

NWO Resources		updated 04/04/2022	<a href="http://www.shellyvarelli.com">www.shellyvarelli.com</a>				
Category	Business	Contact Name	Website	Email	Phone Number	Address	Notes
Acupuncture	Diane McCormick, M.D.		<a href="https://dianemccormickmd.com/">https://dianemccormickmd.com/</a>		(419) 885-5929	6011 Renaissance Pl #4, Toledo, OH 43623	Acupuncture and Integrative Medicine
Acupuncture	Ohio Wellness Spa	Barbara Phibbs RN., LAC	<a href="http://www.ohiowellnessspa.com/">http://www.ohiowellnessspa.com/</a>		(419) 215-4400	1241 Dixie Highway Rossford, Ohio 43460	
Acupuncture	TamaraTCM Acupunture & Herbs		<a href="https://tamaratcm.com/">https://tamaratcm.com/</a>	wellness@tamaratcm.com	(419) 345-4996		
Birth Education	Shelly Varelli Holistic Birth Services	Shelly Varelli	<a href="http://www.shellyvarelli.com">www.shellyvarelli.com</a>	shellyvarelli@gmail.com	419.699.2279	Toledo, Ohio	
Birth Education	Bradley Method	Jeanette Albright	<a href="http://www.bradleybirth.com/jeanettealbright">http://www.bradleybirth.com/jeanettealbright</a>		586-823-1004	Lasalle, MI	
Breast Health:Thermography/Mammograms	ThermApproach		<a href="https://www.thermapproach.com/breast-scan">https://www.thermapproach.com/breast-scan</a>	sheri@thermapproach.com	(419) 509-2249	6635 Central Ave, Toledo, OH 43617	
Breast Health:Thermography/Mammograms	Toledo Radiological Associates		<a href="http://www.toledoxray.com/">http://www.toledoxray.com/</a>		(419) 474-4064	4169 N Holland Sylvania Rd, Toledo, OH 43623	
Breastfeeding and Lactation Support	Oaks Lactation and Wellness, LLC	Sarah DoMoe,BS, IBCLC. Lactation Consultant	<a href="https://www.oakslactation.com/">https://www.oakslactation.com/</a>	sarah@oakslactation.com	(419) 314-4752	113 South Main St. Swanton, Ohio 43558	In person and virtual home consults, Insurance accepted. Proudly serving Toledo and surrounding areas. Toledo   Perrysburg   Sylvania   Maumee   Swanton   Wauseon   Stryker   Whitehouse   Waterville   Bryan   Defiance   Napoleon   Fayette   Archbold   Delta   Monclova   Lyons
Breastfeeding and Lactation Support	Mom to Mom Lactation Services	June Myers CLC, IBCLC	<a href="https://www.momtomomlc.com/">https://www.momtomomlc.com/</a>	june@momtomomlc.com	419-366-2493	Allen County, Ohio (within 100 mile radius)	I began my journey supporting breastfeeding moms at WIC in 2004. I worked for ten years at a small community hospital and have since transferred to a larger organization. In the recent years I decided to start my own business as home visits are a passion for me. My goal is to support the parents where they are. I enjoy the follow up after the home visits to answer questions and continue to critique my own work.
Car Seat Safety	ProMedica Toledo Hospital Safe Kids Greater Toledo		<a href="https://www.safekids.org/coalition/safe-kids-greater-toledo">https://www.safekids.org/coalition/safe-kids-greater-toledo</a>		(419) 291-5412	2142 N Cove Blvd. Toledo, OH 43606	
Chiropractors	Rebel Chiropractic	Jon W. Schwanz	<a href="https://rebelchiropractic.com/">https://rebelchiropractic.com/</a>	e.rebelchiro@gmail.com	(419) 878-8142	1222 Pray Blvd Waterville, Ohio 43566	Specializes in pregnancy and infant adjusting
Chiropractors	Innate Health Chiropractic		<a href="https://www.getinnatehealth.com/">https://www.getinnatehealth.com/</a>		(419)872-2755	26580 N Dixie Hwy #101, Perrysburg, OH 43551	Innate Health Chiropractic is a family wellness center focusing on pediatrics, pregnancy and family care. With a heart for helping children, we also specialize in neuro-developmental disorders with the hope of creating happier and healthier families.
Chiropractors	Turning Point	Dr. Rachel and Jeffrey Elmore	<a href="https://uppercervicaltoledo.com/">https://uppercervicaltoledo.com/</a>		4198784840	353 Elm St, Perrysburg Ohio	Our holistic chiropractors at Turning Point Chiropractic offer an alternative healing through natural chiropractic care. Serving the Perrysburg, Toledo, Sylvania and surrounding areas, we are located in Perrysburg, Ohio. As Toledo's leader in alternative healthcare, Turning Point Chiropractic offers services ranging from Upper Cervical Chiropractic care, onsite X-rays and gentle Cranial/Sacral Therapy.
