



PREGNANCY RESOURCES

The resources below have been compiled by Rock Bridge staff and trusted mental health professionals. We encourage you to use these simply as a starting point for exploration and to seek personalized advice when needed. Thank you for your understanding and cooperation.

Pregnancy is an amazing gift, but it can also be a challenge. No matter what stage you're in, we hope these resources below will help you take a step toward a healthy view of pregnancy or healing from a pregnancy issue. Click any [underlined title](#) for details. Contact us [HERE](#) if you want to have a conversation!

God tells us that He is "our refuge and strength, an ever-present help in trouble" (Psalm 46:1) and that His word is "a lamp for my feet, a light on my path" (Psalm 119:105). Therefore, one of the best ways to move forward is to *build your relationship with Jesus day-by-day!* Here are resources to encourage your faith or to begin exploring!

- [Journey With Jesus](#)
- [Pregnancy Bible Reading Plans](#)
- [Miscarriage Bible Reading Plans](#)
- [Infertility Bible Reading Plans](#)

In addition, *meditating on and memorizing Scripture* is key to knowing that you are worthy of love and flourishing. These passages that would be helpful to keep close by.

- Lamentations 3:19-21
- 2 Corinthians 4:16-18
- Psalm 34:18
- Philippians 4:6-7

- Isaiah 55:9

BOOKS

- [Risen Motherhood](#)
- [Grief: Walking With Jesus](#)

MORE RESOURCES

- [Postpartum Depression and the Christian](#)
- [Postpartum Depression: Medication Is God's Good Gift](#)
- [CDC Milestone Tracker app](#)
 - Track your child's milestones from 2 months-5 years with checklists; tips to encourage your child's development; and what to do if you're concerned about your child's development.

LOCAL RESOURCES

[Women's Enrichment Center](#)

- Provides women and men with the emotional help and practical resources needed to care for themselves during and after pregnancy, including pregnancy testing, ultrasound, classes, adoption information, miscarriage support, abortion education, and post abortion support.

[Remembering Our Babies Facebook Group](#)

- This Facebook group brings families together through loss and infertility, while also providing grief support.

[Remembering Our Babies Finding Hope Videos](#)

- Monthly videos from Remembering Our Babies to help you process the physical, emotional, and spiritual effects of grieving the loss of babies and infertility. These sessions are led by professional counselor [Brittney Lord](#) (LPC-MHSP).

[Remembering Our Babies Therapy Sessions](#)

- You can access fully funded therapy sessions with Brittney Lord, who is a trained grief therapist. These are paid for by generous donors who want to help provide women the grief therapy they need after loss or during their journey of infertility. Choose “Contact” on the website, put “Remembering Our Babies” in the comment section, and submit to schedule your first session.

[La Leche League of Dalton website](#) & [Facebook page](#)

- Dedicated to providing education, mother-to-mother support, and encouragement to women who want to breastfeed.