



# Postpartum Support

*UCSF offers a variety of services and resources once you've delivered your baby.*



We understand there is a transition period that comes with being new parent. UCSF offers a variety of support services to help.

## Resources & services for your new family

- **Afterglow**-Mothers attend a group with their babies and share experiences
- **Infant CPR/Infant Massage-Newborns:** Also available after delivery call for dates
- **MILK:** Mother & Infant Lactation Kooperative Support Group for breastfeeding moms
- **Pumping & Returning to Work:** Gain insight about pumping and returning to work
- **Women's Health Resource Center:** Lactation supplies, breastpump rentals and more

Contact the Women's Health Resource Center at Mount Zion, (415) 353-2667 and Mission Bay, (415) 514-2670 or to sign up, visit [whrc.ucsf.edu](http://whrc.ucsf.edu)

- **Pregnancy & Postpartum Mood Assessment Clinic:** Support tailored to each individual, (415) 353-2566
- **Lactation Consultations:** 1-on-1 appointments for patients who have delivered at UCSF, (415) 353-2566
- **UCSF Lactation Accomodation Program:** Manages lactation room at UCSF campus, (415) 502-3154