Women’s Health Resource Center
Community Resource Guide

Birth Center Tour
Von Voigtlander Women’s Hospital
734-763-6295 ▪ Ann Arbor
http://www.umwomenshealth.org/patient-resources/whrc/classes-support#birthcenter

Baby Care Classes
Ann Arbor Baby Beginnings
734-221-0158 ▪ Ann Arbor
http://www.annarborbabybeginnings.com/

Baby Care Basics Class
734-647-7888 ▪ Ann Arbor, Northville, Canton
http://www.umwomenshealth.org/patient-resources/whrc/classes-support#babycare

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

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

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

Center for the Childbearing Year
734-663-1523 ▪ Ann Arbor
http://center4cby.com/childbirth-preparation-classes/

Michigan Visiting Nurses
734-677-1515, 800-842-5504 ▪ Ann Arbor
https://homecare.med.umich.edu/Michigan-Visiting-Nurses/About-Us/Perinatal-Home-Nursing-Program

Childbirth Classes (Continued)
Ypsi-Arbor Childbirth Education
734-288-7784 ▪ Ann Arbor
http://www.ypsiarborcbe.com/classes/

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://center4cby.com/expecting-a-baby

La Leche League
442-229-0327 ▪ Ann Arbor
https://lllaa.weebly.com/
248-802-0447, Ask for Kathy Camilleri ▪ Brighton
http://lllbrighton.weebly.com/

UMHS Prenatal Breastfeeding Class
734-232-7898 ▪ Ann Arbor
https://www.umwomenshealth.org/patient-resources/whrc/classes-support#breastfeedingclass

Washtenaw County WIC
734-544-2995 ▪ Washtenaw County

Ypsi-Arbor Childbirth Education
734-288-7784 ▪ Ann Arbor
http://www.ypsiarborcbe.com/classes/
Fitness – Mom & Baby

**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)

**Yoga Center for Healthy Living**  
810-225-1288 • Brighton  
[http://yogacenterbrighton.com](http://yogacenterbrighton.com)

Fitness - Prenatal

**Ann Arbor YMCA**  
734-996-9622 • Ann Arbor  
[https://www.annarborymca.org](https://www.annarborymca.org)

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

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

**Prenatal Yoga**  
**Ann Arbor Family Doulas**  
734-892-9055 • Ann Arbor  
[http://www.annarbordoulas.com](http://www.annarbordoulas.com)

**Yoga Center for Healthy Living**  
810-225-1288 • Brighton  
[http://yogacenterbrighton.com](http://yogacenterbrighton.com)

Massage – Prenatal

**LaVida Massage**  
734-222-1020 • Ann Arbor  
[http://www.lavidamassageannarbormi.com](http://www.lavidamassageannarbormi.com)  
810-229-0888 • Brighton  
[http://www.lavidamassagebrightonmi.com](http://www.lavidamassagebrightonmi.com)  
734-844-1402 • Canton  
[http://www.lavidamassagecantonmi.com](http://www.lavidamassagecantonmi.com)

**SEM Community Doulas**  
734-506-8406 • Ann Arbor  
[https://www.semcommunitydoulas.com](https://www.semcommunitydoulas.com)

**TheraCare Therapeutic Massage**  
734-332-3800 • Ann Arbor  
[http://www.theracaremassagetherapy.com/services.html](http://www.theracaremassagetherapy.com/services.html)

Pregnancy, Childbirth, & Parenting Support

**Ann Arbor Baby Beginnings**  
734-221-0158 • Ann Arbor  
[http://www.annarborbabybeginnings.com](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](http://www.annarbordoulas.com)

**Ann Arbor Family Doulas**  
734-892-9055 • Ann Arbor, Metro Detroit  
[http://www.annarbordoulas.com](http://www.annarbordoulas.com)

**MomShare**  
Ifattori@med.umich.edu • Ann Arbor  
[https://womenscentersemi.org/momshare](https://womenscentersemi.org/momshare)

**Sacred Roots Services**  
734-288-7784 • Ann Arbor, Ypsilanti, Saline, Milan  
[http://www.sacredrootsservices.com](http://www.sacredrootsservices.com)

**SEM Community Doulas**  
734-506-8406 • Ann Arbor, Metro Detroit  
[https://www.semcommunitydoulas.com](https://www.semcommunitydoulas.com)

**Support for Growing Families**  
734-395-5244 • Ann Arbor, Ypsilanti, Dexter, Saline, Plymouth, Canton
Infant Safety
Baby Safe Class
734-763-2251 ▪ Ann Arbor
http://www.umwomenshealth.org/patient-resources/whrc/classes-support#babysafe

Car Seat Safety Help
Mott Buckle-up Program
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
https://www.washtenawchildren.org/safebaby/

Mental Health
EMU Psychology Clinic
734-487-4987 ▪ Ypsilanti
http://www.emich.edu/psychology/psychologyclinic/

UM Center for Child & Family
734-764-9466 ▪ Ann Arbor
https://mari.umich.edu/uccf/

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

UM Women and Infants Mental Health Clinic
734-764-0231 ▪ Ann Arbor
https://medicine.umich.edu/dept/psychiatry/patient-care

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
734-764-0107 ▪ Ann Arbor
http://supportforgrowingfamilies.com/
Ypsi-Arbor Childbirth Education
734-288-7784 ▪ Ann Arbor
http://www.ypsiarborcbe.com/classes/

Sexual & Reproductive Health (Continued)
UM Center for Reproductive Medicine
734-763-4323 ▪ Ann Arbor
http://medicine.umich.edu/dept/center-reproductive-medicine

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

UM HIV/AIDS Treatment Program
734-936-8186 ▪ Ann Arbor

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

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

Relationship Support
UM Center for Child & Family
734-764-9466 ▪ Ann Arbor
http://mari.umich.edu/university-center-child-family
Divorce/Single Parenting
(Continued)
Women’s Center of Southeastern Michigan
734-973-6779 ▪ Ann Arbor
https://womenscentersemi.org/

Domestic Violence
SafeHouse Center
734-995-5444 ▪ Ann Arbor
https://www.safehousecenter.org/

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

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[M]
Services Program
734-998-2150 ▪ Ann Arbor
http://www.uofmhealth.org/conditions-treatments/transgender-services

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

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

LGBT Resources (Continued)
UM Spectrum Center[M]
734-763-4186 ▪ Ann Arbor
https://spectrumcenter.umich.edu/

Eating Disorders
Center for Eating Disorders
734-668-8585 ▪ Ann Arbor
http://www.center4ed.org

UM Comprehensive Eating Disorders Program
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/

Additional Resources
Washtenaw County Department of Public Health

Women’s Center of Southeastern Michigan
734-973-6779 ▪ Ann Arbor
https://womenscentersemi.org/
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