Chiropractors	New Life Chiropractic	Dr Reyna Levan	<a href="https://www.newlifechiropracticcenter.com/">https://www.newlifechiropracticcenter.com/</a>		(734) 856-3400	3309 Quail Hollow Dr suite a, Lambertville, MI 48144	Dr Reyna Levan, born and raised in Toronto Canada. She is a graduate of Life University and has been practicing since 2001. She has an undergraduate degree from The University of Toledo where she was a scholarship athlete.
Community Resources	Lucas County Community Resources		<a href="https://www.co.lucas.oh.us/DocumentCenter/View/44809/Community-ResourcesSingle-2-15?bidId=">https://www.co.lucas.oh.us/DocumentCenter/View/44809/Community-ResourcesSingle-2-15?bidId=</a>				This is a pdf with comprehensive list of community resources and phone numbers
Community Resources	Mom's House		<a href="https://www.momshousetoledo.org/">https://www.momshousetoledo.org/</a>	momshouse@momshousetoledo.org	419.241.5554	2505 Franklin Ave, Toledo, Ohio	Mom's House Toledo is a 5-star childcare center available to help low-income, single moms graduate from high school, technical school and college. With intervention and support, we will help you set and attain lifetime educational goals, and break the cycle of poverty for you and your children.
Community Resources	Planned Parenthood - Toledo Health Center		<a href="https://www.plannedparenthood.org/health-center/ohio/toledo/43604/toledo-health-center-3345-91230?utm_campaign=toledo-health-center&amp;utm_medium=organic&amp;utm_source=local-listing">https://www.plannedparenthood.org/health-center/ohio/toledo/43604/toledo-health-center-3345-91230?utm_campaign=toledo-health-center&amp;utm_medium=organic&amp;utm_source=local-listing</a>		(419) 255-1115	1301 Jefferson Ave Toledo, OH 43604	Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.
Counseling		Kimmie R. Clark, LISW-S	<a href="http://www.nwopsych.com">www.nwopsych.com</a>	kimberlyclarklisw@gmail.com	419-537-0900	4930 N. Holland-Sylvania, Ste B Sylvania, OH 43560	Trained in Pregnancy and Postpartum/Maternal Mental Health
Counseling	Bloom Womens's Counseling, Consulting, and Wellness, LLC	Ashley Bush, MSW, LISW-S, PMH-C (She/Her)	<a href="http://www.bloomwomenscounseling.com/">http://www.bloomwomenscounseling.com/</a>	abush@bloomwomenscounseling.com	(419) 326-5732	128 E. Dudley Street, Suite F/G Maumee, Ohio 43537	Specializing in working with women, teens (16 and up), and those identifying as LGBTQ+, through every aspect of life including: Life transitions, pregnancy, postpartum, post abortion, Grief/Loss, fertility concerns, motherhood, and relationship dynamics.
Counseling	The Willow Center		<a href="http://www.willow-center.com">www.willow-center.com</a>		419-720-5800		The Willow Center offers counseling services for individuals, couples, & families; teens, children and adults.

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Counseling	Toledo Behavioral Health center		<a href="http://www.zepfcenter.org/">www.zepfcenter.org/</a>				Zepf Center has been a Zepf Center has been a Behavioral Healthcare resource in Toledo for almost 50 years. With a rich history of helping those in need, we are dedicated to treating our patients with respect and providing hope.
Counseling	Anchored In Hope Counseling		<a href="https://anchoredinhopecounseling.org/">https://anchoredinhopecounseling.org/</a>		(419)491-0420	Maumee, Ohio	We use a holistic, integrative approach to mental health focusing on the mind, body, and spirit. We work with clients ages 3-100 using an integrative approach recognizing that many aspects effect mental health including our past experiences, upbringing, genetics, traumas, attachments, health, spiritual experiences, and more. We look towards the root cause of mental health symptoms and treat the whole person. We are an open-minded practice that welcomes all genders, religions, orientations, races, and cultures.
Counseling	Deep Roots Wellness	Rose Hollo, M.A. hol. hth., MBA, CMH-D	<a href="https://www.deeprootswellness.net/">https://www.deeprootswellness.net/</a>	DeepRootsHelp@gmail.com	419-239-2113	8081 Adams Ridge Rd, Defiance, OH 43512	A Holistic Approach to Mental Health. We are a fully integrated practice. That means that every single one of our clients will be managed with a team approach that addresses mind, body, and spiritual health.
