

Birth Center Tour

Von Voigtlander Women's Hospital **M**
734-763-6295 • Ann Arbor

Baby & Me Store **M**

<http://uofmhealthstore.org/babyme>

Baby Care Classes

Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor
<http://www.annarborbabybeginnings.com/>

Babies 'R US Classes

734-477-0943 • Ypsilanti
248-735-0365 • Northville
<https://reserve.babiesrus.com/events.html>

Baby Care Basics Class **M**

734-647-7888 • Ann Arbor, Brighton, Canton
<http://www.uofmhealth.org/conditions-treatments/classes-and-support>

Center for the Childbearing Year

734-663-1523 • Ann Arbor
<http://www.center4cby.com>

Pregnancy Arts Center

734-604-1841 • Ann Arbor
<http://www.pregnancyarts.com/>

UMHS Mindful Moms **M**

734-232-2600 • Ann Arbor
lfattori@umich.edu

Breastfeeding Classes & Support

Breastfeeding Center of Ann Arbor

734-975-6534 • Ann Arbor
<http://bfcaa.com/>

Center for the Childbearing Year

734-663-1523 • Ann Arbor
<http://www.center4cby.com>

La Leche League

442-229-0327 • Ann Arbor
<http://www.lllaa.org/home>
248-802-0447, Ask for Kathy Camilleri • Brighton
<http://lllbrighton.weebly.com/>

Meet Other Breastfeeding Moms **M**

734-232-2600 • Ann Arbor
<http://www.uofmhealth.org/conditions-treatments/classes-and-support>

Pregnancy Arts Center

734-604-1841 • Ann Arbor
<http://www.pregnancyarts.com/>

UMHS Prenatal Breastfeeding Class **M**

734-998-5782 • Ann Arbor
<http://www.uofmhealth.org/conditions-treatments/classes-and-support>

Washtenaw County WIC

734-544-2995 • Washtenaw County
http://www.ewashtenaw.org/government/departments/public_health/family_health/family-health-services/WIC/

Childbirth Classes

Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor
<http://www.annarborbabybeginnings.com/>

Brighton Community Education

810-231-2820, Ask for Denise Pelky • Brighton

Center for the Childbearing Year

734-663-1523 • Ann Arbor
<http://www.center4cby.com>

Michigan Visiting Nurses **M**

734-677-1515, 800-842-5504 • Ann Arbor
<http://www.umvn.org/Perinatal.asp>

Pregnancy Arts Center

734-604-1841 • Ann Arbor
<http://www.pregnancyarts.com/>

Fitness – Mom & Baby

Baby & Me Yoga at Brighton District Library

810-229-6571 • Brighton
<http://brightonlibrary.info/>

Fit4Mom

734-726-4075 • Ann Arbor
<http://annarbor.fit4mom.com>

FitPoint

734-531-9958 • Ann Arbor
<http://fitpointa2.com/>

Marlene McGrath Yoga

734-276-7423 • Ann Arbor
<http://marlenemcgrathyoga.com/>

Peachy Fitness

734-681-0477 • Ann Arbor
<http://peachyfitness.com/>

Yoga Center for Healthy Living

810-225-1288 • Brighton
<http://yogacenterbrighton.com/>

Fitness - Prenatal

Ann Arbor YMCA

734-996-9622 • Ann Arbor
<https://www.annarborymca.org/>

Center for the Childbearing Year

734-663-1523 • Ann Arbor
<http://www.center4cby.com>

Fit4Mom

734-726-4075 • Ann Arbor
<http://annarbor.fit4mom.com>

Marlene McGrath Yoga

734-276-7423 • Ann Arbor
<http://marlenemcgrathyoga.com/>

Prenatal Yoga & Dance

Ann Arbor Family Doulas
734-892-9055 • Ann Arbor
<http://www.annarborfamilydoulas.com/>

Yoga Center for Healthy Living

810-225-1288 • Brighton
<http://yogacenterbrighton.com/>

Infant Safety

Baby Safe Class **M**

734-936-8886 • Ann Arbor
UMHS-WHRC@med.umich.edu

Car Seat Safety Help

Mott Buckle-up Program **M**
734-763-2251 • Ann Arbor

Safe Sleep for Baby Training

Washtenaw Area Council for Children
734-434-4215 • Washtenaw County
<http://www.washtenawchildren.org/programs/safe-baby/>

Pregnancy, Childbirth, & Parenting Support

Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor
<http://www.annarborbabybeginnings.com/>

Ann Arbor Doulas

info@annarbordoulas.com • Ann Arbor
<http://www.annarbordoulas.com/>

Ann Arbor Family Doulas

734-892-9055 • Ann Arbor, Metro Detroit
<http://www.annarborfamilydoulas.com/>

Pregnancy Arts Center

734-604-1841 • Ann Arbor
<http://www.pregnancyarts.com/>

Realities of Parenthood Class **M**

734-647-7888 • Ann Arbor
<http://www.uofmhealth.org/conditions-treatments/classes-and-support>

Sacred Roots Services

734.288.7784 • Ann Arbor, Ypsilanti, Saline
<http://www.sacredrootsservices.com/>

SEM Community Doulas

734-506-8406 • Ann Arbor, Metro Detroit
<https://www.semcommunitydoulas.com/>

Support for Growing Families

734-395-5244 • Ann Arbor, Ypsilanti, Dexter, Saline, Plymouth, Canton
<http://supportforgrowingfamilies.com/>

Sweet Dreams Night Nanny Services

734-707-7170 • Ann Arbor
<http://belly2baby.com/>

Tree Town Doulas

<http://treetowndoulas.com/> • Ann Arbor, Ypsilanti

Massage - Prenatal

Body Poetry Therapies

734-255-8487 • Ann Arbor
<http://www.bodypoetrytherapies.com/>

LaVida Massage

734-222-1020 • Ann Arbor
<http://www.lavidamassageannarbormi.com/>
810-229-0888 • Brighton
<http://www.lavidamassagebrightonmi.com/>
734-844-1402 • Canton
<http://www.lavidamassagecantonmi.com/>

SEM Community Doulas

734-506-8406 • Ann Arbor
<https://www.semcommunitydoulas.com/>

TheraCare Therapeutic Massage

734-332-3800 • Ann Arbor
<http://www.theracaremassagetherapy.com/>

Woman Safe Health

734-477-5100 • Ann Arbor
<http://www.womansafehealth.com>

Massage - Infant

Ann Arbor Family Doulas

734-892-9055 • Ann Arbor
<http://www.annarborfamilydoulas.com/>

Woman Safe Health

734-477-5100 • Ann Arbor
<http://www.womansafehealth.com>

Mental Health

UM Center for Child & Family **M**

734 764-9466 • Ann Arbor
<http://mari.umich.edu/university-center-child-family>

UM Depression Center **M**

734-936-4400 • Ann Arbor
<http://www.depressioncenter.org/>

**UM Women and Infants Mental Health 
Clinic**

734-764-0231 • Ann Arbor

<http://www.psych.med.umich.edu/patient-care/women-and-infants-mental-health-clinic/>

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