SEM Resources	**updated 12/04/2022**		**www.shellyvarelli.com**				
Category	Business	Contact Name	Website	Phone Number	Email	Address	Notes
Acupuncture	The Lotus Center	Brodie Buris	https://www.annarboracupuncture.com/	7349752745			
Acupuncture	Common Source Healing		http://commonsourcehealing.com/	(734)926-9410		11 S. WashingtonYpsilanti, Mi 48197	
Birth Education	The Bradley Method	Jodi Graves	https://bradleybirth.com	734-834-6751	bradleyteacherjodi@gmail.com	Ann Arbor & Brighton	
Birth Education	Ann Arbor Doulas	Shelly Varelli	https://www.annarbordoulas.com/childbirth-classes/	734-800-1854	info@annarbordoulas.com	Online Classes	Ann Arbor Doulas teaches a series monthly. It includes a Saturday in person from 10-3 and two evening virtual sessions for 2 hours each.
Birth Education	Ypsi-Arbor Childbirth Education	Katy Gladwin	https://www.ypsiarborcbe.com/	734.288.7784	info@YpsiArborCBE.com	4105 W Liberty Rd Ann Arbor, MI 48103	Series of Classes available
Breastfeeding & Lactation Support	In Home Lactation Support	Adrian Sarkozy, IBCLC	https://www.inhomelactationspecialistsllc.com/	248-243-6150			
Breastfeeding & Lactation Support	The Breastfeeding Center of Ann Arbor	Barbara Robertson	https://bfcaa.com/	734-975-6534	barbara@bfcaa.com	722 Brooks St.	Offers lactation classes, consulatations, and support groups
Breastfeeding & Lactation Support	Le Leche League of Ann Arbor		https://lllaa.weebly.com			Meetup groups, breast feeding supprt	
Breastfeeding & Lactation Support	Ypsi-Arbor Childbirth Education		https://www.ypsiarborcbe.com/classes/breastfeeding/	734.288.7784	info@YpsiArborCBE.com	Online Classes	single class $90
~~Breastfeeding & Lactation Support~~	~~La Leche league of Monroe county~~		~~http://www.lalecheleagueofmichigan.org/monroe.html~~				~~Meetings are held the second Tuesday of the month at 6:30 p.m. For more information, please go to http://lllofmonroecounty.weebly.com/. For breastfeeding help, please call Jeanette at 586-823-1004 or e-mail lllme@yahoo.com~~
Birth Education	Mini Mitten Pediatric Therapy		https://www.minimittentherapy.com/copy-of-occupational-therapy-team-2	734.888.MINI		7447 N. Telegraph Rd. Monroe, MI 48162	Outpatient Lactation Counselors and Occupational Therapist services are available to assist the mother/baby duo with comfortable positioning and an effective latch.;;
Cesarean Support	ICAN of Greater Ann Arbor		www.ican-online.org/greaterannarbor				
Child Loss	Grief Net		www.griefnet.org			PO Box 3272, Ann Arbor	an Internet community for people dealing with grief, death, trauma, and major loss.
Chiropractors	Gateway Chiropractic	Diane Babalas, D.C.	https://www.gatewaychiropracticbgi.com/	734-239-6060		210 Collingwood Rd, Ste 100	Providing professional online counseling for kids, teens, and adults in MIchigan for over 10 years
Chiropractors	Wellness Roots	Sarah Smirnova	https://www.wellnessrootscenter.com/meet-dr-sarah				Focus on pregnancy and postpartum
Chiropractors	Ann Arbor Saline Family Chiropractic	Kimberly Jackson	https://www.annarborchiro.com/	7349306990		4825 Ann Arbor Saline Rd	Ann Arbor Saline Family Chiropractic is particularly sensitive to the needs of children and expectant mothers.
