NWO Resources	updated March 2026		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 Acupunture & Herbs		https://tamaratcm.com/	wellness@tamaratcm.com	(419) 345-4996		
Birth Education	Bradley Method	Jodi Graves	https://bradleybirth.com	bradleyteacherjodi@gmail.com	734-834-6751	Ann Arbor, MI	
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 & Lactation Support	Nourish & Bloom lactation, and wellness services	Meghan Schlacter IBCLC	https://www.nourishandbloomdyad.com/			4253 Monroe Street, Toledo, OH 43606	In-home and office visits available. Self-pay at this time (March 2026) working on being a network with several insurance companies.
Breastfeeding and Lactation Support	Oaks Lactation and Wellness, LLC	Sarah DoMoe,BS, IBCLC. Lactation Consultant		sarah@oakslactation.com	(419) 314-4752n	113 South Main St. Swanton, Ohio 43558	In person and virtual home consults, Insurance accepted Three office locations: Swanton, Waterville, Toledo
Breastfeeding & Lactation Support	Solace	BreAnn Nelson		bnelson@solacehealth.org			Now offering private lactation appointments with our Lactation Counselor BreAnn Nelson. In an appointment we can address concerns such as painful latch, low milk supply, weight gain issues, pumping, and more. Cost is based on a sliding scale of $40-$60.
Breastfeeding & Lactation Support	Innate Health Chiropractic	Brittany Grace.	https://www.getinnatehealth.com/		419-872-2756	26580 N Dixie Hwy #101, Perrysburg, OH 43551	I work weekends & evenings as well. Sundays, Tuesday evenings, & Thursday evenings. We try 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.
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	Simply Well Toledo	Caroline Lathrop	https://simplywelltoledo.com/	INFO@simplywelltoledo.com	(419)265-8097	6049 Renaissance Place, Suite J Toledo, Ohio 43632	Dr Caroline is committed to providing holistic and natural healthcare solutions tailored to the unique needs of each patient and has a special passion for treating perinatal women and pediatrics. She offers chiropractic care, acupuncture, Craniosacral Fascial Therapy, and treats for tethered oral tissues (TOTS).

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Chiropractors	Rebel Chiropractic	Jon W. Schwanz	https://rebelchiropractic.com/	e.rebelchiro@gmail.com	(419) 878-8142	1222 Pray Blvd Waterville, Ohio 43566	
Chiropractors	Chiropractic Associated of Ohio	Dr. Elizabeth Julius	https://www.chiroassociatesoregon.com/	drjulius.chiroassociatesoregon@gmail.com	(567)970-7273	4106 Navarre Ave, Oregon Ohio	
Chiropractors	Toledo Holistic Chiropractic	Dr. Jared Mainous	http://acupuncturetoledo.com/	Faq@acupuncturetoledo.com	(419)472-7055	2828 Central Ave #1, Toledo, Ohio	
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	The 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, 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. Very homebirth friendly.
Chiropractors	Frey Clinic of Chiropractic	Dr. Frey	https://www.freychiropractic.com/		(419)592-7966	390 Independence Dr, Napoleon, OH 43545	Really good with babies.
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.
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.nwopsych.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.

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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 aZepf 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. hlth., 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.imbw.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	Holistic Hands	Leslie Baker					
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		
Doulas	Michigan Family Doulas	Jodi Graves & team	https://michiganfamilydoulas	michiganfamilydoulas@gmail.com	734-834-6751	All of Michigan & Northern Ohio	Birth & Postpartum Support and Nutrition Services provided by a Clinical Nutritionist
Doulas	Birth & Postpartum Doulas Serving NWO	Shelly Varelli	https://docs.google.com/document/d/11ldfECDAPhhqIeamR7eCIVD31Nct4bmfMTyKm8BIkLk/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/			Healthy Start 635 N.Erie Toledo, Ohio 43604 419.213.8434	
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/				
Functional Medicine.		Diane McCormick, MD	https://dianemccormickmd.com/about-dr-mccormick				
Holistic Health	Buderer Drug Co. Compounding Pharmacy	Matt			(419) 873-2800	26611 N Dixie Hwy Ste 119, Perrysburg, OH 43551	Compound Pharmacy

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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							
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-XILQkbrfRwJflCHyR_AwmliAORyfSiL40Ag/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. Roberrt Drenchko, DO	https://www.promedica.org/provider/robert-drenchko-do-obstetrics		(419) 473-6601	5700 Monroe St, Unit 206, Sylvania, OH 43560	Delivers within the Promedica System
Pediatricians	Parkview Physicians Group	Dr. Anthony Uribes	https://www.parkview.com/find-a-provider/details/1776/anthony-uribes Anthony Uribes, MD | Parkview Health			725 S Shoop Ave, Wauseon, OH 43567	Family medicine physician, Pediatrician
Pediatricians	Pediatric Inc	Dr. Sullivan	https://www.thepediatriccenterinc.com/			Three Locations: two in Ohio, one in SEM.	Toledo Location 3900 Sunforest Court, Suite 223 Toledo, OH 43623 Phone: 419-473-6670 Fax: 419-473-9959 Oregon Location 2702 Navarre Ave. Suite 106 Oregon, OH 43616 Phone: 419-697-6777 Fax: 419-697-6712
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	
Pediatricians	Rocket Peds		https://health.utoledo.edu/pediatrics/index.html Welcome to Rocket Pediatrics			Waterville	
Pediatricians	Nationwide pediatrics		https://www.nationwidechildrens.org/locations/toledo/services/clinics-and-locations			Village Square, Perrysburg	

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Pelvic Floor Therapist	GOAL Physical Therapy & Wellness, LLC	Dr. Tiffany Dallas-Kish, PT, DPT, CIDN	www.goalpt.org	tiffany@goalpt.org	(419) 455-1625		Superb with assessments and guidance. Self-pay. No insurance coverage, though HSA reimbursement can be done.
Pelvic Floor Therapist	NWO Center for Pelvic Rehabilitation and Wellness	Karen Liberi	https://nwopelvicrehab.com/		(419) 893-7134. Fax 419-873-6812		
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://alternativephysicaltherapy.com/		(419) 578-4357	2526 N Reynolds Rd, Toledo, OH 43615	
Prenatal & Postnatal Massage	Shelly Varelli Holistic Therapy	Shelly Varelli	www.shellyvarlli.com		(419)699-2279	5166 Monroe St, Suite 302, Toledo, Ohio	
Prenatal & Postnatal Yoga	Lotus Yoga Center	Michele & Gary Baran	https://lotusyogatoledo.com/				
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		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	Rebecca Jordan Family Dentistry	Dr. Rebecca Tolley-Jordan	http://www.delawareohiosmiles.com		(740)369-4550	665 W. Central Ave, Delaware, OH 43015	A family focused practice that promotes whole body, holistic health, and wellness. Highly recommended for a tongue and lip tie revisions.
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
Tongue 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 waitliist.
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
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 wil 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	
	WHO Growth Charts		https://www.cdc.gov/growthcharts/who_charts.htm				