Counseling		Jennifer Knapp, LPCC, BC-DMT, Jennifer Steinke, IBCLC, RN	<a href="http://www.iahp.com">www.iahp.com</a>		937.638.2107 (day)	7318 International Drive Suite B 123 South Market Street Troy, Ohio 45373	Trained in Pregnancy and Postpartum/Maternal Mental Health
Crisis Numbers	Lucas County Domestic Abuse Reporting	24-Hour Crisis Response	<a href="https://www.co.lucas.oh.us/550/Domestic-Violence">https://www.co.lucas.oh.us/550/Domestic-Violence</a>		(419)245-3324		
Diapers, Clothes, Supplies							
Doulas	Birth & Postpartum Doula Serving NWO	Shelly Varelli	<a href="https://docs.google.com/document/d/11dfECDApHqleamR7eCIVD31Nct4bmfMTyK8Bklk/edit?usp=sharing">https://docs.google.com/document/d/11dfECDApHqleamR7eCIVD31Nct4bmfMTyK8Bklk/edit?usp=sharing</a> <a href="https://seagatefoodbank.org/">https://seagatefoodbank.org/</a>				A comprehensive, impartial list to assist you. Created by Shelly Varelli.
Food & Nutrition	Toledo Seagate Food Bank				(419)244-6996	526 High Street Toledo, Ohio 43609,	
Food & Nutrition	Food not Bombs	Andy Stepnick	<a href="https://www.foodnotbombs.net/ohio.html">https://www.foodnotbombs.net/ohio.html</a>				
Food & Nutrition	The Toledo-Lucas County Health Department		<a href="https://www.lucascountyhealth.com/community-outreach/children-pregnancy/">https://www.lucascountyhealth.com/community-outreach/children-pregnancy/</a> <a href="https://www.lucascountyhealth.com/wic/">https://www.lucascountyhealth.com/wic/</a>		(419)304-2098	Madison Ave and N.Erie St, Toledo, OH	
Food & Nutrition	The Lucas County local WIC agency						
Food & Nutrition	Toledo Northwestern Ohio Food Bank		<a href="https://www.toledofoodbank.org/aboutus/">https://www.toledofoodbank.org/aboutus/</a>				
Holistic Health	Claudia's Natural Food Market	Claudia Roscoe	<a href="http://www.healthfoodsbyclaudia.com/">http://www.healthfoodsbyclaudia.com/</a>		(419) 474-2400	3904 Secor Rd, Toledo, OH 43623	Natuopathy, Homeopathy, Classes, Herbs
Holistic Health							
Holistic Health	Buderer Drug Co. Compounding Pharmacy	Matt			(419) 873-2800	26611 N Dixie Hwy Ste 119, Perrysburg, OH 43551 140 W Front St, Perrysburg, OH 43551	Compound Pharmacy
Integrative Medicine	PflegMed: Center for Integrative Medicine		<a href="https://www.pflegmed.com/">https://www.pflegmed.com/</a>		(567) 336-6001		
Life Coach/Nutritional Counseling		Sandy Earl	<a href="https://www.sandyearl.com/">https://www.sandyearl.com/</a>	sandyearl.coaching@gmail.com	(419)351-7409		Sandy is a Certified Professional Life Coach, who supports women as they honor their inner truth, bringing them into a deeper connection to self, so that the action they take aligns with their values.
Midwifery Care	List of Home Birth Midwives Serving NWO & SEM	DEM and CPMs for homebirth	<a href="https://docs.google.com/document/d/1JX2LJrz-XILQkbrfRwJfChyR_AwmliAORySIL40Ag/edit?usp=sharing">https://docs.google.com/document/d/1JX2LJrz-XILQkbrfRwJfChyR_AwmliAORySIL40Ag/edit?usp=sharing</a>				A comprehensive, impartial list to assist you. Created by Shelly Varelli.
Midwifery Care	Mercy Health - Women's Health Physicians and Midwives (Hospital Births) Nurse Midwives	Certified Nurse Midwives -hospital birth	<a href="https://www.mercy.com/locations/specialty-locations/maternity-care-birthing-centers/mercy-health-womens-health-physicians-and-midwives?utm_source=local-listings&amp;utm_medium=organic&amp;utm_content=website_link">https://www.mercy.com/locations/specialty-locations/maternity-care-birthing-centers/mercy-health-womens-health-physicians-and-midwives?utm_source=local-listings&amp;utm_medium=organic&amp;utm_content=website_link</a>		(419)517-7600	4126 N Holland Sylvania Rd Suite 220, Toledo, OH 43623	
Midwifery Care	Brooke Cheney, CNM -ProMedica						
Milk donations	Human milk for human babies - Ohio		<a href="http://www.hm4hb.net/">http://www.hm4hb.net/</a>				A global net work that reaches out to you local states and communities
Naturopath	Toledo Naturopathic	Dr Maleigha Watts	<a href="http://www.toledonaturopathic.com/">http://www.toledonaturopathic.com/</a>	info@toledonaturopathic.com	(419)376-6104	13 S 3rd St, Waterville, OH 43566	A global group, with local connections with states and communities.