Circumcision	Adam Cooper, MD	Dr. Adam Cooper, Obstetrics and Gynecology	https://doctors.beaumont.org/provider/Adam+S.+Cooper/224355	2484744590		28711 W 8 Mile Rd suite c, Livonia, MI 48152	Performs Jewish bris and normal circumcision at his clinic office, or will come to your home if drive is reasonable. Dr Cooper certified by the American Board of Obstetrics and Gynecology, earned his medical degree from Wayne State University. He is affiliated with Beaumont Hospital, Farmington Hills
Circumcision	Detroit Mohel	Rabbi Ezra S. Cohen	https://detroitmohel.com/	(248) 214-2817	mohelofmetrodetroit@gmail.com	15700 Jeanette Street, Southfield, Michigan 48075	Rabbi Ezra S. Cohen is a third generation certified Mohel, who has served the greater Detroit community for over a decade, including Lansing, Flint, Ann Arbor, Grand Rapids & Toledo OH.
Counseling	Ann Arbor Counseling Associates	Alyssa Okey, LMSW	https://annarborcounselingservices.com/	734-548-9772	annarborcounseling@gmail.com	2385 S. Huron Pkwy	
Counseling		Melisa M. Schuster, LMSW, ACSW, CAAC		734-302-0033		500 Little Lake Dr, Ste 300	Providing women and their families with supportive counseling and psychotherapy during the childbearing yearsServes Washtenaw, Livingston, Wayne, and Monroe Counties
Counseling	Great Lakes Perinatal Wellness	Group Practice: Sierra C Hillebrand, Kenisha Parham, Kirby Paterson, Rebecca Grekin	https://www.annarborbirth.com/counseling-postpartum-therapist-ann-arbor/			4555 Connor Ct, Ypsilanti, MI 48197	Trauma-informed Perinatal Counseling for Birth Trauma, Postpartum Depression and more in Ann Arbor, MI
Counseling		Monica Crawford		844-902-3187		46036 Michigan Ave, Canton, MI 48188-Telehealth services	Works with ages 12+. LGBTQ allied with a focus on Black and Latinx and Hispanic people. Works with individuals, families, and couples. Client-centered care. Specializes in trauma, PTSD, anxiety, and depression. Assists people with current CPS cases by building skills for parenting, anger management, communication, and conflict resolution.
Counseling		Asma Huzair		734-294-0681		1100 Victor's Way Suite 10, Ann Arbor, MI 48108 734-294-0681	Sliding scale- also takes Blue Cross Blue Shield insurance Works with adults on an individual level. Specializes in trauma and PTSD. Her client focus is with Islamic people. LGBTQ friendly. A special interest in disenfranchised/invisibilized experiences.
Diapers, Clothes, Supplies	The Little Seedling						Online shop
Doulas	Michigan Family Doulas	Jodi Graves & Team	https://michiganfamilydoulas.com	734-834-6751	michiganfamilydoulas@gmail.com	Covering all of SE Michigan	Birth & postpartum doulas & Nutrition Services
Doulas	Ann Arbor Doulas	Stephanie Julian	www.annarbordoulas.com	(734) 800-1854	info@annarbordoulas.com		Birth & postpartum doulas
Doulas	Ann Arbor Birth and Family	Sierra Hillebrand	https://www.annarborbirth.com/			4555 Connor Ct, Ypsilanti, MI 48197	Birth & postpartum doulas
Holistic Health	WomanSafeHealth	Eril Andes, CMT, APP		734-477-5100	info@womansafehealth.com	2340 E. Stadium Blvd, Ste 8	
