

Birth Center Tour

Von Voigtlander Women's Hospital **M**

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 **M**

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 **M**

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 **M**

734-232-7898 • Ann Arbor

<https://www.umwomenshealth.org/patient-resources/whrc/classes-support#breastfeedingclass>

Washtenaw County WIC

734-544-2995 • Washtenaw County

http://www.ewashtenaw.org/government/departments-public_health/family_health/family-health-services/WIC/WICBreastfeedingHelpers

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>

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/>

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/>

Fit4Mom

734-726-4075 ▪ Ann Arbor
<http://annarbor.fit4mom.com>

Marlene McGrath Yoga

734-276-7423 ▪ Ann Arbor
<http://marlenemcgrathyoga.com/>

Prenatal Yoga

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 - Infant

Ann Arbor Family Doulas

734-892-9055 ▪ Ann Arbor
<http://www.annarborfamilydoulas.com/birth-classes-ann-arbor/infant-massage-ann-arbor/>

Massage – Prenatal

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/>

SEM Community Doulas

734-506-8406 ▪ Ann Arbor
<https://www.semcommunitydoulas.com/>

TheraCare Therapeutic Massage

734-332-3800 ▪ Ann Arbor
<http://www.theracaremassagetherapy.com/services.html>

Pregnancy, Childbirth, & Parenting Support

Ann Arbor Baby Beginnings

734-221-0158 ▪ Ann Arbor
<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/>

Ann Arbor Family Doulas

734-892-9055 ▪ Ann Arbor, Metro Detroit
<http://www.annarborfamilydoulas.com/>

MomShare

lfattori@med.umich.edu ▪ Ann Arbor
<https://womenscentersemi.org/momshare/>

Sacred Roots Services

734-288-7784 ▪ Ann Arbor, Ypsilanti, Saline, Milan
<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

Infant Safety

Baby Safe Class **M**

734-763-2251 • Ann Arbor

<http://www.umwomenshealth.org/patient-resources/whrc/classes-support#babysafe>

Car Seat Safety Help

Mott Buckle-up Program **M**

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 **M**

734-764-9466 • Ann Arbor

<https://mari.umich.edu/uccf/>

UM Depression Center **M**

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 **M** Evaluation Program

734-764-0107 • Ann Arbor

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

<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 **M**

734-763-4323 • Ann Arbor

<http://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.uofmhealth.org/our-locations/taubman-infectious-disease-clinic>

Unified: HIV Health and Beyond

734-572-9355 • Ypsilanti

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

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>

Relationship Support

UM Center for Child & Family **M**

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

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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