

# PRENATAL CARE

## **Ashanti Rivera Birth Specialist, Lactation Consultant, Doula, CHW**

44 Waterbury Rd, Ste 2d, Prospect 06712  
(860) 478-8633

M, Tue, F: 11am-3pm

Postpartum Doula, Breastfeeding Counselor,  
Pregnancy and Infant Loss Advocate,  
Community Health Worker, Instructor, and  
Mentor

<https://www.womanschoiceperinatal.com/>

## **Carolyn's Place**

137 Grandview Ave, Waterbury 06708  
(203) 597-9050

M-F: 9am-5pm

Free pregnancy tests and ultrasounds,  
options counseling, parenting classes, help  
for men

<https://carolynsplace.org/free-pregnancy-tests-ultrasounds/>

## **Hope Pregnancy Center**

110 Main St, Cheshire 06410  
(203) 271-2703

M – Thurs 10 – 4

After hours help line (800) 712-4357  
Pregnancy testing, ultrasound, community  
support, material assistance.

<https://www.hopepregnancycenterct.org/>

## **Madre Latina, Inc.**

234 N Elm St, Waterbury 06705  
(475) 235-2044

Networking program designed for Latino  
mothers. Connects participants to health  
education, community engagement activities  
and general community-based outreach.

Visit website for more information and hours of  
operation.

<http://www.madre-latina.com/>

## **Naugatuck Valley Women Health Specialists**

133 Scovill St, Ste 206, Waterbury 06706  
(203) 709-5900

M-F: 8am-4:30pm

Pregnancy testing, prenatal/postnatal care,  
high-risk pregnancy management/referrals,  
on-site ultrasounds/lab work, free lactation  
consultations/resources, education/care,  
STD/HIV testing and counseling, free  
emergency transportation

<https://www.trinityhealthofne.org/location/naugatuck-valley-womens-health-specialists-pc-mob-5>

## **New Opportunities - Diaper Bank**

232 North Elm St, Waterbury 06702  
(203) 575-9799

M-F: 8:30am-4:30pm

Access to diapers for infants, toddlers, and  
adults.

<https://www.newoppinc.org/services/diaper-bank>

## **Nurse-Family Partnership**

(860) 488-5067

Visit website to schedule a visit.

Helping first time mothers' transition to  
motherhood. Free of charge, home visits or  
other designated area. Health, wellness,  
emotional and social needs for mothers and  
babies.

[www.CTNFP.org](http://www.CTNFP.org)

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## **Planned Parenthood**

617 Watertown Ave, Waterbury 06708  
(203) 753-2119

M: 11am-7pm, Tue: 10am-5pm, W-F:  
8:30am-4:30pm

Birth control education and supplies,  
emergency contraception, pregnancy testing  
and counseling, STD testing, UTI testing and  
treatment.

<https://www.plannedparenthood.org/health-center/connecticut/waterbury/06708/>

## **St. Mary's Hospital**

56 Franklin St, Waterbury 06706  
(833) 639-6636

Prenatal care, birth plans, high risk  
pregnancy, childbirth and new parent  
classes.

<https://www.trinityhealthofne.org/find-a-service-or-specialty/womens-health/pregnancy-care/>

## **Stay Well Health Center (Women's Health Division)**

80 Phoenix Ave, Ste 206, Waterbury 06702  
(203) 756-8021 ext. 3088

M-F: 8am-4:30pm

Family planning, acute care, pregnancy  
testing, prenatal care, Walk-In/same day  
visits, Healthy Start program recommended  
for early pregnancy (prior to 10 weeks)

<https://staywellhealth.org/services/womens-health/>

## **WIC - Optimus Health Care**

1575 Thomaston Avenue (Restoration  
Springs Interdenominational Church),  
Temporary location, check website for  
updates regarding renovation of permanent  
location. Waterbury 06704  
(203) 574-6785

M: 8am-7pm, Tue: 8am-4:30pm, F: 8am-  
4:30pm, 3rd Sat of each month: 9am-1pm

Nutrition program of women, infants and  
children. Education, breastfeeding,  
electronic benefits card for purchase of  
healthy foods. Referrals to health and social  
service programs.

<https://optimushealthcare.org/waterbury-locations/>

## **Waterbury Hospital Family Birthing Center/Maternal Fetal Medicine**

64 Robbins St, Waterbury 06708  
(203) 573-7600 24/7

Individualized attention and continuity of  
care throughout pregnancy from the point  
of referral to delivery .

<https://www.waterburyhospital.org/all-services/family-birthing/yale-maternal-fetal-medicine-at-waterbury-hospital/>