Midwifery Care	HealthyBirths, Healthy Lives (formerly Indigo Forest)	Beth Barbeau, CPM, LM	https://healthybirthshealthylives.com/	734-807-9909			Private practice/Homebirth in private practice in Ann Arbor, MI since 1999

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Midwifery Care	Trillium Birth Services	Stacia Proefrock, CPM	http://www.trilliumbirthservices.com/	(734) 834-5392		1035 Washtenaw Ave, Ypsilanti, MI 48197	Private practice/Homebirth
Midwifery Care	New Moon Midwifery	Amanda Howell, CPM	www.http://newmoonmidwifery.com/	734-424-0220	info@newmoonmidwifery.com	722 Brooks St	Private practice/Homebirth
Midwifery Care	Nine Short Months Birth Center	Group Practice	www.nineshortmonths.com	(248) 792-3322	info@nineshortmonths.com	28250 Franklin Rd, Southfield, Mi 48034	Freestanding Birth Center. An independent natural birth center located conveniently near many major expressways in Southfield
Midwifery Care	Mother Earth Midwifery	Helen Eggerston, CNM, LM	www.motherearthmidwifery.com	(734) 657-0259	MotherEarthMidwife@yahoo.com	6270 Munger Rd, Ypsilanti, MI 48197	Private practice/Homebirth
Midwifery Care	University of Michigan Midwives						Hospital based service
Parenting Education	Support for Growing Families	Catherine Fischer, MA, CPD	www.supportforgrowingfamilies.com	734-395-5244	catherine@supportforgrowingfamilies.com		
Pediatricians	Pediatric Inc	Dr Sullivan	https://www.thepediatriccenterinc.com/	Phone: 734-854-2428 Fax: 734-854-2237		3417 Sterns Rd Lambertville, MI 48144	Lambertville Location
Pediatricians	Integrative Healthcare Providers	Dr Picken	http://www.ihcpaa.com/		Office@ihcpaa.com	2800 S. State Street - Suite 215 Ann Arbor MI 48104	
Pediatricians	Turke & Thomashow Pediatrics	Dr Paul Turke, MD, PhD & Dr. Suzanna Thomashow, MD, PhD	www.annarborpediatrics.com	734-408-4182		7444 Dexter-Ann Arbor Rd, Ste A	Serves Ann Arbor, Chelsea, Dexter & surrounding communities
Pediatricians	Greentree Pediatrics	Dr Susan Harris, MD & Dr Lisa Markman, MD	www.greentreepeds.com	734-769-3702		911 Brown St	Second office in Chelsea
Pelvic Floor Therapy	Ancoeur Wellness Ann Arbor	Nancy Boyd, PT, DPT, FAFS, CFMT, CAPP-OB and Renee Przystas PT, DPT, FAFS	https://www.ancoeurwellness.com/	734-330-2392	ancoeurwellness@gmail.com	3200 W Liberty Rd, Suite C6 Ann Arbor, Mi	
Pelvic Floor Therapy	Move PT	Katie Bacarella PT, DPT, CF-L2	https://www.moveptmi.com/our-team	734-636-0286	Moveptmi@gmail.com	428 South Monroe St., Suite 106 Monroe, Mi.	Dr. Katie Bacarella is a physical therapist and certified CrossFit Level 2 trainer. Beginning at Albion College, she earned a bachelor of arts in Athletic Training while running at the Div. 3 collegiate level. Shortly after beginning her studies for a her doctorate of physical therapy degree at the University of Michigan- Flint, she passed her athletic training certification exam.
Prenatal & Postnatal Massage	TheraCare Therapeutice Massage & Healing Arts Center	Kathryn Hannan, LMT, NCTMB & Anne Nader, LMT	www.theracaremassagetherapy.com	734-332-3800		2002 Hogback Rd, Ste 14	
Prenatal & Postnatal Massage	Cocoa Healing Collective, LLC	Sharonda Purnell	https://www.massagebook.com/business/6285184/select-product?provider_id=4551953			52 North Huron Drive, Ypsilanti Mi.	