Naturopath	Treating the Root Cause	Dr. Lindsay Samuelson, ND John R Roost, DO	<a href="http://www.treatingtherootcause.com">www.treatingtherootcause.com</a>	treatingtherootcause@gmail.com	(419) 517-0047	5747 Main Street, Sylvania, Ohio 43560 1021 Sandusky St, #E, Perrysburg, OH 43551	Delivers within the Mercy St. Vincent Medical Center
Obstetrics   Gynecology	Dr. Roost (Mercy)				419-872-3207		Delivers within the Promedica System
Obstetrics   Gynecology	ProMedica Physicians Sunforest Obstetrics   Gynecology	Dr. Robert Drenchko, DO	<a href="https://www.promedica.org/provider/robert-drenchko-do-obstetrics">https://www.promedica.org/provider/robert-drenchko-do-obstetrics</a>		(419) 473-6601	5700 Monroe St, Unit 206, Sylvania, OH 43560	
Pediatricians	Monclova Road Pediatrics		<a href="https://mrpcare.com/">https://mrpcare.com/</a>		(419)887.0803	5757 Monclova Rd # 10 Maumee, OH 43537	
Pediatricians	Children's Intensive Caring		<a href="https://www.intensivecaring.com/">https://www.intensivecaring.com/</a>		(419) 841-0772	4405 N Holland Sylvania Rd # 102, Toledo, OH 43623	
Pelvic Floor Therapist	GOAL Physical Therapy & Wellness, LLC	Dr. Tiffany Dallas-Kish, PT, DPT, CIDN	<a href="http://www.goalpt.org">www.goalpt.org</a>	tiffany@goalpt.org	(419) 455-1625		Mobile services! In-home visits. Self-pay. No insurance coverage, though HSA reimbursement can be done.

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Pelvic Floor Therapist	NWO Center for Pelvic Rehabilitation and Wellness		<a href="https://nwopelvicrehab.com/">https://nwopelvicrehab.com/</a>		(419) 893-7134			
Pelvic Floor Therapist	Promedica Pelvic Floor Health		<a href="https://www.promedica.org/services-and-conditions/pelvic-floor-physical-therapy">https://www.promedica.org/services-and-conditions/pelvic-floor-physical-therapy</a>		(567)585-0240	5308 Harroun Road Sylvania, Ohio 43560		
Physical Therapist	Alternative Physical Therapy, LTD	Lisa Kelly	<a href="https://alternativephysicaltherapy.com/">https://alternativephysicaltherapy.com/</a>		(419) 578-4357	2526 N Reynolds Rd, Toledo, OH 43615		
Prenatal & Postnatal Massage	Shelly Varelli Holistic Therapy	Shelly Varelli	<a href="http://www.shellyvarilli.com">www.shellyvarilli.com</a>	shelly.onelove@gmail.com	(419)699-2279	5166 Monroe St, Suite 302, Toledo, Ohio		
Prenatal & Postnatal Yoga	Lotus Yoga Center	Michele & Gary Baran	<a href="https://lotusyogatoledo.com/">https://lotusyogatoledo.com/</a>					
Shelter	Sparrows Nest				(419)321-1835	436 W Delaware Ave, Toledo, OH 43610	Provides food, shelter and clothing resources	
Smoking Cessation	Lucas County Health Department		<a href="http://lucascountyhealth.com/tobacco-cessation-prevention/tobacco-cessation/">http://lucascountyhealth.com/tobacco-cessation-prevention/tobacco-cessation/</a>		(419)213-4558			
Smoking Cessation	Tobacco Use Prevention and Cessation Program		<a href="https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/welcome-to">https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/welcome-to</a>					
Support Groups	Sufficient Grace Ministries: Perinatal hospice and bereavement support		<a href="https://sufficientgraceministries.org/about-us/">https://sufficientgraceministries.org/about-us/</a>	sufficientgraceministries@gmail.com	(419)278-7640	407 S Stearns Rd Ace, Deshler, Oh 43516	Perinatal/Child Loss	
Tongue Tie Revisions		Dr. Christopher Clark	<a href="https://www.chrisclarkdds.com/">https://www.chrisclarkdds.com/</a>		419-874-3333	28321 Kensington Lane Perrysburg, OH 43551	Laser revisions performed, Major insurances accepted. Efforts made to get new babies in within 3-4 days	
Tongie Tie Revisions	Maumee Pediatric Dental	Dr Timothy Voss	<a href="https://www.maumeepediatricdental.com/">https://www.maumeepediatricdental.com/</a>		(419) 893-0708	5635 Monclova Road	Laser revisions performed, Major insurances accepted. Efforts made to get new babies in within 3-4 days -though often waitlist.	
