

Parent Resources

Group Support:

Postpartum Support International (PSI)

Support for moms and dads with postpartum depression.

Provides support in 60 languages.

www.postpartum.net/get-help/psi-online-support-meetings

www.postpartum.net

800-944-4773 (call or text)

Or text in Spanish 971-203-7773

HOME (Helping Our Moms Excel)

Located at NW Hills Community Church: 3300 NW Walnut Blvd, Corvallis

Tuesdays 9:15 a.m. to 11:15 a.m.

600 3rd St, Corvallis

International Mom's Group

For international parents, provides opportunities to learn and discuss parenting topics, build community, support one another, and more. Wednesday 9:30 a.m. to 11:30 a.m., follows OSU academic calendar Starting Oct 1.

www.familyresources.oregonstate.edu or email: internationalmomsgroup@gmail.com

Champinefu Lodge 211 & 213 1030 SW Madison Ave. Corvallis, OR 97333

Perinatal Support Connections

Support for women with Perinatal Mood and Anxiety Disorder (PMAD), also known as Postpartum Depression.

[Perinatal Support Connections - Samaritan Health Services](#)

Albany: 541-812-4475, Lebanon: 541-405-9140

Parenting Support and Well-Being Resources:

Family Connects Oregon

Family Connects Oregon is currently operating in Benton, Crook, Deschutes, Douglas, Jefferson, Lane, Lincoln, Linn, Malheur, Polk, Washington and Yamhill counties.

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



Pollywog

Provides parenting education and early childhood services for children and their families in Linn, Benton and Lincoln counties.

pollywog@linnbenton.edu

541-917-4884

Parenting Success Network

Provides free and low-cost Live & Learn classes, parent classes and workshops, family events and resources for Linn, Benton and Lincoln counties. Tuition assistance is available.

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

OSU Family Resource Center

541-737-4906

Support for students and staff with families

<https://familyresources.oregonstate.edu/>

Old Mill Center

Provides parent education, advocacy and counseling services

www.oldmillcenter.org

Postpartum Support International

<https://postpartum.net/>

Local Coordinator- toni.postpartum@gmail.com

Baby Blues Connection

Help for pregnant and postpartum parents with depression, anxiety and stress

Request a call: <http://babybluesconnection.org/request-a-call/>

Email: admin@babybluesconnection.org or call 800-557-8375

Center Against Rape and Domestic Violence (CARDV)

Staffed 24 hours a day, CARDV's hotline is available to provide support, information, safety planning and other resources to survivors of domestic and sexual violence, as well as their supporters. cardv.org

Offers Live Chat online or call (541) 754-0110, live chat available daily from 10 a.m. to 1 p.m.

National Alliance on Mental Illness

Support navigating mental health resources, accessing support groups and classes at no charge. www.namior.org