Postpartum Pandemic Resources

<https://www.mother.ly/life/postpartum-prep-during-pandemic>

<https://www.commonsensemedia.org/resources-for-families-during-the-coronavirus-pandemic>

<https://ectacenter.org/topics/disaster/coronavirus-talking.asp>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Tum e Time and Infant Massage:

<http://tumetime.com/class-schedule/?fbclid=IwAR3agpLI9p67t38RzsHD9_KNEx4m1wWsyxb8wnUGhvgGRus1yiX2OmSIwRs>

# Food Services

Laura Leff/Chef Leff [www.chefleff.com](http://www.chefleff.com)

Kitchen Doula www.kitchendoula.com/

Three Stone Hearth 510-981-1334

Gourmet by the Bay 510-703-8618

Dinner Source 510-654-7585

Le Bedaine 510-559-8201

Tao de Kitchen / Sandy Der 510-816-6931

# Mother’s Groups and Father’s Groups

 [**http://www.NewDadsNetwork.com**](http://www.NewDadsNetwork.com)

 **Will Courtenay, PhD, LCSW
*Helping Men Beat the Baby Blues and Overcome Depression*** 415-346-6719
   DrWill@SadDaddy.com

Support Groups for Mothers 510-604-3301

Father’s Forum 510-644-0300

Gina Hassan – Mindful Mothering 510-644-1097

Bananas 510-658-0381

Our Family Coalition (groups for gay and lesbian parents) 415-981-1960

Alta Bates Drop In 510-204-133

**LGBTQ Perinatal Wellness Center 3207 Lakeshore Ave. Oakland**

[**http://www.lgbtqperinatalassociates.com**](http://www.lgbtqperinatalassociates.com)

**Moms’ groups** [**www.oaklandmom2mom.com**](http://www.oaklandmom2mom.com)

# Exercise

<https://www.glo.com>

<https://www.vitaoakland.com>

<https://www.mommastrong.com/ourprograms>

<https://fit4mom.com>

<https://www.myhipline.com/online-classes>

<https://thebloommethod.com>

<https://birthfit.com/programs/online/>

Podcasts

 <https://podcasts.apple.com/us/podcast/magamama-kimberly-ann-johnson-sex-birth-motherhood/id1286485146>

<https://www.fourthtrimesterpodcast.com/>