Ultrasound	Sneak Peak 3D		<a href="https://www.sneakpeek3d.com">https://www.sneakpeek3d.com</a>			Maumee, OH 43537-1876		
Ultrasound	First Glance Ultrasound	Maribeth Toumazos	<a href="https://firstglanceultrasoundstudioandboutique.com/">https://firstglanceultrasoundstudioandboutique.com/</a>		(419)557-2229	147 N Ct St, Ottawa, OH 45875	Out of pocket fee \$100.00	
Urgent Care	ProMedica Urgent Care - Toledo		<a href="https://www.promedica.org/location/promedica-urgent-care-toledo-secor?utm_campaign=reputation-management&amp;utm_segment=gmb_listing-link&amp;utm_source=google&amp;utm_medium=organic-search">https://www.promedica.org/location/promedica-urgent-care-toledo-secor?utm_campaign=reputation-management&amp;utm_segment=gmb_listing-link&amp;utm_source=google&amp;utm_medium=organic-search</a>		(567) 585-0225	3430 Secor Rd, Toledo, OH 43606		
Urgent Care	Promedica On Demand		<a href="https://www.promedica.org/services-and-conditions/ondemand">https://www.promedica.org/services-and-conditions/ondemand</a>				With ProMedica OnDemand, you can have a live video visit anytime with a board-certified provider through your mobile device or computer. You will need to download an app. It's open to all ages and you don't have to be a ProMedica patient to use it. Prescriptions are even sent to your desired pharmacy if needed. All visits are \$59 or less, depending on your insurance coverage.	
Urgent Care	Greater Toledo Urgent Cares		<a href="https://www.toledourgentcare.com/">https://www.toledourgentcare.com/</a>		(567) 803-0421	505 N Reynolds Rd, Toledo, OH 43615		

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Acupuncture	The Lotus Center	Brodie Buris	<a href="https://www.annarboracupuncture.com/">https://www.annarboracupuncture.com/</a>	7349752745				
Acupuncture	Common Source Healing		<a href="http://commonsourcehealing.com/">http://commonsourcehealing.com/</a>	(734)926-9410		11 S. Washington Ypsilanti, MI 48197		
Birth Education	Ann Arbor Doulas	Stephanie Julian/Shelly Varelli	<a href="https://www.annarbordoulas.com/childbirth-classes/">https://www.annarbordoulas.com/childbirth-classes/</a>	734-800-1854	info@annarbordoulas.com	Online Classes	Our childbirth education series meets one day a week for four weeks and offers a virtual, interactive, group setting - \$340 (additional discounts for doula clients). We also offer a class specifically for those planning a homebirth! \$85	Series of Classes available
Birth Education	Ypsi-Arbor Childbirth Education	Katy Gladwin	<a href="https://www.ypsiarborcbe.com/">https://www.ypsiarborcbe.com/</a>	734.288.7784	info@YpsiArborCBE.com	4105 W Liberty Rd Ann Arbor, MI 48103		
Breastfeeding Support	The Breastfeeding Center of Ann Arbor	Barbara Robertson	<a href="https://bfcaa.com/">https://bfcaa.com/</a>	734-975-6534	barbara@bfcaa.com	722 Brooks St.		Offers lactation classes, consultations, and support groups
Breastfeeding Support	Le Leche League of Ann Arbor		<a href="https://lilaa.weebly.com">https://lilaa.weebly.com</a>			Meetup groups, breast feeding supprt		
Breastfeeding Support	Ypsi-Arbor Childbirth Education		<a href="https://www.ypsiarborcbe.com/classes/breastfeeding/">https://www.ypsiarborcbe.com/classes/breastfeeding/</a>	734.288.7784	info@YpsiArborCBE.com	Online Classes		single class \$90
Breastfeeding Support	La Leche league of Monroe county		<a href="http://www.lalecheleagueofmichigan.org/monroe.html">http://www.lalecheleagueofmichigan.org/monroe.html</a>					Meetings are held the second Tuesday of the month at 6:30 p. m.. For more information, please go to <a href="http://llfmonroecounty.weebly.com/">http://llfmonroecounty.weebly.com/</a> . For breastfeeding help, please call Jeanette at 586-823-1004 or e-mail <a href="mailto:llmc@yahoo.com">llmc@yahoo.com</a>
Cesarean Support	ICAN of Greater Ann Arbor		<a href="http://www.ican-online.org/greaterannarbor">www.ican-online.org/greaterannarbor</a>			Cesarean education, support & VBAC advocacy		
Child Loss	Grief Net		<a href="http://www.griefnet.org">www.griefnet.org</a>			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.	<a href="https://www.gatewaychiropracticbgi.com/">https://www.gatewaychiropracticbgi.com/</a>	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 Smimova	<a href="https://www.wellnessrootscenter.com/meet-dr-sarah">https://www.wellnessrootscenter.com/meet-dr-sarah</a>					Focus on pregnancy and postpartum
Chiropractors	Ann Arbor Saline Family Chiropractic	Kimberly Jackson	<a href="https://www.annarborchiro.com/">https://www.annarborchiro.com/</a>	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	<a href="https://doctors.beaumont.org/provider/Adam+S.+Cooper/224355">https://doctors.beaumont.org/provider/Adam+S.+Cooper/224355</a>	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	<a href="https://detroitmohel.com/">https://detroitmohel.com/</a>	(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	<a href="https://annarborcounselingservices.com/">https://annarborcounselingservices.com/</a>	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 years.Serves Washtenaw, Livingston, Wayne, and Monroe Counties
