

# Resources for the Childbearing Year

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Congratulations on your pregnancy! We have restricted this list mostly to Washtenaw County, but many of the groups listed will have information for neighboring counties if requested. This list is not necessarily comprehensive and does not endorse particular groups over others.

You can start at the VVWH Women's Health Resources page which has many free classes, social connection and support groups, a tour of the birth center, and a health education library. Some class offerings remain online only at this time.

**Classes & Support** | Von Voigtlander Women's Hospital | Michigan Medicine:

<https://bit.ly/3MYz2GG>

## Childbirth Preparation

Many organizations that offer childbirth education classes also offer breastfeeding and infant safety classes, as well as yoga and sometimes doula services.

### **Ann Arbor Baby Beginnings**

<http://annarborbabybeginnings.com/home-rover>

### **Ann Arbor Birth and Family**

<https://www.annarborbirth.com>

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

<https://annarbordoulas.com/childbirth-classes/>

## **Birth Detroit**

<https://www.birthdetroit.com/classes>

## **Evidence Based Birth 734-542-6925**

<https://empoweringbirthsupport.com/birth-classes/>

## **Hypnobirthing 248-677-1673**

<https://bit.ly/3Nlld5a>

## **Tree Town Doulas**

[www.treetowndoulas.com](http://www.treetowndoulas.com)

## **Ypsi-Arbor Childbirth Education 734-288-7784**

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

## **Breastfeeding**

### **The Breastfeeding Center of Ann Arbor 734-975-6534**

<http://bfcaa.com/>

### **La Leche League 442-229-0327**

<http://www.llli.org>

### **Breastfeeding Support at Briarwood Center for Women, Children and Young Adults |**

Michigan Medicine: <https://bit.ly/3WXbhDc>

## **Infant Safety**

### **Baby Safe Class 734-763-2251**

<https://bit.ly/3MYz2GG>

### **Car Seat Safety Help Mott Buckle-up Program 734-763-2251**

<https://bit.ly/3MXKCBK>

**Washtenaw Area Council for Children** 734-434-4215

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

## **Doulas**

We are unable to provide a consistently updated, comprehensive list of doula services in our area and beyond. Most organizations that offer childbirth education also offer doula services. We encourage you to investigate these options early. Doulas are a covered benefit under Michigan Medicaid plans.

### **Dial a Doula**

[Doula Services | Von Voigtlander Women's Hospital | Michigan Medicine](#)  
([umwomenshealth.org](http://umwomenshealth.org))

-free, on-call doula service available when you are admitted to Womens' hospital

### **Michigan Doula Registry**

<https://bit.ly/3CnpXSE>

-provides a search engine for finding a doula in your area, and information on insurance reimbursement

### **Doula Match**

<http://www.doulamatch.net>

-search engine for area doulas registered on the site

## **Mental Health**

Michigan Medicine Psychiatric ER Crisis phone service: 734-936-5900 or  
734-996-4747

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

**CHASS** 313-849-3920

Detroit <https://chasscenter.org/>

**EMU Psychology Clinic** 734-487-4987

Ypsilanti <http://www.emich.edu/psychology/psychologyclinic/>

**Great Lakes Perinatal Wellness** 734-249-8500

Ann Arbor <http://www.greatlakesperinatal.com>

**UM Center for Child & Family** 734-764-9466

Ann Arbor <http://mari.umich.edu/uccf>

**UM Women and Infants Mental Health Clinic** 734-764-0231

Ann Arbor <https://bit.ly/43SW6xa>

## **Alternative Modalities**

Acupuncture

**Abby Humphrey** 734-216-3476

<https://www.abbyhumphreyacupuncture.com/>

**Michigan Medicine Chelsea Health Center** 734-539-5000

<http://uofmhealth.org/our-locations/chelsea-health-center>

**Ann Arbor Community Acupuncture** 734-780-7253

<https://annarborcommunityacupuncture.com/>

-sliding scale \$20-\$40

**Asian Healing Traditions** 734-707-8890

<https://asianhealingtraditions.com/services/acupuncture>

**Common Source Healing**-734-926-9410

<https://www.commonsourcehealing.com/>

**Cynthia Esseichick** 734-255-8647

<https://www.alchemicalbrilliance.com/>

**The Lotus Center** 734-975-2745

<https://www.annarboracupuncture.com/>

Chiropractic

**Ann Arbor Saline Family Chiropractic** 734-930-6990

<https://www.annarborchiro.com/>

**ARC Chiropractic** 734-429-2410

[https://www.arcchiropractic.com/?UTM\\_source=GBL](https://www.arcchiropractic.com/?UTM_source=GBL)

**Collective Culture Health and Chiropractic** 734-330-2616

<https://www.collectiveculturehealth.com/contact-us>

**Holgen Chiropractic** 734-751-8068

<http://doctorhoglen.com/>

**New Era Chiropractic** 734-944-2090

<http://www.newerasaline.com/>

**Sprout Family Chiropractic** 734-667-3095

<https://www.sprout-chiropractic.com>

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