

NWO Resources	updated 12/04/2022		www.shellyvarelli.com				
Category	Business	Contact Name	Website	Email	Phone Number	Address	Notes
Acupuncture	Diane McCormick, M.D.		https://dianemccormickmd.com/		(419) 885-5929	6011 Renaissance Pl #4, Toledo, OH 43623	Acupuncture and Integrative Medicine
Acupuncture	Ohio Wellness Spa	Barbara Phibbs RN, LAc	http://www.ohiowellnessspa.com/		(419) 215-4400	1241 Dixie Highway Rossford, Ohio 43460	
Acupuncture	TamaraTCM Acupuncture & Herbs		https://tamaratcm.com/	wellness@tamaratcm.com	(419) 345-4996		
Birth Education	Shelly Varelli Holistic Birth Services	Shelly Varelli	www.shellyvarelli.com	shellyvarelli@gmail.com	419.699.2279	Toledo, Ohio	
Birth Education	Bradley Method	Jeanette Albright	http://www.bradleybirth.com/jeanettealbright		586-823-1004	Lasalle, MI	
Breast Health: Thermography/Mammograms	ThermApproach		https://www.thermapproach.com/breast-scan	sheri@thermapproach.com	(419) 509-2249	6635 Central Ave, Toledo, OH 43617	
Breast Health: Thermography/Mammograms	Toledo Radiological Associates		http://www.toledoxray.com/		(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	https://www.oakslactation.com/	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 & Lactation Support	Innate Health Chiropractic	Brittany Grace.	https://www.getinnatehealth.com/		419-872-2756	26580 N Dixie Hwy #101, Perrysburg, OH 43551	Shelly Varelli they call Innate. I work weekends & evenings as well. Sundays, Tuesday evenings, & Thursday evenings. We tried to keep the days so that nobody would go more than 2 days without lactation care if needed.
Breastfeeding and Lactation Support	Mom to Mom Lactation Services	June Myers CLC, IBCLC	https://www.momtomomlc.com/	junee@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		https://www.safekids.org/coalition/safe-kids-greater-toledo		(419) 291-5412	2142 N Cove Blvd, Toledo, OH 43606	
Circumcision	Congregation Etz Chayim - the Modern Orthodox Synagogue of Toledo, Ohio		www.etzchayimtoledo.org	info@etzchayimtoledo.org	(419)473-2401	3853 Woodley Road, Toledo, OH 43606	
Chiropractors	Rebel Chiropractic	Jon W. Schwanz	https://rebelchiropractic.com/	e.rebelchiro@gmail.com	(419) 878-8142	1222 Pray Blvd Waterville, Ohio 43566	Specializes in pregnancy and infant adjusting
Chiropractors	Innate Health Chiropractic		https://www.getinnatehealth.com/		(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	The Joint Chiropractic	Dr. Jillian Wasson				325 Secor Rd	Super friendly to our homebirth mamas.
Chiropractors	Turning Point	Dr. Rachel and Jeffrey Elmore	https://uppercervicaltoledo.com/		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 CranialSacral Therapy.
Chiropractors	New Life Chiropractic	Dr Reyna Levan	https://www.newlifechiropracticcenter.com/		(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		https://www.co.lucas.oh.us/DocumentCenter/View/44809/Community-ResourcesSingle-2-15?bidId=				This is a pdf with comprehensive list of community resources and phone numbers
Community Resources	Mom's House		https://www.momshousetoledo.org/	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.

