

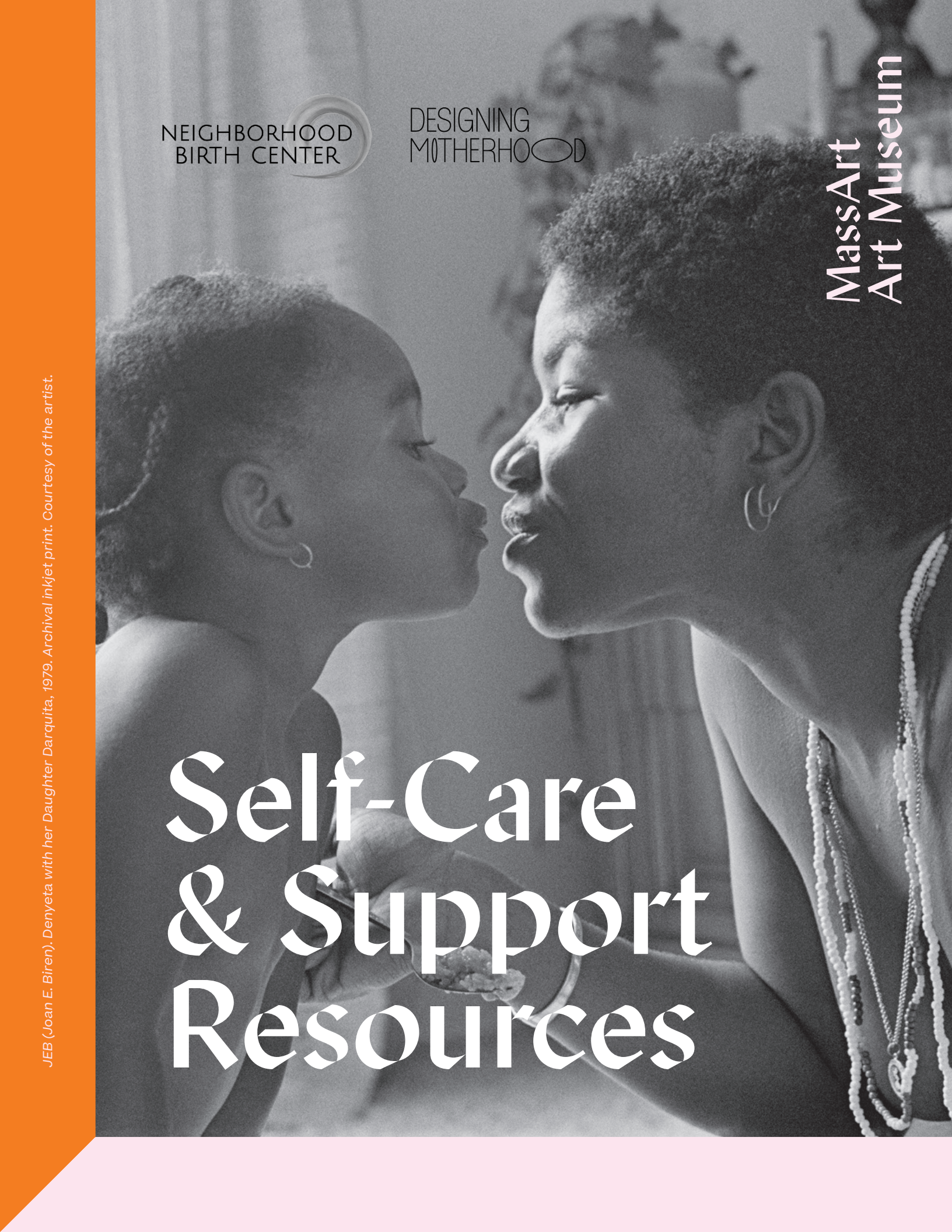
NEIGHBORHOOD  
BIRTH CENTER

DESIGNING  
MOTHERHOOD

MassArt  
Art Museum

JEB (Joan E. Biren). Denyeta with her Daughter Darquita, 1979. Archival inkjet print. Courtesy of the artist.

