

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

[www.umwomenshealth.org/patient-](http://www.umwomenshealth.org/patient-resources/classes-support)

[resources/classes-support](http://www.umwomenshealth.org/patient-resources/classes-support)

Center for the Childbearing Year

734-663-1523 • Ann Arbor

www.center4cby.com

Pregnancy Arts Center

734-604-1841 • Ann Arbor

<http://www.pregnancyarts.com>

Birth Center Tour

Von Voigtlander Women's Hospital **M**

734-763-6295 • Ann Arbor

[http://www.umwomenshealth.org/patient-](http://www.umwomenshealth.org/patient-resources/classes-support)
[resources/classes-support](http://www.umwomenshealth.org/patient-resources/classes-support)

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

www.center4cby.com

Breastfeeding Classes & Support (Continued)

Pregnancy Arts Center

734-604-1841 • Ann Arbor

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

UMHS Prenatal Breastfeeding Class **M**

734-998-5782 • Ann Arbor

[www.umwomenshealth.org/patient-](http://www.umwomenshealth.org/patient-resources/classes-support)
[resources/classes-support](http://www.umwomenshealth.org/patient-resources/classes-support)

Washtenaw County WIC

734-544-2995 • Washtenaw County

[http://www.ewashtenaw.org/government/depart-](http://www.ewashtenaw.org/government/departments/public_health/family_health/family-health-services/WIC/)
[ments/public_health/family_health/family-health-](http://www.ewashtenaw.org/government/departments/public_health/family_health/family-health-services/WIC/)
[services/WIC/](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 www.center4cby.com

Michigan Visiting Nurses **M**

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

[www.umwomenshealth.org/patient-](http://www.umwomenshealth.org/patient-resources/classes-support)
[resources/classes-support](http://www.umwomenshealth.org/patient-resources/classes-support)

Pregnancy Arts Center

734-604-1841 • Ann Arbor

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

La Leche League

442-229-0327 ▪ Ann Arbor
<http://www.llaa.org/home>

248-802-0447, Ask for Kathy Camilleri
▪ Brighton <http://lllbrighton.weebly.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
www.center4cby.com

Fit4Mom

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

Marlene McGrath Yoga

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

Infant Safety

Baby Safe Class **M**

734-763-2251 ▪ Ann Arbor
www.umwomenshealth.org/patient-resources/classes-support

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/>

Massage - Infant

Ann Arbor Family Doulas

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

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/>

Mental Health

EMU Psychology Clinic

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

**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/>

Mental Health (Continued)

UM Depression Center

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/>

**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/>

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/>

UM Center for Child & Family

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

**Pregnancy, Childbirth &
Parenting Support
(Continued)**

Sweet Dreams Night Nanny Services

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

Tree Town Doulas

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

Support for Growing Families

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

Disclaimer: Unless designated as Michigan Medicine resource, these resources are not sponsored, created, or endorsed by Michigan Medicine. Michigan Medicine does not assume responsibility for the content expressed by these organizations. Utilizing these resources does not replace medical advice from your health care provider. Talk to your health care provider before utilizing resources such as fitness classes and massage.

Patient Education by [Michigan Medicine](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 01/2018