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Community Resources	Planned Parenthood - Toledo Health Center		https://www.plannedparenthood.org/health-center/ohio/toledo/43604/toledo-health-center-3345-91230?utm_campaign=toledo-health-center&utm_medium=organic&utm_source=local-listing		(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	www.nwopsyeh.com	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)	http://www.bloomwomenscounseling.com/	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		www.willow-center.com		419-720-5800		The Willow Center offers counseling services for individuals, couples, & families; teens, children and adults.
Counseling	Toledo Behavioral Health center		www.zepfcenter.org/				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		https://anchoredinhopecounseling.org/		(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. hith., MBA, CMH-D	https://www.deeprootswellness.net/	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,				7318 International Drive Suite B	Trained in Pregnancy and Postpartum/Maternal Mental Health
Craniosacral	Integrated Massage & Bodywork	Bethany Kathryn	www.imbv.massagetherapy.com		(419)352-6711	745 Haskins Rd Suite C Bowling Green, Ohio 43402	If you are interested in craniosacral therapy, or it has been recommended for your infant, please contact Beth directly to schedule.
Craniosacral		Cathy Schneider	www.iahp.com/gentlehealing/				
Crisis Numbers	Lucas County Domestic Abuse Reporting	24-Hour Crisis Response	https://www.co.lucas.oh.us/550/Domestic-Violence		(419)245-3324		
Diapers, Clothes, Supplies							
Doulas	Birth & Postpartum Doulas Serving NWO	Shelly Varelli	https://docs.google.com/document/d/1ldfECDAPhqlJeamR7eCIVD31Nct4bmMTyKm8Bklk/edit?usp=sharing				A comprehensive, impartial list to assist you. Created by Shelly Varelli.
Food & Nutrition	Toledo Seagate Food Bank		https://seagatefoodbank.org/		(419)244-6996	526 High Street Toledo, Ohio 43609,	
Food & Nutrition	Food not Bombs	Andy Stepnick	https://www.foodnotbombs.net/ohio.html				
Food & Nutrition	The Toledo-Lucas County Health Department		https://www.lucascountyhealth.com/community-outreach/children-pregnancy/				
Food & Nutrition	The Lucas County local WIC agency		https://www.lucascountyhealth.com/wic/		(419)304-2098	Madison Ave and N.Erie St, Toledo, OH	
Food & Nutrition	Toledo Northwestern Ohio Food Bank		https://www.toledofoodbank.org/aboutus/				
Holistic Health	Buderer Drug Co. Compounding Pharmacy	Matt			(419) 873-2800	26611 N Dixie Hwy Ste 119, Perrysburg, OH 43551	Compound Pharmacy
Holistic Health	Claudia's Natural Food Market	Claudia Roscoe	http://www.healthfoodsbyclaudia.com/		(419) 474-2400	3904 Secor Rd, Toledo, OH 43623	Natuopathy, Homeopathy, Classes, Herbs
Holistic Health							

