



# ONLINE RESOURCES

## Parenting Groups

- [Nextdoor.com](https://www.nextdoor.com): a membership-based online social network organized by neighborhoods
- <http://www.mainstreetmamas.com> Facebook closed group of 8,000 + in-person meet ups
- <https://www.berkeleyparentsnetwork.org/localgroups> (scroll to bottom for an extensive list of SF groups)
- [Bernal Heights Parents](#) Neighborhood-based Yahoo Group
- [Excelsior Parents](#) Neighborhood-based Yahoo Group
- [Glen Park Parents](#) Neighborhood-based Yahoo Group
- [Golden Gate Mothers Group](#) San Francisco Mothers' Group for under 5-yr-olds (\$75/yr)
- [Mission Parents](#) Neighborhood-based Yahoo Group
- [Noe Valley Parents](#) Neighborhood-based Yahoo Group
- [SF Parents of Multiples](#) (hosts a spring consignment sale of baby, kids & maternity clothes)
- [Bay Area Homebirth Collective Families](#)
- [FB group: Mom Squad SF Spring 2018](#)
- [Buy Nothing SF Families Facebook Group](#) to give, share, and borrow items for children and families in SF

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## Body

- [The Bay Area CranioSacral Children's Collective](#) offer a free clinic for pre-crawling infants on the 2nd Sunday of the month, alternating between San Francisco and Oakland.
- [SanFranciscoPrenatalYoga.com](#) listing of all the prenatal & postpartum (parent & baby) yoga classes in SF

## MIND

- [Postpartum Support International](#) 24-Hour Hotline: 1-800-773-6667
- [SF resources](#) for postpartum mood support
- [PostpartumSF.com](#) offering small group support for moms experiencing emotional wellness problems. Fee may be covered by insurance.
- PODCAST <http://www.fourthtrimesterpodcast.com/> Guest interviews & postpartum care information by SF-based doula, mother & grandmother, Esther Gallagher, and her client, Sarah Trott, a mother of two young children.
- PODCAST [Longest shortest time](#)
- Free Museum days <http://dothebay.com/p/bay-area-free-museum-admission>
- [Sunday Streets](#). Special activities take place at each event— entertainment, food, music, crafts and, of course, a huge sense of community.

## BABY SLEEP

- [Cosleeping.nd.edu](#) James McKenna Sleep lab articles
- [Infant Sleep Information Source](#)

## FEEDING

- [KellyMom](#) Parenting and Breastfeeding resource
- [Nursing Mothers Counsel](#): 650 327 6455 free phone counseling and home visit support
- [Mamava.com](#) Pumping and breastfeeding mom resource

## Parental Leave

- [Legal Aid Society-Employment Law Center's Work & Family Helpline](#) offers free and confidential advice for time off, paid leave and accommodations for pregnancy, bonding & breastfeeding. 800 880 8047.
- [MilkYourBenefits.com](#) Lauren offers a flat-fee phone consultation to determine your family leave benefits.

## Child Care

- [Children's Council of San Francisco](#) resource for finding quality child-care & early childhood education
- [Care.com](#) and [sittercity.com](#)

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- [Wunderhood.com](https://www.wunderhood.com) meet and connect with local families to share childcare