

# DOULAS by the BAY Community Resources

Parenthood comes with questions nobody fully prepares you for, from breastfeeding struggles to postpartum mental health to finding a community that truly understands your experience. Below is a list of trusted organizations covering breastfeeding support, maternal health, perinatal mental health, and community spaces for Black families, Latina families, LGBTQ+ families, and dads. Bookmark this page, share it with someone who needs it, and know that whatever you're going through, support is out there.

## Breastfeeding & Lactation Support

1. **La Leche League USA**

A peer-to-peer breastfeeding support network offering local meetings (in person and virtual) and trained volunteer Leaders who help families with breastfeeding, chestfeeding, and human milk feeding for as long as they choose.

<https://llusa.org/>

2. **Stanford Medicine Newborn Nursery – Breastfeeding**

A clinical breastfeeding resource from Lucile Packard Children's Hospital at Stanford, covering everything from first hour initiation and latch technique to milk production, medication safety, and care for higher risk newborns.

<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

3. **KellyMom**

A trusted, IBCLC authored library of breastfeeding and parenting articles addressing real world challenges like fussiness at the breast, engorgement, low supply, and medication safety during lactation.

<https://kellymom.com/>

4. **Chocolate Milk Café**

A peer led lactation support community created specifically for families of the African Diaspora. Free monthly chapter meetings led by certified facilitators provide culturally grounded support for breastfeeding, chestfeeding, and human milk feeding.

<https://chocolatemilkcafe.org/>

## Pregnancy, Birth & Maternal Health

1. **Evidence Based Birth**

Founded by nurse researcher Dr. Rebecca Dekker, this organization translates pregnancy and childbirth research into clear, accessible information for families and trains birth workers in evidence-based practice through articles, courses, and a popular podcast.

<https://evidencebasedbirth.com/>

## 2. **Commonsense Childbirth**

Founded by midwife Jennie Joseph, Commonsense Childbirth advances "The JJ Way®," a model of community-centered, equitable maternity care designed to close racial gaps in birth outcomes. The organization runs a midwifery school, a Florida birth center, and a national advocacy network.

<https://commonsensechildbirth.org/>

## 3. **American Academy of Pediatrics (AAP)**

The leading professional association of pediatricians in the U.S., setting clinical guidelines and policy on child health, including breastfeeding, nutrition, and newborn care, with HealthyChildren.org as its family-facing resource hub.

<https://www.aap.org/>

## **Mental Health & Loss Support**

### 1. **Postpartum Support International (PSI)**

The leading nonprofit supporting families through postpartum depression, anxiety, and other perinatal mood disorders. Offers a free HelpLine (call or text, English and Spanish), online support groups, and a directory of trained providers.

<https://postpartum.net/>

### 2. **Return to Zero: H.O.P.E.**

A national nonprofit supporting families through pregnancy and infant loss, including miscarriage, stillbirth, and infant death. Provides support groups, healing retreats, and a provider directory, with dedicated resources for BIPOC and LGBTQ+ families.

<https://rtzhope.org/>

## **Family & Community Support**

### 1. **National Latina Institute for Reproductive Justice**

A reproductive justice organization that centers Latina voices in the fight for bodily autonomy and healthcare access, with active community chapters and bilingual resources across the country.

<https://www.latinainstitute.org/>

### 2. **Family Equality**

A national nonprofit supporting LGBTQ+ family building and parenting through advocacy, policy work, and community events, along with a provider database to help LGBTQ+ families find affirming care.

<https://familyequality.org/>

### 3. **Dads Supporting Dads**

A nonprofit connecting fathers through local in-person groups, a podcast network, and practical guides built to combat isolation and support dads through every stage of fatherhood.

<https://dadssupportingdads.org/>