

Mental Health Services Now Available for Pregnant Persons and Parents or Caregivers of Newborns



Are you pregnant or a new parent?

Are you experiencing depression, anxiety, recurring worries or upsetting thoughts that make it harder for you to enjoy your baby?

The New York City Early Childhood Mental Health (ECMH) Network now offers therapy remotely or in-person to people throughout New York City who are pregnant or with newborns.

We are here to offer help around:

- Feelings of depression and anxiety
- Recurring worries or upsetting thoughts
- Stress around other difficult or challenging life events

We know that these times with your infant are precious and important. We are here to support you to make the most of this special time together.

All Families are welcome, no matter what language you prefer to speak or your insurance situation.

For more information, please contact:

CLINIC NAME	MAIN ADDRESS	CONTACT	E-MAIL ADDRESS
Association to Benefit Children Fast Break the Bronx	1366 Inwood Avenue Bronx, NY 10452	Carrie Wolleman-Stein	cwolleman-stein@a-b-c.org
Northside Center for Child Development	1475 Park Avenue New York, NY 10029	Dr. Hazel Guzman	hguzman@northsidecenter.org
University Settlement	184 Eldridge Street New York, NY 10022	Marilus Castellano	mcastellano@universitysettlement.org
The Child Center of NY	150-15B Sanford Ave-2 nd floor Flushing, NY 11355	Seline Bearman	selinebearman@childcenterny.org
The Jewish Board Brownsville Child development Center	255 East 98th Street Brooklyn, NY 11212	Renee Antoine	rantoine@jbfc.org
Ohel Children's Home and Family Services	1268 East 14th Street Brooklyn, NY 11230	Deborah Fung	Deborah_fung@ohelfamily.org

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