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Integrative Medicine	PflegMed: Center for Integrative Medicine		https://www.pflegmed.com/		(567) 336-6001	140 W Front St, Perrysburg, OH 43551	
Life Coach/Nutritional Counseling		Sandy Earl	https://www.sandyearl.com/	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	https://docs.google.com/document/d/1JX2LJrz-XILQkbrfRwJfCHyR_AwmliAORySiL40Ag/edit?usp=sharing				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	https://www.mercy.com/locations/specialty-locations/maternity-care-birthing-centers/mercy-health-womens-health-physicians-and-midwives?utm_source=local-listings&utm_medium=organic&utm_content=website_link		(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		http://www.hm4hb.net/				A global net work that reaches out to you local states and communities
Naturopath	Toledo Naturopathic	Dr Maleigha Watts	http://www.toledonaturopathic.com/	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	www.treatingtherootcause.com	treatingtherootcause@gmail.com	(419) 517-0047	5747 Main Street, Sylvania, Ohio 43560	
Obstetrics Gynecology	Dr. Roost (Mercy)	John R Roost, DO			419-872-3207	1021 Sandusky St, #E, Perrysburg, OH 43551	Delivers within the Mercy St. Vincent Medical Center
Obstetrics Gynecology	ProMedica Physicians Sunforest Obstetrics Gynecology	Dr. Robertt Drenchko, DO	https://www.promedica.org/provider/robertt-drenchko-do-obstetrics		(419) 473-6601	5700 Monroe St, Unit 206, Sylvania, OH 43560	Delivers within the Promedica System
Pediatricians	Monclova Road Pediatrics		https://mrpcare.com/		(419)887.0803	5757 Monclova Rd # 10 Maumee, OH 43537	
Pediatricians	Children's Intensive Caring		https://www.intensivecaring.com/		(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	www.goalpt.org	tiffany@goalpt.org	(419) 455-1625		Mobile services! In-home visits. Self-pay. No insurance coverage, though HSA reimbursement can be done.
Pelvic Floor Therapist	NWO Center for Pelvic Rehabilitation and Wellness		https://nwopelvicrehab.com/		(419) 893-7134		
Pelvic Floor Therapist	Promedica Pelvic Floor Health	Alisha Bruhl	https://www.promedica.org/services-and-conditions/pelvic-floor-physical-therapy		(567)585-0240	5308 Harroun Road Sylvania, Ohio 43560	
Physical Therapist	Alternative Physical Therapy. LTD	Lisa Kelly	https://alternativophysicaltherapy.com/		(419) 578-4357	2526 N Reynolds Rd, Toledo, OH 43615	
Prenatal & Postnatal Massage	Shelly Varelli Holistic Therapy	Shelly Varelli	www.shellyvarlli.com	shelly.onelove@gmail.com	(419)699-2279	5166 Monroe St, Suite 302, Toledo, Ohio	
Prenatal & Postnatal Yoga Shelter	Lotus Yoga Center Sparrows Nest	Michele & Gary Baran	https://lotusyogatoledo.com/		(419)321-1835	436 W Delaware Ave, Toledo, OH 43610	Provides food, shelter and clothing resources
Smoking Cessation	Lucas County Health Department		http://lucascountyhealth.com/tobacco-cessation-prevention/tobacco-cessation/		(419)213-4558		
Smoking Cessation	Tobacco Use Prevention and Cessation Program		https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/tobacco-use-prevention-and-cessation/welcome-to				
Support Groups	Sufficient Grace Ministries: Perinatal hospice and bereavement support		https://sufficientgraceministries.org/about-us/	sufficientgraceministries@gmail.com	(419)278-7640	407 S Stearns Rd Ace, Deshler, Oh 43516	Perinatal/Child Loss
Tongue Tie Revisions		Dr. Christopher Clark	https://www.chrisclarkdds.com/		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	https://www.maumeepediatricdental.com/		(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		https://www.sneakpeek3d.com			Maumee, OH 43537-1876	
Ultrasound	First Glance Ultrasound	Maribeth Toumazos	https://firstglanceultrasoundstudioandboutique.com/		(419)557-2229	147 N Ct St, Ottawa, OH 45875	Out of pocket fee \$100.00

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Urgent Care	ProMedica Urgent Care - Toledo		https://www.promedica.org/location/promedica-urgent-care-toledo-secor?utm_campaign=reputation-management&utm_segment=gmb_listing-link&utm_source=google&utm_medium=organic-search		(567) 585-0225	3430 Secor Rd, Toledo, OH 43606	
Urgent Care	Promedica On Demand		https://www.promedica.org/services-and-conditions/ondemand				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		https://www.toledourgentcare.com/		(567) 803-0421	505 N Reynolds Rd, Toledo, OH 43615	

