

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-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

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-resources/classes-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

www.center4cby.com

Michigan Visiting Nurses **M**

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

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/>

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

Fitness – Mom & Baby (Continued)

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/>

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/>

Infant Safety

Baby Safe Class M
734-763-2251 • Ann Arbor
www.umwomenshealth.org/patient-resources/classes-support

Car Seat Safety Help

Women's Center of Southeastern Michigan
734-973-6779 • Ann Arbor
<https://womenscentersemi.org/>

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/>

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>

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 – Prenatal (Continued)

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/>

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

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

UM Women and Infants Mental Health Clinic**M**
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/>

UM Center for Reproductive Medicine **M**

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

UM Spectrum Center **M**

734-763-4186 • Ann Arbor
<https://spectrumcenter.umich.edu/>

Massage - Infant

Ann Arbor Family Doulas

734-892-9055 • Ann Arbor
<http://www.annarbordoulas.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/>

Pregnancy, Childbirth & Parenting Support (Continued)

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

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

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.annarbordoulas.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/>

Sexual & Reproductive Health

**Breast and Cervical Cancer Control Program
Ingham County Health Department**

517-887-4364 • Ingham County
<http://hd.ingham.org/SeekingCare/BreastandCervicalCancerControlProgram.aspx>

UM Breast and Ovarian Cancer Risk Evaluation Program **M**

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>

Relationship Support

UM Center for Child & Family **M**

734-764-9466 • Ann Arbor

<http://mari.umich.edu/university-center-child-family>

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>

Unified: HIV Health and Beyond

734-572-9355 • Ypsilanti

<http://www.miunified.org/home.aspx>

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/>

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