Women’s Health Resource Center
Community Resource Guide

Birth Center Tour
Von Voigtlander Women’s Hospital
734-763-6295 • Ann Arbor

Baby & Me Store
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

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

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 Prenatal Breastfeeding Class
734-998-5782 • Ann Arbor
http://www.uofmhealth.org/conditions-treatments/classes-and-support

Washtenaw County WIC
734-544-2995 • Washtenaw County
### Childbirth Classes

- **Ann Arbor Baby Beginnings**
  - 734-221-0158 • Ann Arbor

- **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](http://www.center4cby.com)

- **Michigan Visiting Nurses**
  - 734-677-1515, 800-842-5504 • Ann Arbor
  - [http://www.umvn.org/Perinatal.asp](http://www.umvn.org/Perinatal.asp)

- **Pregnancy Arts Center**
  - 734-604-1841 • Ann Arbor
  - [http://www.pregnancyarts.com/](http://www.pregnancyarts.com/)

### Divorce/Single Parenting

- **Parenting On Your Own Workshop**
  - MSU Extension Washtenaw County
  - 734-222-3943 • Ypsilanti
  - clarkjon@anr.msu.edu

- **UM Center for Child and Family**
  - 734-764-9466 • Ann Arbor

- **Women’s Center of Southeastern Michigan**
  - 734-973-6779 • Ann Arbor
  - [https://womenscentersemi.org/](https://womenscentersemi.org/)

### Fitness – Mom & Baby

- **Baby & Me Yoga at Brighton District Library**
  - 810-229-6571 • Brighton
  - [http://brightonlibrary.info/](http://brightonlibrary.info/)

- **Fit4Mom**
  - 734-726-4075 • Ann Arbor
  - [http://annarbor.fit4mom.com](http://annarbor.fit4mom.com)

- **FitPoint**
  - 734-531-9958 • Ann Arbor
  - [http://fitpointa2.com/](http://fitpointa2.com/)

- **Marlene McGrath Yoga**
  - 734-276-7423 • Ann Arbor
  - [http://marlenemcgrathyoga.com/](http://marlenemcgrathyoga.com/)

- **Peachy Fitness**
  - 734-681-0477 • Ann Arbor
  - [http://peachyfitness.com/](http://peachyfitness.com/)

### Domestic Violence

- **SafeHouse Center**
  - 734-995-5444 • Ann Arbor
  - [http://www.center4ed.org](http://www.center4ed.org)

### Eating Disorders

- **Center for Eating Disorders**
  - 734-668-8585 • Ann Arbor
  - [http://www.center4ed.org](http://www.center4ed.org)

- **UM Comprehensive Eating Disorders Program**
  - 877-475-6688 • Ann Arbor
  - [http://www.mottchildren.org/conditions-treatments/eatingdisorders](http://www.mottchildren.org/conditions-treatments/eatingdisorders)

### Financial Coaching/Education

- **Washtenaw County MSU Extension**
  - 734-222-3943 • Washtenaw County
  - clarkjon@anr.msu.edu

- **Women’s Center of Southeastern Michigan**
  - 734-973-6779 • Ann Arbor
  - [https://womenscentersemi.org/](https://womenscentersemi.org/)
Yoga Center for Healthy Living
810-225-1288 • Brighton
http://yogacenterbrighton.com/

Infant Safety
Baby Safe Class
734-936-8886 • Ann Arbor
UMHS-WHRC@med.umich.edu

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

Car Seat Safety Help
Mott Buckle-up Program
734-763-2251 • Ann Arbor

Center for the Childbearing Year
734-663-1523 • Ann Arbor
www.center4cby.com

Safe Sleep for Baby Training
Washtenaw Area Council for Children
734-434-4215 • Washtenaw County
http://www.washtenawchildren.org/programs/safe-baby/

Fit4Mom
734-726-4075 • Ann Arbor
http://annarbor.fit4mom.com

Infertility Services & Support
UM Center for Reproductive Medicine
Infertility Support Group
Pregnancy After Infertility Support Group
Beyond IVF Support Group
Infertility Services
734-763-4323 • Ann Arbor
https://medicine.umich.edu/dept/center-reproductive-medicine