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Acupuncture	The Lotus Center	Brodie Buris	https://www.annarboracupuncture.com/	7349752745			
Acupuncture	Common Source Healing		http://commonsourcehealing.com/	(734)926-9410		11 S. Washington Ypsilanti, MI 48197	
Birth Education	Ann Arbor Doulas	Stephanie Julian/Shelly Varelli	https://www.annarbordoulas.com/childbirth-classes/	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
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 Support	The Breastfeeding Center of Ann Arbor	Barbara Robertson	https://bfcaa.com/	734-975-6534	barbara@bfcaa.com	722 Brooks St.	Offers lactation classes, consultations, and support groups
Breastfeeding Support	Le Leche League of Ann Arbor		https://lllaa.weebly.com			Meetup groups, breast feeding supprt	
Breastfeeding Support	Ypsi-Arbor Childbirth Education		https://www.ypsiarborcbe.com/classes/breastfeeding/	734.288.7784	info@YpsiArborCBE.com	Online Classes	single class \$90
Breastfeeding Support	La Leche league of Monroe county		http://www.lalecheleagueofmichigan.org/montroe.html				Meetings are held the second Tuesday of the month at 6:30 p.m.. For more information, please go to http://llofmonroecounty.weebly.com/ . For breastfeeding help, please call Jeanette at 586-823-1004 or e-mail lllmc@yahoo.com
Cesarean Support	ICAN of Greater Ann Arbor		www.ican-online.org/greaterannarbor				Cesarean education, support & VBAC advocacy
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	mohelofmetroetroit@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	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	Eiril 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://healthybirthshealthyives.com/	734-807-9909			Private practice/Homebirth in private practice in Ann Arbor, MI since 1999
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	MothersEarthMidwife@yahoo.com	6270 Munger Rd, Ypsilanti, MI 48197	Private practice/Homebirth

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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	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.greentreeped.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	
Prenatal & Postnatal Massage	TheraCare Therapeutic Massage & Healing Arts Center	Kathryn Hannan, LMT, NCTMB & Anne Nader, LMT	www.theracaremassage.com	734-332-3800		2002 Hogback Rd, Ste 14	
Prenatal & Postnatal Massage	Cocoa Healing Collective, LLC	Sharonda Purnell	https://www.messagebook.com/business/6285184/select-product?provider_id=4551953			52 North Huron Drive, Ypsilanti Mi.	
Prenatal & Postpartum Yoga Shelters	Verapose Yoga Therapy First Step (DV/SV)	Courtney Fitzpatrick	www.veraposeyoga.com firststep-mi.org	734-477-7361 734-416-1111, 24/7 Hotline: 734-722-6800		3115 Broad St, Ste D (Dexter) 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)		Safehousecenter.org	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)		Annarborshelter.org	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		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	Babies welcome
Support Groups	Huron Valley Parents of Multiples		www.hvpom.org				Playgroups, meal support, mom-to-mom sales, social gatherings, newsletters, online support community
Support Groups	Washtenaw Success By 6 Parent Education & Support Network		www.washtenawsuccessby6.org	734-994-8100			
Support Groups	Jim Toy Community Center		www.jimtoycenter.org	734-274-9551		319 Braun Court, Ann Arbor	LGBTQAI INCLUSIVE
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 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.

SEM Resources	updated 12/04/2022		www.shellyvarelli.com				
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	http://www.ihcpaa.com/		Office@ihcpaa.com	2800 S. State Street - Suite 215 Ann Arbor MI 48104	

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

ONLINE NATIONAL	updated 04/04/2022		www.shellyvarelli.com			
Smoking Cessation	SmokefreeMOM, a text message program	https://women.smokefree.gov/tools-tips-women/text-programs/smokefreemom				
Smoking Cessation	Quit for Two, a government-sponsored program	https://women.smokefree.gov/pregnancy-motherhood/quitting-while-pregnant/quit-for-two				
Smoking Cessation			1-800-QUIT-NOW			Speak with a smoking cessation support person
Smoking Cessation	Baby & Me-Tobacco Free	https://www.aarc.org/nn18-smoking-cessation-for-pregnant-women/#:~:text=The%20Baby%20%26%20Me%20Tobacco%20Free,for%20women%20to%20quit%20smoking.&text=2,for%20Disease%20Control%20and%20Prevention				
Support Groups	International Cesarean Awareness Network, Inc. ("ICAN")	https://www.ican-online.org/	800-686-ICAN Ext. 157			Cesarean education, support & VBAC advocacy
Women's Health	Office on Women's Health	www.womenshealth.gov	800-994-9662			OWN Helpline, 9am-6 pm ET, M-F.

Acupuncture
Birth Education
Breast Health:Thermography/Mammograms
Breastfeeding & Lactation 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

