

Resource List
Mother to Mother Telephone Support
425 N. New Ballas Rd., Ste. 195
St. Louis, MO 63141
314.991.5666 Ext. 4

Counseling Services

Women's Healthcare Partnership	www.dradianesanford.com	314.991.5666
Birthright Counseling	www.birthrightstlouis.org	800.550.4900
Care and Counseling	www.careandcounseling.org	314.878.4340
Catholic Family Counseling (at Catholic Charities of St. Louis)	www.ccstl.org	314.367.5500
Christian Family Services, Inc.	www.cfserve.org	314.968.2216 or 618.397.7678
Jewish Family & Children's Services	www.jfcs-stl.org	314.993.1000
Lutheran Family & Children's Services	www.lfcsmo.org	314.787.5100 or 866.326.5327
Provident Counseling	www.providentc.org	314.533.8200 or 800.782.1008 or 618.235.5656

General Postpartum Information and Support

Babycare Diaper Service	www.babycarediaper.com	
Barnes/Jewish Hospital	www.barnesjewish.org	314/362-MOMS
Cardinal Glennon Children's Hosp.	www.cardinalglennon.com	314/577-5600
Child Care Solution (nanny service)	www.childcaresolutions.net	314/878-2273
Child Day Care Assoc. of St. Louis	www.childcarestl.org	314/531-1412
Cotton Babies	www.cottonbabies.com	314-894-3313
Cultural Care Au Pair	www.culturalcare.com	314/963-1284
Kids Play (hourly childcare)	www.kidsplayfun.com	636/532-4600
LaLeche League (breastfeeding)	www.lalecheleague.org	314/424-3900
Mothers of Twins	www.stlmotc.org	314/621-2550
Mothers of Supertwins (mothers of triplets, quadruplets, & more)	www.mostonline.org	
Nurses for Newborns	www.nursesfornewborns.org	314/544-4922
Peace of Mind Nanny Placement		636/936-2627
St. John's Mercy Childbirth Center Babyline	www.stjohnsmarcy.org	314/961-BABY
St. Louis Children's Hospital	www.stlouischildrens.org	314/454-KIDS
St. Luke's Women's Health Source	www.stlukes-stl.com	314/205-6654
St. Mary's Women's Well	www.stmarys-stlouis.com	314/768-8017
Step Family Resources		314/644-3366
Support Group for Parents of Triplets and Twins		314/993-5724
TLC for Kids (childcare & nannies)		314/725-5660
W.I.C. (Women's, Infants, Children Supplemental Food Program)	www.fns.usda.gov/wic	314/615-0685 IL: 800/323-4769

Parenting Classes, Support & Services

Cardinal Glennon Parent Child Education	www.ssmhealth.com	314.776.3267
Catholic Family Services	www.ccstl.org	314.831.1533
Child Proofers of St. Louis	www.childproofers.com	314.962.2229
Childcare Solutions (Nanny service, even one night)	www.childcaresolutions.com	314.878.2273
Children and Families, Inc. (Camp Weloki)	www.timjordanmd.com	636.530.1883
Jewish Community Center	www.jccstl.org	314.442.3428
West Building (Marci Diamond)	www.jccstl.org	314.442.3268
Kangaroo Kids Resale (Mom & breastfeeding support)	www.kangarookidsonline.com	314.835.9200
Kangaroo Kids (After hours breastfeeding support (emergency #))		314.225-6956
Kids in the Middle (Counseling for kids amid divorce)		314.909.9922
MOMS (Moms offering Moms Support)	www.momsclub.com / mcstlcitymo@yahoo.com	
St. John's Hospital Main Line	www.stjohnsmercy.org	314-251-6000
St. John's Hospital Pregnancy & Baby Classes	www.stjohnsmercy.org	314.961.2229
BJC Main Line	www.bjc.org	314.996-6000
Missouri Baptist Hospital Physical Referral Service	www.bjc.org	314.362.9355
Missouri Baptist Center for Women's Wellness & Neonatal Health	www.bjc.org	314.996-5000
Mom's Connection	www.geocities.com/stlmomsconnection	636.227.2524
Mothers and More	www.mothersandmore.org	618.632.5084
Mothers of PreSchoolers	www.mops.org	
Parents as Teachers	www.patnc.org	314.432.4330
Poison Control (SSM Cardinal Glennon)	www.aapcc.org	314.772.5200
Safety Council of Greater STL	www.stlsafety.org	314.621.9200
YWCA (Main Office)	www.ywcastlouis.org	314.531.1115

Special Needs – Services & Support

Community Living, Inc.	www.cliservices.org	636-970-2800
Delta Gamma Foundation for Visually Impaired Children	www.dgckids.org	314/776-1300
Down Syndrome Association of Greater St. Louis	www.stlouisdsa.org	314/961-2504
Easter Seal Society	www.mo.easter-seals.org	636 779-2261
March of Dimes	www.marchofdimes.com	(314) 646-8601
MO Developmental Disability Resource Center	www.moddrc.com	800-773-8652
Muscular Dystrophy Association	www.mdaua.org	314/962-0023
Ranken Jordan Extended Pediatric Care Facility (rehab & respite care)	www.rankenjordan.org	314.872.6400
SHARE (pregnancy loss support group)	www.nationalshareoffice.com	636-947-6164
SLARC (day & respite care)	www.slarc.org	314/569-2211
United Cerebral Palsy Association	www.ucpstl.org	314/994-1600

Family Crisis Information & Support

Child Abuse/Neglect Hotline - Missouri

www.dss.mo.gov/cd/can.htm

800/392-3738

Child Abuse/Neglect Hotline - Illinois

<http://www.state.il.us/dcfs/child/index.shtml>

800/252-2873

[#hotline](#)

Edgewood Children's Center

www.eccstl.org

314-968-2060

Crisis Nursery

www.crisisnurserykids.com

314/768-3201

Lifecrisis (24 hr suicide hotline)

[http://providentstl.org/life-crisis-](http://providentstl.org/life-crisis-services.html)

314/647-4357

[services.html](#)

Natl. Council on Alcohol & Drug Abuse

www.ncada-stl.org

314/962-3456

Parents Anonymous (group for abusive parents)

www.parentsanonymous.org

314-534-9350

Portland Women's Crisis Line (shelters)

www.pwcl.org

888-235-5333

Women's Resource Center (YWCA)

www.ywcastlouis.org

314-726-6665 x6

Women's Support & Community Services

www.womensupport.org

314-531-2003

Websites

Mother to Mother Telephone Support

www.mothersupport.org

Parents Place

www.parentsplace.com

The Center for Postpartum Health

www.postpartumhealth.com

The National Women's Health Information Center

www.4woman.gov

Postpartum Support International

www.postpartum.net

Postpartum Dads

www.postpartumdads.org

MedEdPPD (National Institute of Mental Health)

www.mededppd.org/mothers/