Prenatal & Postpartum Yoga	Verapose Yoga Therapy	Courtney Fitzpatrick	www.veraposeyoga.com	734-477-7361		3115 Broad St, Ste D (Dexter)	
Shelters	First Step (DV/SV)		Firststep-mi.org	734-416-1111, 24/7 Hotline: 734-722-6800		44567 Pinetree Dr, Plymouth, MI 48170	Specialties
Shelters	Safe House Center (DV/SV)		Safehousecenter.org	734-973-0242, 24/7 Hotline: 734-995-5444		4100 Clark Rd, Ann Arbor, MI 48105	
Shelters	Ann Arbor Shelter (Homeless Shelter)		Annarborshelter.org	734-662-2829		Delonis Center, 312 W Huron St, Ann Arbor, MI 48103	
Smoking Cessation	Washtenaw County Tobacco Prevention and Quitting		https://www.washtenaw.org/1857/Tobacco-Prevention-and-Quitting#:~:text=Adults,step%20in%20the%20quitting%20process				
Support Groups	New Mother's Support Group		www.Annarborcounselingservices.com	734-548-9772		2385 S. Huron Pkwy	In addition to a “fitness forward” approach, Katie also utilizes techniques such as kinesiology taping, dry needling, cupping, IASTM, and pelvic MET to optimize results for patients.
Support Groups	Huron Valley Parents of Multiples		www.hvpom.org				
Support Groups	Washtenaw Success By 6 Parent Education & Support Netowrk		www.washtenawsuccessby6.org	734-994-8100			Katie is a Pregnancy & Postpartum Athleticism coach, a CrossFit Level 2 trainer and enjoys coaching & running workshops at Light the Fire CrossFit. In addition to coaching CrossFit classes, Katie also programs & coaches pre-hab/accessory work classes.
Support Groups	Jim Toy Community Center		www.jimtoycenter.org	734-274-9551		319 Braun Court, Ann Arbor	

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Support Programs	The Angel House (DV)		Theangelhouse.org	313-694-3093		26150 Five Mile Rd, Redford, MI 48239	Counseling and education on domestic/sexual violence in the form of classes, free group sessions and workshops. They work with individuals, families, and teens. Connected with 12 other states, they help victims relocate to other states for safety. They offer a class on Thriving After Abuse to help people get their lives back on track and build self-esteem.
Support Programs	Survivors of Childhood Sexual Abuse	Jane M Fry		734-273-9393		2350 Washtenaw Ave Suite 6C, Ann Arbor, MI 48104	12-week group-led sessions on the impacts of childhood sexual abuse. LGBTQ friendly. Initial interview required. $30-40/session with an option to continue throughout the entire 12 weeks. For adults.
Support Programs	Tribe Talks Virtual Retreats	Melissa Engle		248-965-1731		Therapeia Online, Royal Oak, MI 48067	Meets every Saturday 10am-12pm. For military, veterans, and EMS/LEO/FIRE dealing with PTSD, stress, anxiety, and depression. Completely online, completely free.
Support Programs	Women's Trauma Recovery	Jessica Bennett		248-600-5411		888 West Big Bever Road Suite 780, Troy, MI 48084	Every Saturday 9:30am-11am. $30-40/session. 10-15 min interview scheduled at therapywithjess.org. For adult women who have experienced any kind of trauma within their lifetime. Learn coping skills, build relationships, and better understand your feelings.
Support Programs	Black Women Support Group	Nerissa Alicia		734-547-6311		3150 Packard Street, Ypsilanti, MI 48197	Every other Monday 6:30pm-7:30pm, $20-30/session. Ages 21+. Discuss personal effects of Black identity. Trauma, relationships, depression, and anxiety etc. as it relates to this topic.
Support Programs	Trauma Recovery Empowerment Group			313-635-0188		11885 Twelve Mile Rd Suite 201A, Warren, MI 48093 313-635-0188	Meets weekly for 1.5 hours Trinity Counseling & Educational Services $40+/session. For adult women with any trauma including institutional abuse, rape, and domestic violence.
Tongie Tie Revision	Integrative Healthcare Providers	Amanda Dakroub	http://www.ihcpaa.com/		Office@ihcpaa.com	2800 S. State Street - Suite 215 Ann Arbor MI 48104	
	DIY Breastfeeding						