



How to Get Your Berkshire Baby Box

**IF YOU LIVE IN BERKSHIRE COUNTY AND YOU ARE EXPECTING A BABY,
YOU ARE ELIGIBLE FOR A FREE BERKSHIRE BABY BOX**



What is a Berkshire Baby Box?

Baby Boxes provide a safe sleeping space for newborns, filled with essential items to help ease the transition to parenthood and to connect families to education, support and local resources.

These have been given to new moms in Finland for over 80 years, and are a treasured rite of passage.

Who is eligible? This is for ALL expectant parents who are residents of Berkshire County. **You must attend a Baby Box workshop to get your filled Berkshire Baby Box.**

ATTEND A BABY BOX WORKSHOP

There are many Baby Box workshops for expectant moms and partners scheduled throughout the county. These workshops will help prepare you for parenthood, introduce you to programs and resources available to new moms and families, and can help you avoid the feeling of isolation that often comes with having a new baby.

See the list on the other side for the location closest to you. CALL to register.

Contact one of these organizations for information on finding a workshop and arrange your Baby Box pick up.

(We highly recommend getting your Box prior to your delivery date)

Family Center of Northern Berkshire County 210 State Street, North Adams
Call to make an appointment to meet with a staff member individually to get your Box and to find out about workshops and ongoing groups.
ccberkshire.org ahall@ccberkshire.org 413.664.4821

Berkshire North WIC Multiple Locations/Pittsfield, North Adams
Families eligible for WIC benefits will have access to a Baby Box workshop and a Berkshire Baby Box. Please call for dates and registration.
www.berkshirehealthsystems.org/wic Jodie McClay jmccclay@bhs1.org

Hillcrest Campus	165 Tor Court,	Pittsfield	413. 445-9429
	510 North Street, Suite 11,	Pittsfield	413.447.3495
North Adams Campus	71 Hospital Avenue, 3rd Fl.,	North Adams	413.663.3012

Berkshire Medical Center Mother Baby Unit 725 North Street, Pittsfield
BMC's Family Health Education department offers a free workshop every month and Baby Boxes will be given out at the end of the class. Call for dates and registration
berkshirehealthsystems.org/Baby kcharbonneau@bhs1.org 413.447.2400

Community Health Programs (CHP) 442 Stockbridge Road, Great Barrington
CHP's Family Network offers free Baby Box Workshops every month and Baby Boxes will be given out at the end of the class. Call for dates and registration
communityhealthprograms.org
mderr@chpberkshires.org 413.528.0457



If you have additional questions about how to participate in the Berkshire County Baby Box initiative please e-mail: hinda.bodinger@berkshirebabybox.org

www.berkshirebabybox.org