# Self-Care & Support Resources





The content in this exhibition can elicit strong responses. It is possible to both celebrate the joy and fulfillment that pregnancy, birth, and parenting can bring and also honor the complexity of emotions too.

In many people's lives and reproductive journeys, there can be profound loss, uncertainty, grief, and/or a flight or flight response as we navigate how to get pregnant or how to choose to have an abortion.

With basic rights to bodily autonomy and reproductive justice under acute attack, the experience of this exhibition, about things that make and break our births, can touch on already raw feelings. To support your experience during the exhibition and afterwards, we have gathered resources for you.

In focusing on reproduction and childbirth, the exhibition brings focus to the physical and sensual body. For those of us who have had the boundaries of our consent or our body hurt or violated, this exhibition might trigger somatic sensations like heart racing, sweaty palms, or fluttering in the stomach. We might recognize feelings of panic, sadness, grief, anger, or numbness among other emotions. The body can hold onto trauma and our body might react to something before our thinking brain. As you move throughout the exhibition, it may be useful to maintain awareness of the cues from your body —doing so may guide you on how to best care for yourself.

*This resource was developed by Neighborhood Birth Center (NBC) in collaboration with MassArt Art Museum. To learn more about NBC, visit [www.neighborhoodbirthcenter.org](http://www.neighborhoodbirthcenter.org).*

# Self-Care & Support Resources

## GRIEF, LOSS & TRAUMATIC BIRTH SUPPORT

**Quietly United in Loss Together (QUILT)**  
[www.annaya.org](http://www.annaya.org)

**Share Pregnancy & Infant Loss Support** (English & Español)  
[nationalshare.org](http://nationalshare.org)  
1 800-821-6819

## MATERNAL, INFANT, & POSTPARTUM SUPPORT

**March of Dimes: Maternal and Infant Health**  
[marchofdimes.org](http://marchofdimes.org)

**Postpartum Support International** (English & Español)  
[www.postpartum.net](http://www.postpartum.net)  
1 800-944-4773  
Text in English: 800-944-4773  
Text en Español: 971-203-7773

## MENTAL HEALTH SUPPORT

**Massachusetts Child Psychiatry Access Program for Moms**  
[mcpapformoms.org](http://mcpapformoms.org)  
855-MOM-6272

**Black and Brown Health Network**  
[blackbrownhealth.com](http://blackbrownhealth.com)

## ABORTION & POST-ABORTION SUPPORT

**Planned Parenthood**  
[plannedparenthood.org/get-care](http://plannedparenthood.org/get-care)  
1 800-230-PLAN

**Find a Verified Abortion Provider**  
[abortionfinder.org](http://abortionfinder.org)

**Exhale Pro-Voice** (post-abortion support)  
[exhaleprovoice.org](http://exhaleprovoice.org)  
617-749-2948

## LACTATION SUPPORT

**Massachusetts Breastfeeding Coalition**  
[massbreastfeeding.org](http://massbreastfeeding.org)

**La Leche League International**  
[LLLi.org](http://LLLi.org)  
1 800-LA LECHE

## SEXUAL VIOLENCE SUPPORT

**Boston Area Rape Crisis Center**  
[Barcc.org](http://Barcc.org)  
1 800-841-8371

**Rape, Abuse and Incest National Network**  
[rainn.org](http://rainn.org)  
1 800-656-HOPE



**MAAM.MASSART.EDU**  
**@MAAMBOSTON**  
**621 HUNTINGTON AVE**  
**BOSTON, MA 02115**

**FOR A FULL LIST OF  
RESOURCES, PLEASE SCAN**

or visit: [https://maam.massart.edu/  
self-care-support-resources](https://maam.massart.edu/self-care-support-resources)

