking, trained advocates can provide confidential support and connect you with services. Interpretation is available in many languages.

Website: [National Human Trafficking Hotline](https://www.humantraffickinghotline.org) / Phone: 1-888-373-7888 / Text: 233733

National Maternal Mental Health Hotline —

Pregnancy and the postpartum period can bring depression, anxiety, trauma, grief, or other emotional challenges. Pregnant and postpartum people and their families can call or text this free, confidential service 24/7.

Website: [National Maternal Mental Health Hotline](https://www.nationalmaternalmentalhealth.org) / Phone/Text: 1-833-943-5746

National Parent Helpline —

Parenting can be overwhelming, and asking for support does not make you a bad parent. The National Parent Helpline connects parents with support and resources to help them manage stress and strengthen their families.

Website: [National Parent Helpline](https://www.nationalparenthelpline.org) / Phone: 1-855-427-2736

National Responsible Fatherhood Clearinghouse / Fatherhood.gov —

Fatherhood.gov provides free information, tools, videos, and resources to help fathers become more involved in their children's lives. Families and fathers can also use the site to locate fatherhood programs and services.

Website: [Fatherhood.gov](https://www.fatherhood.gov) / Phone: 1-877-432-3411

National Sexual Assault Hotline — RAINN —

If you or someone you know has experienced sexual assault or sexual abuse, trained support specialists are available 24/7 to listen, provide information, and connect you with local resources. You do not have to report to law enforcement to receive support.

Website: [RAINN National Sexual Assault Hotline](https://www.rainn.org) / Phone: 1-800-656-HOPE (4673)

Poison Control —

If a child accidentally swallows, inhales, or comes into contact with a potentially poisonous medicine, household product, plant, or other substance, call Poison Control right away for free expert guidance. Do not wait for symptoms to appear.

Website: [Poison Control](https://www.poisoncontrol.org) / Phone: 1-800-222-1222

Postpartum Health Alliance —

Postpartum Health Alliance provides education and resources related to pregnancy and postpartum mental health and helps families find support for concerns such as postpartum depression and anxiety.

Website: [Postpartum Health Alliance](https://www.postpartumalliance.org) / Phone: 619-254-0023

Postpartum Support International (PSI) — 🧠 👤 🧡

PSI provides support, education, support groups, and referrals for people experiencing perinatal mood and anxiety disorders, pregnancy or infant loss, and other emotional challenges. PSI also maintains a network of state and regional chapters.

Website: [Postpartum Support International](#) / Phone: 1-800-944-4773

SAMHSA National Helpline — 🧠 🚒

If you or someone in your family needs help with mental health or substance use, SAMHSA's National Helpline provides free, confidential information, treatment referrals, and connections to services.

Website: [SAMHSA National Helpline](#) / Phone: 1-800-662-HELP (4357)

Sisters in Loss — 🖤 🧡 👤 👶

Sisters in Loss provides culturally sensitive support and resources for Black women and families experiencing infertility, miscarriage, stillbirth, and infant loss. Families can find education, community, and support for navigating reproductive and pregnancy loss.

Website: [Sisters in Loss](#) / Phone: Contact through website

Safe Kids Worldwide — 👶

Safe Kids provides practical information to help families prevent childhood injuries, including guidance on car seats, drowning, burns, falls, medication safety, and other common hazards.

Website: [Safe Kids Worldwide](#) / Phone: 202-662-0600

Resources Especially for Black Families, Fathers & Communities

100 Black Fathers — 🖤 👤 👶

100 Black Fathers promotes involved fatherhood, positive family relationships, health and wellness, character development, and stronger communities. The organization provides opportunities for Black fathers to connect and participate in community activities.

Website: [100 Black Fathers](#) / Phone: 202-361-0761

Black Mamas Matter Alliance — 🖤 👤 🧡 ⚖️

Black Mamas Matter Alliance is a Black women-led organization working to advance Black maternal health, rights, and justice. Families can learn about Black-led maternal health advocacy, education, research, and community resources.

Website: [Black Mamas Matter Alliance](#) / Phone: Contact through website

Black Women's Health Imperative — ❤️ 🧑 🧠 ⚖️

The Black Women's Health Imperative works to improve the health and wellbeing of Black women and girls through education, advocacy, research, and policy. Its work includes reproductive health, mental health, and health equity.

