

Birth Center Tour

Von Voigtlander Women's Hospital **M**

734-763-6295 • Ann Arbor

Baby & Me Store

<http://uofmhealthstore.org/babyme> **M**

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

<http://www.uofmhealth.org/conditions-treatments/classes-and-support>

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 Mindful Moms **M**

734-232-2600 • Ann Arbor

lfattori@umich.edu

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 **M**

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 Prenatal Breastfeeding Class **M**

734-998-5782 • Ann Arbor

<http://www.uofmhealth.org/conditions-treatments/classes-and-support>

Washtenaw County WIC

734-544-2995 • Washtenaw County

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

<http://www.center4cby.com>

Michigan Visiting Nurses **M**

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

<http://www.umvn.org/Perinatal.asp>

Pregnancy Arts Center

734-604-1841 • Ann Arbor

<http://www.pregnancyarts.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/>

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 **M**

734-764-9466 • Ann Arbor

<http://mari.umich.edu/university-center-child-family/community-outreach/free-lectures-workshops>

Women's Center of Southeastern Michigan

734-973-6779 • Ann Arbor

<https://womenscentersemi.org/>

Domestic Violence

SafeHouse Center

734-995-5444 • Ann Arbor

<http://www.center4ed.org>

Eating Disorders

Center for Eating Disorders

734-668-8585 • Ann Arbor

<http://www.center4ed.org>

UM Comprehensive Eating Disorders Program **M**

877-475-6688 • Ann Arbor

<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/>

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/>

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/>

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/>

Infant Safety

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

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/>

Infertility Services & Support

UM Center for Reproductive Medicine **M**
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 **M**
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
<http://www.psych.med.umich.edu/patient-care/women-and-infants-mental-health-clinic/>

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 **M** Evaluation Program

734-764-0107 • Ann Arbor

<http://www.mcancer.org/cancer-genetics/breast-and-ovarian-risk-program>

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.miunified.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

http://www.ewashtenaw.org/government/departments/public_health/

Women's Center of Southeastern Michigan

734-973-6779 • Ann Arbor

<https://womenscentersemi.org/>

University of Michigan Health System

Dept. of Obstetrics & Gynecology
Von Voigtlander Women's Hospital
Floor 9 – Rec. B
1540 E. Hospital Drive
Ann Arbor, MI 48109-4276
734-763-6295

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