

Postpartum Resources

Support Groups – all are free

Tucson Medical Center

- **Breastfeeding Support Group (In Person)**
 - Mondays 10am
 - Canyon Room: enter through the Southeast Entrance and then ask for directions at the Information Desk
 - No registration needed
 - <https://www.tmcaz.com/tmc-for-women/maternity/support-groups/breastfeeding-support-group>

- **Pregnancy and Postpartum Support Group (In Person)**
 - Thursdays 5pm
 - Fireplace Room: 5301 E. Grant Road 85712
 - No registration needed
 - <https://www.tmcaz.com/tmc-for-women/maternity/support-groups/pregnancy-and-postpartum-depression-support-group>

Banner University Medical Center

- **Breastfeeding Support Group (In Person)**
 - Thursdays 9am
 - Tower 1, Floor 5, Classroom 504: 1625 N. Campbell Ave 85705
 - Registration required
 - <https://www.bannerhealth.com/calendar/event-detail?id=MIH003T1&sessionId=MIH003U0>

- **You've Got This Support Group - for expectant & new moms (Virtual)**
 - Every third Tuesday 1pm
 - Join via Microsoft Teams
 - <https://www.bannerhealth.com/calendar/event-detail?id=MIH001LP&sessionId=MIH004IX>

El Rio Health

- **Breastfeeding Basics (Virtual)**
 - Every first Saturday 10am, Third Wednesday 5:30pm
 - Registration required
 - <https://forms.office.com/pages/responsepage.aspx?id=ywIga9arzkWhWlh-aCd2cRxDRg4GgPZHsMc82QkYBpZUNzExTU5SR1hZNTZUQzIiWIZENENIUzMyTS4u&origin=QRCode>

- **Coffee for the Soul - for new and expecting parents (Virtual)**
 - Fridays 9am (Spanish) and 11:30am (English) via Zoom
 - Registration required: call 520-370-3686 or email MomWellness@elrio.org
 - <https://www.elrio.org/service/midwifery/>

- **Baby Love Group - for all parents of babies 0-6 months (In Person)**
 - Tuesdays 12pm
 - El Rio Congress Clinic, Robert Gomez Building, first floor – Centering Classroom near the Midwifery Suite: 839 W Congress Street
 - No registration needed
 - <http://www.elrio.org/service/midwifery/>

Milk & Honey

- **Breastfeeding Support Group (In Person)**
 - Fridays 9:30am
 - Registration required: call (520) 477-7752
 - <https://www.milkandhoneytucson.com/all-classes>
- **Bumble Bees Play Group – for parents and babies 0-12 months (In Person)**
 - Tuesdays 9:30am
 - No registration required

4th Trimester Arizona Gatherings

- **Tucson Village (In Person)**
 - Every fourth Wednesday 10am
 - Registration required: <https://4thtrimesteraz.org/tucson-village/>
- **Virtual Village (Virtual)**
 - Every third Thursday 12pm
 - Registration required: <https://4thtrimesteraz.org/virtual-village/>
- **Black Mamas Support (Virtual)**
 - Every third Wednesday 12pm
 - Registration required: <https://4thtrimesteraz.org/black-mamas-support-village/>
- **Indigenous Parents Support (Virtual)**
 - Every second Wednesday 12pm
 - Registration required: <https://4thtrimesteraz.org/indigenous-parents-support-village/>

Phone lines

- **Postpartum Support International:** trained volunteers will return calls/messages regarding questions and also can connect to local resources
 - Call: 1-800-944-4773 or text “Help” to 800-944-4773
 - <https://psichapters.com/az/>
 - **Tucson Coordinators:** can help individuals find local providers and support
 - Rachel Flater: 520-344-0207 or Rachel.psicocoordinator@gmail.com
 - Tiffany Engen: 480-442-1229 or Tiffany.psicocoordinator@gmail.com
- **24-Hour Breastfeeding Hotline:** 24/7 breastfeeding support provided by AZ department of health
 - Call: 1-800-833-4642
- **Birth to Five Helpline:** free parenting and child development support
 - Call: 1-877-705-5437
- **National Suicide Prevention Lifeline:** 24/7 free and confidential support and recourses for people in distress or crisis
 - Call: 1-800-273-8255 or dial 988