



VIRTUAL RESOURCES

In the wake of social distancing, you and your family may be in need of support through alternative methods (i.e. social media, video calls, webinars). The following resources include “tele” prenatal education, support groups, and guidance for telehealth.

PRENATAL EDUCATION

Prenatal education is an important way to empower mothers and prepare them for pregnancy and childbirth. Ask your hospital or provider if they are offering online prenatal education classes. If not, many of the educators below are providing online courses at free or discounted rates.

CURRENT LIST OF RESOURCES

- [Pickles & Ice Cream Georgia - HMHBGA's Prenatal Course \(English & Español\)](#)
- [Atlanta Birth Project - Trauma Sensitive Birth Education](#)
- [Birthing From Within Atlanta - Childbirth, Partner, and Grandparent Classes](#)
- [Moonlight Midwifery - Prenatal Care in Your Pajamas](#)
- [Northside Hospital - Video Series on Maternal Care Issues](#)
- [SupportingHer Childbirth Course](#)
- [Pampers Childbirth Education Classes](#)
- [MotherToBaby - Medications during Pregnancy & Breastfeeding](#)
- [Text4Baby - Text Messages for Mom & Baby - Pregnancy through 1st Year](#)

SUPPORT GROUPS

You may be experiencing feelings of isolation or lack of support. Below are a number of general and breastfeeding support groups offered online.

CURRENT LIST OF RESOURCES

- [Hello It's Me Project - COVID-19 & Pregnancy Support Group](#)
- [Georgia Moms for Better Birth - Facebook Group](#)
- [Emerge - Weekly Prenatal & Postpartum Community Gatherings](#)
- [Postpartum Support International - Maternal Mental Health](#)
- [Rose Virtual Baby Cafe - Breastfeeding Support](#)
- [La Leche League - Facebook Support Groups](#)
- [Emory Decatur - BabyTalk Support \(now by video call\)](#)



TELEHEALTH

Telehealth is the use of technology to support healthcare services. This method can allow providers to care for patients remotely through video call, text messages, or other methods. This may be an option for providers to choose in place of in-person visits. It would be helpful to ask your doctor, midwife, or doula if they are offering visits through telehealth means. [Learn more about telehealth resources here.](#)

VIRTUAL DOULAS

Doulas are providing support services by phone, video conference and text to families in need. You can search for doulas in Georgia by going to: <https://www.resourcehouse.com/hmhb>

You can also call the Georgia Family Healthline at 1-800-300-9003, M-F, 9AM - 5PM, and request information about doulas serving Georgia.

Click on the images below to learn more or to register online.



Pickles & Ice Cream

Online Prenatal Education

Join us for a 90-minute course, where you can learn about pregnancy, baby care, WIC, insurance, Medicaid, staying healthy, and more!

Register here: <https://bit.ly/2xitnbl>

**Every Monday
11:00 AM - 12:30 PM**

Register today and earn up to \$20 for participating!

April 13, 2020
April 20, 2020
April 27, 2020

Sponsored by:



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Pickles & Ice Cream

Educación Prenatal en Línea

Una zona libre de juicios para hacer preguntas sobre el embarazo, cuidado de bebés, WIC, Medicaid, seguro, mantenerse saludable y más!

**Regístrese aquí:
<https://bit.ly/2V929NK>**

**6 de Mayo de 2020
2:00 PM - 3:30 PM**

¡Los residentes de Georgia pueden ganar hasta \$20 en tarjetas de regalo!

Patrocinado por:



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Healthy Mothers, Healthy Babies Coalition of Georgia (HMHBGA) would like to recognize the following partner organizations for their contributions to this toolkit. Their expertise, time, and dedication to ensuring families are connected to the resources they need during the COVID-19 crisis furthers our mission of improving maternal and infant health through advocacy, education, and access to vital resources.

- A Better Balance
- Atlanta Birth Project
- Bellies to Babies Foundation
- Center for Black Women’s Wellness
- Center for Reproductive Rights
- Emory University
- Feminist Women’s Health Center
- Georgia Early Education Alliance for Ready Students
- Georgia OBGyn Society
- Georgians for a Healthy Future
- Majaica, LLC
- March of Dimes Georgia
- Morehouse School of Medicine
- Nurse-Midwives of Georgia
- SisterSong
- Twin Mommy, LLC
- Voices for Georgia’s Children



The Atlanta Birth Project