Counseling	Great Lakes Perinatal Wellness	Group Practice: Sierra C Hillebrand, Kenisha Parham, Kirby Paterson, Rebecca Grekin	<a href="https://www.annarborbirth.com/counseling-postpartum-therapist-ann-arbor/">https://www.annarborbirth.com/counseling-postpartum-therapist-ann-arbor/</a>			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	Ann Arbor Doulas	Stephanie Julian	<a href="http://www.annarbordoulas.com">www.annarbordoulas.com</a>	(734) 800-1854	info@annarbordoulas.com			Birth & postpartum doulas
Doulas	Ann Arbor Birth and Family	Sierra Hillebrand	<a href="https://www.annarborbirth.com/">https://www.annarborbirth.com/</a>			4555 Connor Ct, Ypsilanti, MI 48197		Birth & postpartum doulas
Holistic Health	WomanSafeHealth	Erii 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	<a href="https://healthybirthshealthyvives.com/">https://healthybirthshealthyvives.com/</a>	734-807-9909				Private practice/Homebirth in private practice in Ann Arbor, MI since 1999
Midwifery Care	Trillium Birth Services	Stacia Proefrock, CPM	<a href="http://www.trilliumbirthservices.com/">http://www.trilliumbirthservices.com/</a>	(734) 834-5392		1035 Washtenaw Ave, Ypsilanti, MI 48197		Private practice/Homebirth
Midwifery Care	New Moon Midwifery	Amanda Howell, CPM	<a href="http://www.newmoonmidwifery.com/">www.http://newmoonmidwifery.com/</a>	734-424-0220	info@newmoonmidwifery.com	722 Brooks St		Private practice/Homebirth
Midwifery Care	Nine Short Months Birth Center	Group Practice	<a href="http://www.nineshortmonths.com">www.nineshortmonths.com</a>	(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	<a href="http://www.motherearthmidwifery.com">www.motherearthmidwifery.com</a>	(734) 657-0259	MotherEarthMidwife@yahoo.com	6270 Munger Rd, Ypsilanti, MI 48197		Private practice/Homebirth
Midwifery Care	University of Michigan Midwives							Hospital based service

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Category	Business	Contact Name	Website	Phone Number	Email	Address	Notes
Parenting Education	Support for Growing Families	Catherine Fischer, MA, CPD	<a href="http://www.supportforgrowingfamilies.com">www.supportforgrowingfamilies.com</a>	734-395-5244	catherine@supportforgrowingfamilies.com		
Pediatricians	Integrative Healthcare Providers	Dr Picken	<a href="http://www.ihcpaa.com/">http://www.ihcpaa.com/</a>		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	<a href="http://www.annarborpediatrics.com">www.annarborpediatrics.com</a>	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	<a href="http://www.greentrepeds.com">www.greentrepeds.com</a>	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	<a href="https://www.ancoeurwellness.com/">https://www.ancoeurwellness.com/</a>	734-330-2392	ancoeurwellness@gmail.com	3200 W Liberty Rd, Suite C6 Ann Arbor, Mi	
Prenatal & Postnatal Massage	TheraCare Therapeutice Massage & Healing Arts Center	Kathryn Hannan, LMT, NCTMB & Anne Nader, LMT	<a href="http://www.theracaremassage.com">www.theracaremassage.com</a>	734-332-3800		2002 Hogback Rd, Ste 14	
Prenatal & Postnatal Massage	Cocoa Healing Collective, LLC	Sharonda Purnell	<a href="https://www.messagebook.com/business/6285184/select-product?provider_id=4551953">https://www.messagebook.com/business/6285184/select-product?provider_id=4551953</a>			52 North Huron Drive, Ypsilanti Mi.	
Prenatal & Postpartum Yoga	Verapose Yoga Therapy	Courtney Fitzpatrick	<a href="http://www.veraposeyoga.com">www.veraposeyoga.com</a>	734-477-7361		3115 Broad St, Ste D (Dexter)	
Shelters	First Step (DV/SV)		<a href="http://firststep-mi.org">firststep-mi.org</a>	734-416-1111, 24/7 Hotline: 734-722-6800		44567 Pinetree Dr, Plymouth, MI 48170	50 beds, 365 maximum stay- child and pet friendly. They work with the disabled, LGBTQ, and deaf communities and take an active stance against racism within their scope. They offer services within 12 different languages. They have emergency services including shelter, clothing, and food, programs for children, work placement, counseling services, housing services, legal and financial services, and other support such as safety/goal planning, medical accompaniment, skills training, and health and wellness programs.
Shelters	Safe House Center (DV/SV)		<a href="http://Safehousecenter.org">Safehousecenter.org</a>	734-973-0242, 24/7 Hotline: 734-995-5444		4100 Clark Rd, Ann Arbor, MI 48105	50 beds available, 35-day maximum stay, wheelchair accessible, offers counseling and support groups, legal services, works with teens and LGBTQ people. No pets or children.
