



Pregnancy as a Time of Hope and Fear: Exploring the Biological, Emotional, and Social Dimensions of the Perinatal Period

Thank you for joining us at the TTAC annual virtual conference, presented by Dr. Lieberman. Below is a list of resources shared by our [panelists](#).

Shared by Dr. Uju Berry, Director of NYC Health + Hospitals Domestic and Gender-Based Violence Mental Health Initiatives and an Associate Clinical Professor at NYU Langone within the Department of Child Adolescent Psychiatry:

- **Family Justice Centers:** Through any NYC FJC, survivors of domestic and gender-based violence and their children can get connected to organizations that provide case management, economic empowerment, counseling, civil legal, and criminal legal assistance. Located in all five boroughs.
 - <https://www.nyc.gov/site/ocdv/programs/family-justice-centers.page>

Shared by Dr. Zahirah McNatt, Assistant Commissioner for the Bureau of Brooklyn Neighborhood Health:

- **Citywide Doula Initiative:**
 - <https://www.nyc.gov/site/doh/health/health-topics/doula-care.page>
- **Nurse Family Partnership:**
 - <https://www.nyc.gov/site/doh/health/health-topics/nurse-family-partnership.page>
- **Brooklyn Borough President Campaign:**
 - <https://www.brooklyn-usa.org/healthypregnancy-emotional-wellbeing/>
- **Family Wellness Suites** (classes, support groups, lactation support, screening, social workers on-site...)
 - <https://www.eventbrite.com/cc/the-family-wellness-suites-191059>

Shared by Sonia Murdock, Executive Director and Co-founder of The Postpartum Resource Center of New York, Inc:

- **Postpartum Resource Center of NY:** Free and confidential emotional support, educational information, healthcare and support group resources, awareness materials and training. Parental Mental Health Peer Support Program and free virtual support groups

- <https://postpartumny.org/>
- <https://postpartony.org/>
- Toll-free Statewide Helpline 855-631-0001

- Book recommendation-
 - *Postpartum is Forever*:
https://www.amazon.com/Postpartum-Forever-Support-Conception-Grandparenthood/dp/B0BMT47D16?source=ps-sl-shoppingads-lpcontext&ref_=fplfs&psc=1&mid=ATVPDKIKX0DER

Shared by Dr. Elizabeth Werner, Assistant Professor of Behavioral Medicine in the Departments of Obstetrics & Gynecology and Psychiatry, Columbia University Irving Medical Center and the Director of Clinical Intervention Research in the Perinatal Pathways Lab:

- If you are interested in PREPP training go to: <https://www.perinatalpathways.org/>

Resource from a participant on trans healthcare:

- A.J. Lowik is a trans researcher and PhD candidate at the University of British Columbia. Their research mostly focuses on trans healthcare in the context of abortion, but they may also be able to point people in the direction of research and resources for pregnancy in general. <https://postpartum.org/podcast/beyond-postpartum-ep-32/> this is a podcast episode where they discuss trans-inclusive reproductive mental health.