

Women's Health Resource Center

Childbirth, Breastfeeding, & More

Baby Care Classes

Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor

<http://www.annarborbabybeginnings.com/>

Baby Care Basics Class **M**

734-647-7888 • Ann Arbor, Northville, Canton

<http://www.umwomenshealth.org/patient-resources/whrc/classes-support#babycare>

Center for the Childbearing Year

734-663-1523 • Ann Arbor

www.center4cby.com

Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

<http://www.ypsiarborcbe.com/>

Birth Center Tour

Von Voigtlander Women's Hospital **M**

734-763-6295 • Ann Arbor

<http://www.umwomenshealth.org/patient-resources/whrc/classes-support#birthcenter>

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://center4cby.com/expecting-a-baby>

La Leche League

442-229-0327 • Ann Arbor

<https://lllaa.weebly.com/>

248-802-0447, Ask for Kathy Camilleri • Brighton

<http://lllbrighton.weebly.com/>

Breastfeeding Classes & Support (Continued)

UMHS Prenatal Breastfeeding Class **M**

734-232-7898 • Ann Arbor

<https://www.umwomenshealth.org/patient-resources/whrc/classes-support#breastfeedingclass>

Washtenaw County WIC

734-544-2995 • Washtenaw County

http://www.ewashtenaw.org/government/departments/public_health/family_health/family-health-services/WIC/WICBreastfeedingHelpers

Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

<http://www.ypsiarborcbe.com/classes/>

Childbirth Classes

Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor

<http://www.annarborbabybeginnings.com/class-schedule-and-registration/>

Brighton Community Education

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

http://www.livingstonchildbirth.com/about_the_classes

Center for the Childbearing Year

734-663-1523 • Ann Arbor

<http://center4cby.com/childbirth-preparation-classes/>

Michigan Visiting Nurses **M**

734-677-1515, 800-842-5504 • Ann Arbor

<https://homecare.med.umich.edu/Michigan-Visiting-Nurses/About-Us/Perinatal-Home-Nursing-Program>

Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

<http://www.ypsiarborcbe.com/classes/>

Visit our websites:

<http://www.umwomenshealth.org/patient-resources/whrc>

<http://www.mottchildren.org/conditions-treatments/breastfeeding>

Fitness – Mom & Baby

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/>

Fit4Mom

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

Marlene McGrath Yoga

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

Prenatal Yoga

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**

734-763-2251 • Ann Arbor
<http://www.umwomenshealth.org/patient-resources/whrc/classes-support#babysafe>

Infant Safety (Continued)

Car Seat Safety Help

Mott Buckle-up Program **M**

734-763-2251 • Ann Arbor
<http://www.mottchildren.org/about-us/mott-buckle>

Safe Sleep for Baby Training

Washtenaw Area Council for Children
734-434-4215 • Washtenaw County
<https://www.washtenawchildren.org/safebaby/>

Massage - Infant

Ann Arbor Family Doulas

734-892-9055 • Ann Arbor
<http://www.annarborfamilydoulas.com/birth-classes-ann-arbor/infant-massage-ann-arbor/>

Massage - Prenatal

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/services.html>

Mental Health

EMU Psychology Clinic

734-487-4987 • Ypsilanti
<http://www.emich.edu/psychology/psychologyclinic/>

UM Center for Child & Family **M**

734-764-9466 • Ann Arbor
<https://mari.umich.edu/uccf/>

UM Depression Center **M**

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

Visit our websites:

<http://www.umwomenshealth.org/patient-resources/whrc>
<http://www.mottchildren.org/conditions-treatments/breastfeeding>

Mental Health (Continued)

UM Women and Infants Mental Health Clinic **M**

734-764-0231 • Ann Arbor

<https://medicine.umich.edu/dept/psychiatry/patient-care>

Pregnancy, Childbirth & Parenting Support

Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor

<http://www.annarborbabybeginnings.com/>

Ann Arbor Doulas

734-834-6751 Jodi Long

734-751-8280 Stephanie Julian

info@annarbordoulas.com • Ann Arbor

<http://www.annarbordoulas.com/>

Ann Arbor Family Doulas

734-892-9055 • Ann Arbor, Metro Detroit

<http://www.annarborfamilydoulas.com/>

MomShare **M**

lfattori@med.umich.edu • Ann Arbor

<https://womenscentersemi.org/momshare/>

Sacred Roots Services

734-288-7784 • Ann Arbor, Ypsilanti, Saline, Milan

<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/>

Pregnancy, Childbirth & Parenting Support (Continued)

Tree Town Doulas

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

Tummy Time Training **M**

Sepilon@med.umich.edu • Ann Arbor

<http://www.mottchildren.org/patient-resources/whrc/classes-support#tummytime>

Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

<http://www.ypsiarborcbe.com/>

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Visit our websites:

<http://www.umwomenshealth.org/patient-resources/whrc>

<http://www.mottchildren.org/conditions-treatments/breastfeeding>