Shelters	Ann Arbor Shelter (Homeless Shelter)		<a href="http://Annarborshelter.org">Annarborshelter.org</a>	734-662-2829		Delonis Center, 312 W Huron St, Ann Arbor, MI 48103	Temporary shelter to all adults. Wheelchair accessible. Their goal is to get people into permanent housing ASAP. They offer resources to accomplish this and addiction support services. Food, clothing, showers, and a bed. No pets or children.
Smoking Cessation	Washtenaw County Tobacco Prevention and Quitting		<a href="https://www.washtenaw.org/1857/Tobacco-Prevention-and-Quitting#:~:text=Adults,step%20in%20the%20quitting%20process">https://www.washtenaw.org/1857/Tobacco-Prevention-and-Quitting#:~:text=Adults,step%20in%20the%20quitting%20process</a>				
Support Groups	New Mother's Support Group		<a href="http://www.annarborcounselingservices.com">www.annarborcounselingservices.com</a>	734-548-9772		2385 S. Huron Pkwy	Babies welcome
Support Groups	Huron Valley Parents of Multiples		<a href="http://www.hvpom.org">www.hvpom.org</a>				Playgroups, meal support, mom-to-mom sales, social gatherings, newsletters, online support community
Support Groups	Washtenaw Success By 6 Parent Education & Support Network		<a href="http://www.washtenawsuccessby6.org">www.washtenawsuccessby6.org</a>	734-994-8100			
Support Groups	Jim Toy Community Center		<a href="http://www.jimtoycenter.org">www.jimtoycenter.org</a>	734-274-9551		319 Braun Court, Ann Arbor	LGBTQAI INCLUSIVE
Support Programs	The Angel House (DV)		<a href="http://Theangelhouse.org">Theangelhouse.org</a>	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 Group	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 Group	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 Group	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 Group	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.

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Support Group	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 Kaufman	<a href="http://www.ihcpaa.com/">http://www.ihcpaa.com/</a>		Office@ihcpaa.com	2800 S. State Street - Suite 215 Ann Arbor MI 48104	

<b>ONLINE NATIONAL RESOURCES</b>	updated 04/04/2022		<a href="http://www.shellyvarelli.com">www.shellyvarelli.com</a>			
Category	Business/Organization	Website	Phone Number	Email	Address	Notes
Birth Education	Lamaze	<a href="http://www.lamaze.org">www.lamaze.org</a>				
Birth Education	Orgasmic Birth	<a href="http://www.orgasmicbirth.com">www.orgasmicbirth.com</a>				
Birth Education	Birth Injury Center	<a href="http://birthinjurycenter.com">birthinjurycenter.com</a>		info@birthinjurycenter.com		
Birth Education	Preeclampsia Foundation	<a href="http://www.preeclampsia.org">www.preeclampsia.org</a>				
Birth Education	Cochrane	<a href="http://www.chochrane.org/evidence">www.chochrane.org/evidence</a>				
Birth Education	Spinning Babies	<a href="https://spinningbabies.com">https://spinningbabies.com</a>				
Birth Education	Evidence Based Birth	<a href="https://evidencebasedbirth.com/">https://evidencebasedbirth.com/</a>				Education and free pritable
Breastfeeding Support			800-944-WOMAN			toll-free # with trained lactation specialists
Breastfeeding Support	Drugs & Lactation Database (LactMed)	<a href="https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm">https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</a>				
Breastfeeding Support	MotherToBaby	<a href="https://mothertobaby.org">https://mothertobaby.org</a>	866-626-6847 (text support: 855-999-3525)			Medication/exposure information for pregnancy & lactation
Breastfeeding Support	Healthy Children from American Academy of Pediatrics	<a href="http://www.healthychildren.org">www.healthychildren.org</a>				
Breastfeeding Support	La Leche League	<a href="https://www.llli.org/">https://www.llli.org/</a>		info@llli.org		La Leche League International is a worldwide educational, non-sectarian, not-for-profit, volunteer-based organization. We provide breastfeeding information and support to those who want to breastfeed their infants
Breastfeeding Support	Stanford Medicine's Newborn Nursery	<a href="http://med.stanford.edu/newborns.html">med.stanford.edu/newborns.html</a>				Breastfeeding, Jaundice, Circumsision, Tongue-tie
Breastfeeding Support	KellyMom	<a href="https://kellymom.com">https://kellymom.com</a>				Parenting & Breastfeeding education
Car Seat Safety	NHTSA	<a href="http://www.nhtsa.gov/equipment/car-seats-and-booster-seats">www.nhtsa.gov/equipment/car-seats-and-booster-seats</a>				Dept of Transportation information on car seat safety
Child loss		<a href="https://www.miscarriageassociation.org.uk/your-feelings/psychologytoday.com">https://www.miscarriageassociation.org.uk/your-feelings/psychologytoday.com</a>				
Counseling						Resource to assit in finding local support groups and therapists that fit individual needs.
