

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>

Tree Town Doulas

734-730-2909 • Ann Arbor

www.treetowndoublas.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/>

La Leche League

442-229-0327 • Ann Arbor

<http://llaa.weebly.com>

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

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

Tree Town Doulas

734-730-2909 • Ann Arbor

www.treetowndoublas.com

Breastfeeding Classes & Support (Continued)

UMHS Prenatal Breastfeeding Class **M**

734-232-7898 • Ann Arbor

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

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

Tree Town Doulas

734-730-2909 • Ann Arbor

www.treetowndoublas.com

Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

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

Visit our websites:

<https://www.umwomenshealth.org/womens-health-resources%20>

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

Fitness – Mom & Baby

Fit4Mom

734-263-4425 ▪ 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/>

MOVE Wellness Pilates

734-761-2306 ▪ Ann Arbor
www.movewellness.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

734-263-4425 ▪ 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

Infant Safety

Baby Safe Class **M**

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

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
<http://www.washtenawchildren.org/safebaby>

Massage - Infant

Ann Arbor Birth & Family

734-892-9055 ▪ Ann Arbor
<https://www.annarborbirth.com/childbirth-classes-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>

Visit our websites:

<https://www.umwomenshealth.org/womens-health-resources%20>
<http://www.mottchildren.org/conditions-treatments/breastfeeding>

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

Mental Health

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

Postpartum Support Group
Susan Gibney, MS, RN
734-645-7996 • Ann Arbor
susankgibney@gmail.com

UM Center for Child & Family **M**
734-764-9466 • Ann Arbor
<http://mari.umich.edu/uccf>

UM Depression Center **M**
734-936-4400 • Ann Arbor
<http://www.depressioncenter.org/patients-visitors>

UM Women and Infants Mental Health Clinic **M**
734-764-0231 • Ann Arbor
<http://www.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 Birth & Family
734-892-9055 • Ann Arbor, Metro Detroit
<http://www.annarborbirth.com/>

Pregnancy, Childbirth & Parenting Support (Continued)

Bright Beginnings Doula Services
734-646-1864 • Saline

MomShare **M**
lfattori@med.umich.edu • Ann Arbor
<https://womenscentersemi.org/momshare>

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
734-730-2909 • Ann Arbor, Ypsilanti
<http://treetowndoulas.com/>

Tummy Time Training **M**
sepilon@med.umich.edu • Ann Arbor
<https://www.umwomenshealth.org/resources/classes-support#tummytime>

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

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Visit our websites:

<https://www.umwomenshealth.org/womens-health-resources%20>
<http://www.mottchildren.org/conditions-treatments/breastfeeding>

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<https://www.umwomenshealth.org/womens-health-resources%20>
<http://www.mottchildren.org/conditions-treatments/breastfeeding>