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

LGBT Resources
Jim Toy Community Center
734-995-9867 • Ann Arbor
http://www.jimtoycenter.org/

Prenatal Yoga & Dance
Ann Arbor Family Doulas
734-892-9055 • Ann Arbor
http://www.annarborfamilydoulas.com/

PFLAG Ann Arbor
734-741-0659 • Ann Arbor
http://www.pflagaa.org/

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

UM Comprehensive Gender Services Program
734-998-2150 • Ann Arbor
http://www.uofmhealth.org/conditions-treatments/transgender-services

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.lavidamassagelandstrommi.com/

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

Infertility Services
734-763-4323 • Ann Arbor
https://medicine.umich.edu/dept/center-reproductive-medicine

Infant Safety
Baby Safe Class
734-936-8886 • Ann Arbor
UMHS-WHRC@med.umich.edu

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

Safe Sleep for Baby Training
Washtenaw Area Council for Children
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http://www.washtenawchildren.org/programs/safe-baby/

Infertility Services & Support
UM Center for Reproductive Medicine
Infertility Support Group
Pregnancy After Infertility Support Group
Beyond IVF Support Group
Infertility Services
734-763-4323 • Ann Arbor
https://medicine.umich.edu/dept/center-reproductive-medicine

LGBT Resources
Jim Toy Community Center
734-995-9867 • Ann Arbor
http://www.jimtoycenter.org/

PFLAG Ann Arbor
734-741-0659 • Ann Arbor
http://www.pflagaa.org/

UM Comprehensive Gender Services Program
734-998-2150 • Ann Arbor
http://www.uofmhealth.org/conditions-treatments/transgender-services
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
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
www.womansafehealth.com

Mental Health
UM Center for Child & Family
734-764-9466 • Ann Arbor
http://mari.umich.edu/university-center-child-family

UM Depression Center
734-936-4400 • Ann Arbor
http://www.depressioncenter.org/

UM Women and Infants Mental Health Clinic
734-764-0231 • Ann Arbor

Relationship Support
UM Center for Child & Family
734-764-9466 • Ann Arbor
http://mari.umich.edu/university-center-child-family

UM Center for Reproductive Medicine
734-763-4323 • Ann Arbor
https://medicine.umich.edu/dept/center-reproductive-medicine

UM Spectrum Center
734-763-4186 • Ann Arbor
https://spectrumcenter.umich.edu/

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/

UM Realities of Parenthood Class
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/
Senior Wellness and Support
UM Geriatrics Center M
734-764-6831 • Ann Arbor
http://www.med.umich.edu/geriatrics/index.htm

UM Turner Senior Resource Center M
734-998-9353 • Ann Arbor
http://www.med.umich.edu/geriatrics/community/turner.htm

Sexual & Reproductive Health
UM Breast and Ovarian Cancer Risk Evaluation Program
734-764-0107 • Ann Arbor

UM Center for Reproductive Medicine M
734-763-4323 • Ann Arbor
https://medicine.umich.edu/dept/center-reproductive-medicine

UM Center for Sexual Health M
734-763-4963 • Ann Arbor
http://www.uofmhealth.org/conditions-treatments/sexual-health

UM HIV/AIDS Treatment Program M
734-936-8186 • Ann Arbor
http://www.med.umich.edu/intmed/infectious/hiv/index.htm

Unified: HIV Health and Beyond
734-572-9355 • Ypsilanti
http://www.miuunified.org/home.aspx

Sweet Dreams Night Nanny Services
734-707-7170 • Ann Arbor
http://belly2baby.com/

Tree Town Doulas
http://treetowndoulas.com/ • Ann Arbor, Ypsilanti

Find Additional Resources
Washtenaw County Department of Public Health

Women’s Center of Southeastern Michigan
734-973-6779 • Ann Arbor
https://womenscentersemi.org/
Disclaimer: Unless designated as a University of Michigan Health System (UMHS) resource, these resources are not sponsored, created, or endorsed by the University of Michigan Health System. UMHS 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.

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