Crisis Numbers	National Domestic Violence Hotline		800-799-SAFE			
Crisis Numbers	PATTCh	<a href="http://pattch.org">pattch.org</a>				Prevention & Treatment of Traumatic Childbirth resources
Crisis Numbers	RAINN	<a href="https://www.rainn.org/">https://www.rainn.org/</a>	800-656 HOPE			National Sexual Assault Hotline- sexual violene/abuse, tips for safety, safety planning, live chat, laws.
Crisis Numbers	National Parent Helpline	<a href="http://www.nationalparenthelpline.org">www.nationalparenthelpline.org</a>	855-427-2736			M-F, 10am - 7pm PST
Crisis Numbers	Domestic Violence Support	<a href="http://thehotline.org">thehotline.org</a>				DV, live chat, safety planning, statistical information, tips on safety,
Food & Nutrition	Food Not Bombs	<a href="http://foodnotbombs.net/new_site/">http://foodnotbombs.net/new_site/</a>				
Parenting Education	The Wonder Weeks	<a href="http://www.thewonderweeks.com">www.thewonderweeks.com</a>				Sleep app
Parenting Education	First Candle	<a href="https://firstcandle.org">https://firstcandle.org</a>				SIDS prevention/support
Parenting Education	CDC Immunization Schedule	<a href="http://www.cdc.gov/vaccines/schedules/index.html">www.cdc.gov/vaccines/schedules/index.html</a>				
Parenting Education	Mr.Dad	<a href="https://mrdad.com">https://mrdad.com</a>				Online advise/support for fathers
Parenting Education	Parenting 24/7	<a href="http://parenting247.org">parenting247.org</a>				Parenting support/education by Univ. of IL
Parenting Education	Vaccine Information	<a href="http://www.vaccineinformation.org">www.vaccineinformation.org</a>				
Parenting Education	US Consumer Product Safety Commission	<a href="http://www.cpsc.gov">www.cpsc.gov</a>				Product safety & recall infomation
Parenting Education	Healthy child Healthy World	<a href="http://www.healthychild.org">www.healthychild.org</a>				
Parenting Education	Medline Plus	<a href="https://medlineplus.gov">https://medlineplus.gov</a>				
Postpartum	Postpartum Progress	<a href="https://postpartumprogress.com">https://postpartumprogress.com</a>				Postpartum mood disorder support blog
Postpartum	Postpartum Support International	<a href="http://www.postpartum.net">www.postpartum.net</a>				

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Prenatal & Postnatal Yoga	Childbirth Connection	<a href="http://www.childbirthconnection.org">www.childbirthconnection.org</a>				
Shelters		<a href="http://domesticshelters.org">domesticshelters.org</a>				finding local shelters, safety planning, articles, self-care.
Smoking Cessation	SmokefreeMOM, a text message program	<a href="https://women.smokefree.gov/tools-tips-women/text-programs/smokefreemom">https://women.smokefree.gov/tools-tips-women/text-programs/smokefreemom</a>				
Smoking Cessation	Quit for Two, a government-sponsored program	<a href="https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/quit-for-two">https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/quit-for-two</a>				
Smoking Cessation			1-800-QUIT-NOW			Speak with a smoking cessation support person
Smoking Cessation	Baby & Me-Tobacco Free	<a href="https://www.aarc.org/nn18-smoking-cessation-for-pregnant-women/#:~:text=The%20Baby%20%26%20Me%2DTobacco%20Free,for%20women%20to%20quit%20smoking.&amp;text=2,for%20Disease%20Control%20and%20Prevention">https://www.aarc.org/nn18-smoking-cessation-for-pregnant-women/#:~:text=The%20Baby%20%26%20Me%2DTobacco%20Free,for%20women%20to%20quit%20smoking.&amp;text=2,for%20Disease%20Control%20and%20Prevention</a>				
Support Groups	International Cesarean Awareness Network, Inc. ("ICAN")	<a href="https://www.ican-online.org/">https://www.ican-online.org/</a>	800-686-ICAN Ext. 157			Cesarean education, support & VBAC advocacy
Women's Health	Office on Women's Health	<a href="http://www.womenshealth.gov">www.womenshealth.gov</a>	800-994-9662			OWN Helpline, 9am-6 pm ET, M-F.



Acupuncture
Birth Education
Breast Health:Thermography/Mammograms
Breastfeeding Support
Car Seat Safety
Cesarean Support
Chiropractors
Circumcision
Community Resources
Counseling
Crisis Numbers
Diapers, Clothes, Supplies
Doulas
Food & Nutrition
Holistic Health
Integrative Medicine
Labs
Life Coach
Mental Health
Midwifery Care
Obstetrician / Gynecology
Naturopath
Parenting Education
Pediatricians
Pelvic Floor Therapist
Physical Therapist
Postpartum
Prenatal & Postnatal Massage
Prenatal & Postnatal Yoga
Shelters
Smoking Cessation
Support Groups

Support Programs
Tongue Tie Revision
Ultrasound
Urgent Care
Women's Health