Women’s Health Resource Center

Childbirth, Breastfeeding, & More

Baby Care Classes
Ann Arbor Baby Beginnings
734-221-0158 • Ann Arbor
http://www.annarborbabybeginnings.com/

Ann Arbor Birth and Family
734-892-9055 • Ann Arbor
https://www.annarborbirth.com/

Baby Care Basics Class
734-647-7888 • Ann Arbor, Northville, Canton
https://www.umwomenshealth.org/resources/classes-support#babycare

Tree Town Doulas
734-730-2909 • Ann Arbor
www.treetowndoulas.com

Ypsi-Arbor Childbirth Education
734-288-7784 • Ann Arbor
http://www.ypsiarborcbe.com/classes

Birth Center Tour
Von Voigtlander Women’s Hospital
734-763-6295 • Ann Arbor
https://www.umwomenshealth.org/resources/classes-support#birthcenter

Breastfeeding Classes & Support
The Breastfeeding Center of Ann Arbor
734-975-6534 • Ann Arbor
http://bfcaa.com/

La Leche League
442-229-0327 • Ann Arbor
248-802-0447, Ask for Kathy Camilleri • Brighton

Livingston County WIC
517-546-5459 • Howell
https://www.livgov.com/health/ph/Pages/wic.aspx

Breastfeeding Classes & Support (Continued)
Tree Town Doulas
734-730-2909 • Ann Arbor
www.treetowndoulas.com

UMHS Prenatal Breastfeeding Class
734-232-7898 • Ann Arbor
https://www.umwomenshealth.org/resources/classes-support#breastfeedingclass

Washtenaw County WIC
734-544-2995 • Washtenaw County
https://www.washtenaw.org/1402/Breastfeeding-Education-Support

Ypsi-Arbor Childbirth Education
734-288-7784 • Ann Arbor
http://www.ypsiarborcbe.com/classes/breastfeeding

Childbirth Classes
Ann Arbor Baby Beginnings
734-221-0158 • Ann Arbor
http://www.annarborbabybeginnings.com/class-schedule-and-registration

Ann Arbor Birth and Family
734-892-9055 • Ann Arbor
https://www.annarborbirth.com/

Livingston Childbirth
810-231-2820, Ask for Denise Pelky • Brighton
http://www.livingstonchildbirth.com/about_the_classes

Visit our websites:
https://www.umwomenshealth.org/womens-health-resources%20
http://www.mottchildren.org/conditions-treatments/breastfeeding
Childbirth Classes (Continued)
Tree Town Doulas
734-730-2909 • Ann Arbor
www.treetowndoulas.com

Ypsi-Arbor Childbirth Education
734-288-7784 • Ann Arbor
http://www.yspiarborcbe.com/classes

Fitness – Mom & Baby
Ann Arbor Birth and Family
734-892-9055 • Ann Arbor
https://www.annarborbirth.com/

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

Brighton Yoga Center
810-522-5004 • Brighton
https://brightonyogacenter.com/

Fit4Mom
734-263-4425 • Ann Arbor
http://annarbor.fit4mom.com

Marlene McGrath Yoga
734-276-7423 • Ann Arbor
http://marlenemcgrathyoga.com/

MOVE Wellness Pilates
734-761-2306 • Ann Arbor
www.movewellness.com

Prenatal Yoga
Ann Arbor Family Birth and Family
734-892-9055 • Ann Arbor
http://www.annarborbirth.com/

Yoga Center for Healthy Living
810-225-1288 • Brighton
http://yogacenterbrighton.com/

Infant Safety
Baby Safe Class
734-763-2251 • Ann Arbor
http://www.umwomenshealth.org/patient-resources/whrc/classes-support#babysafe

Car Seat Safety Help
Mott Buckle-up Program
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
http://www.washtenawchildren.org/safebaby

Visit our websites:
https://www.umwomenshealth.org/womens-health-resources%20
http://www.mottchildren.org/conditions-treatments/breastfeeding
**Massage - Infant**
Ann Arbor Birth and Family
734-892-9055 • Ann Arbor
[https://www.annarborbirth.com/](https://www.annarborbirth.com/)

**Massage - Prenatal**
LaVida Massage
734-222-1020 • Ann Arbor
[http://www.lavidamassageannarbormi.com/](http://www.lavidamassageannarbormi.com/)
810-229-0888 • Brighton
734-844-1402 • Canton

**SEM Community Doulas**
734-506-8406 • Ann Arbor

**Mental Health**
Ann Arbor Birth and Family
734-892-9055 • Ann Arbor
[https://www.annarborbirth.com/](https://www.annarborbirth.com/)

CHASS
313.849.3920 • Detroit
[https://chasscenter.org/](https://chasscenter.org/)

EMU Psychology Clinic
734-487-4987 • Ypsilanti
[http://www.emich.edu/psychology/psychologyclinic/](http://www.emich.edu/psychology/psychologyclinic/)

**UM Center for Child & Family**
734-764-9466 • Ann Arbor
[http://mari.umich.edu/uccf](http://mari.umich.edu/uccf)

**UM Depression Center**
734-936-4400 • Ann Arbor

**UM Women and Infants Mental Health Clinic**
734-764-0231 • Ann Arbor
[http://www.medicine.umich.edu/dept/psychiatry/patient-care](http://www.medicine.umich.edu/dept/psychiatry/patient-care)

**Pregnancy, Childbirth & Parenting Support**
Ann Arbor Baby Beginnings
734-221-0158 • Ann Arbor

**Ann Arbor Doulas**
734-800-1854 • Ann Arbor

**Ann Arbor Birth & Family**
734-892-9055 • Ann Arbor

**MomShare**
734-973-6779 • Ann Arbor
lfattori@med.umich.edu
[https://womenscentersemi.org/momshare](https://womenscentersemi.org/momshare)

**SEM Community Doulas**
734-506-8406 • Ann Arbor

**Support for Growing Families**
734-395-5244 • Ann Arbor, Ypsilanti, Dexter, Saline, Plymouth, Canton

**Tree Town Doulas**
734-730-2909 • Ann Arbor, Ypsilanti
[http://treetowndoulas.com/](http://treetowndoulas.com/)

**Tummy Time Training**
sepilon@med.umich.edu • Ann Arbor
[https://www.umwomenshealth.org/resources/classes-support#tummytime](https://www.umwomenshealth.org/resources/classes-support#tummytime)

**Ypsi-Arbor Childbirth Education**
734-288-7784 • Ann Arbor
[http://www.ypsiarborcbe.com](http://www.ypsiarborcbe.com)

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Visit our websites:
[https://www.umwomenshealth.org/womens-health-resources%20](https://www.umwomenshealth.org/womens-health-resources%20)
[http://www.mottchildren.org/conditions-treatments/breastfeeding](http://www.mottchildren.org/conditions-treatments/breastfeeding)