Website: [Black Women's Health Imperative](https://www.bwhi.org/) / Phone: 202-787-5938

Dear Fathers — ❤️ 🧑 🧑 🧒

Dear Fathers is a community and media platform centered on Black fatherhood, family, and parenting.

Website: [Dear Fathers](https://www.dearfathers.com/) / Phone: Contact through website

Earth's Natural Touch: Birth Care & Beyond, Inc. — Community Support — ❤️ 🧑 🧑 🧒 🧠 ⚖️

Although Earth's Natural Touch is based in Connecticut, ENT supports families in multiple states and offers birth, postpartum, lactation, bereavement, and other perinatal services, including culturally responsive community programming. Fathers and partners can also participate in ENT's village-building and family-support initiatives.

Website: [Earth's Natural Touch: Birth Care & Beyond, Inc.](https://www.earths naturaltouch.com/) / Phone: [Contact through website](https://www.earths naturaltouch.com/)

Fathers, Families & Healthy Communities — ❤️ 🧑 🧒

Fathers, Families & Healthy Communities focuses on strengthening Black fathers, families, and communities through programs, resources, and support. Its work recognizes fathers as important contributors to children's and families' wellbeing.

Website: [Fathers, Families & Healthy Communities](https://www.fathersfamiliesandhealthycommunities.org/) / Phone: Contact through website

Get At Me Dad — ❤️ 🧑 🧑 🧒 🧠

Get At Me Dad provides education, fatherhood groups, one-on-one support, childbirth education, lactation resources, and support around mental, emotional, financial, and family concerns, with a particular focus on Black fathers and fathers of color.

Website: [Get At Me Dad](https://www.getatmedad.com/) / Phone: Contact through website

National Association to Advance Black Birth (NAABB) — ❤️ 🧑 🧒 ⚖️

NAABB works to improve the care and treatment of Black birthing people and babies through education, advocacy, research, and policy change. Families can also explore resources designed to help Black families understand and advocate for respectful, equitable maternity care.

Website: [National Association to Advance Black Birth](https://naabb.org/) / Phone: Contact through website

National Black Midwives Alliance — ❤️ 👩🏾 🧑🏾 ⚖️

The National Black Midwives Alliance supports Black midwives and works to strengthen access to culturally congruent midwifery care. Families can use its resources to learn more about Black midwifery and the people working to improve birth outcomes for Black families.

Website: [National Black Midwives Alliance](#) / Phone: Contact through website

New Haven Healthy Start — Fatherhood Services — ❤️ 👨🏾 👩🏾 🧑🏾

New Haven Healthy Start includes support specifically for fathers and has a Men's Consortium that provides a support network for men and fathers in the Greater New Haven area. Families can contact the Fatherhood Coordinator to learn about available services.

Website: [New Haven Healthy Start — Fathers](#) / Phone: 203-777-7085

Postpartum Support International — Perinatal Mental Health Alliance for People of Color — ❤️ 🧠 👩🏾 👨🏾

PSI's Perinatal Mental Health Alliance for People of Color works to improve access to culturally responsive perinatal mental health support for people and communities of color. Families can also use PSI's national HelpLine and provider directory to find additional support.

Website: [PSI — Perinatal Mental Health Alliance for People of Color](#) / Phone: 1-800-944-4773

Real Dads Network — ❤️ 👨🏾 🧑🏾

Real Dads Network provides Black fathers with support, resources, community, advocacy, and opportunities to connect with other fathers. Its work centers positive Black fatherhood and strengthening families and communities.

Website: [Real Dads Network](#) / Phone: 212-875-7725

Sisters in Loss — ❤️ 💜 👩🏾 🧑🏾

Sisters in Loss provides culturally sensitive support for Black women and families experiencing infertility, miscarriage, stillbirth, and infant loss. Families can find education, community, and resources for navigating reproductive and pregnancy loss. Website: [Sisters in Loss](#) / Phone: Contact through website

The Dad Gang — ❤️ 👨🏾 🧑🏾

The Dad Gang is a community created to connect Black fathers and challenge negative stereotypes about Black fatherhood. Fathers can connect through its online community, events, and father-focused activities.

Website: [The Dad Gang](#) / Phone: Contact through website