

2010 Massachusetts Friends of Midwives Birth Resources Directory

*Please note: any entries preceded by "***" indicates a new or updated entry as of Summer 2010. Please be aware that some un-updated information may have changed since the 2005 printing of the directory.*

****Acupuncture Birthing Associates of Arlington & Brookline**

Sharon J. Levy Lic.Ac, Dipl.Ac (NCCAOM)

Kathy J. Seltzer, Lic.Ac, Dipl.Ac (NCCAOM)

Sharon Levy 406 Massachusetts Ave. Arlington, MA 02474

Direct: 617-923-9401, Office: 781-488-3388 ext.4, Fax: 781-488-3363

aculevy@gmail.com

Kathy Seltzer 1368 Beacon Street Suite 110, Brookline

617-232-0753

kjseltzer@comcast.net

Greater Boston

ACUPUNCTURE, POSTPARTUM, WELL-WOMAN - Acupuncture Birthing Associates offers women a noninvasive approach to wellness before, during and after pregnancy. With a combined 30 years experience, we successfully treat infertility, threatened miscarriage, morning sickness, hemorrhoids, anxiety, pelvic pain, sciatica and a host of other changes/ailments that occur during pregnancy. Research & feedback shows that routine pre-birth acupuncture 4 weeks prior to a women's estimated due date may reduce the time spent in labor and have a reduced rate of medical intervention. Acupuncture is used for labor induction and to turn breech babies in order to avoid invasive methods. Postpartum difficulty of depression, abdominal pain, insufficient lactation and mastitis can all be treated with acupuncture. "Giving women options for their pregnancy care."

All About Babies

Katharina Eldada, AAHCC, CLC

169 Concord Avenue Lexington MA 02421

781-860-0822

eldada@rcn.com

Greater Boston

Spanish, German, French and English

CHILDBIRTH EDUCATION, BILINGUAL SERVICES - Bradley Method Natural Childbirth classes teach a variety of relaxation techniques combined with natural, abdominal breathing. Labor partner actively involved in class and at birth. Class covers nutrition, exercise and ways of dealing with challenges of hospital environment (where applicable). Breastfeeding class included with childbirth. Instruction available in English, Spanish, French and German. Small classes. All family situations welcome.

****Alternative Birth Care**

Kim Bradlee MW HBCE LLLL CH

30 Valley View Farm Rd

Bradford (Haverhill) MA 01835

(978) 521-5270

alternativebirthcare@juno.com

www.alternativebirthcare.com

Greater Boston, North shore, North of Boston, Merrimack Valley, Eastern Massachusetts

MIDWIFERY, HYPNOBIRTHING, BIRTH DOULA, BREASTFEEDING, HYPNOSIS -- Experienced, supportive, and stress-free prenatal, homebirth, and postpartum care. HypnoBirthing childbirth education classes. Labor support / birth doula services. Hypnosis for fertility. Free consultation.

Ananda Lowe and Associates -Massage for the Mother

Ananda Lowe, LMT

7 Temple Street 2^o floor Cambridge, MA 02139

617-623-3883

birth_dance@hotmail.com

Greater Boston, North of Boston,

South of Boston, Metrowest

BIRTH DOULA and MASSAGE - Ananda Lowe and Associates offer expert Birth Doula services and Pregnancy Massage to the Greater Boston area and suburbs. For 7 years Ananda was the Assistant Director of ALACE, the Association of Labor Assistants and Childbirth Educators. She has been interviewed by most major parenting publications, including American Baby, Child, Parenting, Parents, Shapes Fit Pregnancy, Midwifery Today, Nurse Week as well as The Improper Bostonian. Since 1995.

Askanase, Aaron

Aaron Askanase, M.Ac , Lic.Ac

72 Langley Road, Suite 23 Newton Centre MA 02459

617-558-3308

Aaron@Askanase.Acupuncture.com

www.AskanaseAcupuncture.com

Greater Boston, Metrowest

ACUPUNCTURE, CHILDBIRTH EDUCATION and REIKI - Aaron Askanase is a healer who uses Acupuncture, Craniosacral therapy and shamanic healing to relax, reduce pain and restore balance to a woman throughout all stages of pregnancy and labor. He specializes in "Easy Labor" treatments beginning in the seventh month, as well as treatments for inducing labor, increasing fertility and harmonizing morning sickness. He also offers a class on using Acupressure for labor and delivery to decrease pain, increase relaxation and support labor. Aaron is licensed in Massachusetts by the state Board of Medicine. Check out www.AaronAskanase.com for information on how Aaron can help with pregnancy and labor.

BACE (Boston Association for Childbirth Education)

PO Box 29 Newtonville MA 02460

617-244-5102

bace@rcn.com

www.bace-nmc.org

All areas of Massachusetts

BREASTFEEDING, CHILDBIRTH EDUCATION and EDUCATION & TRAINING - Founded in 1953, BACE is one of the oldest childbirth education organizations in the country. We provide referrals to dynamic BACE-certified Childbirth Educators. Our Childbirth Educator Certification Program is unique in the number of workshop hours and personal guidance that it offers. BACE also has an Accelerated Childbirth Educator Certification Program (for maternal health professionals and those currently certified through another organization) and Advanced Childbirth Education Workshops. Through our Nursing Mothers' Council (NMC) we offer breastfeeding counseling, breastpump rentals and sales and professional education in breastfeeding, including IBLCE exam prep. New members are welcome!

****Barefoot Dragonfly, The**

Amy Kreydin, NBCRT, BD

489 Main Street, Stoneham, MA 02180

617-794-4755

info@thebarefootdragonfly.com

www.TheBarefootDragonfly.com

North of Boston, Greater Boston

BIRTH DOULA, REFLEXOLOGY, HOLISTIC FERTILITY EDUCATION. The Barefoot Dragonfly is a Reflexology Wellness Center in Stoneham that specializes in women's reproductive health and family wellness. Amy Kreydin is a nationally board certified Reflexologist and a DONA trained birth doula. Maternity Reflexology services include: preconception and infertility, prenatal support following the Dr Gowri Motha Gentle Birth Method for pregnancy wellness and morning sickness, edema, malposition of the baby, priming for labor; postpartum support – breastfeeding, milk supply, hormone balancing, and pain management. As a Reflexology Doula Kreydin provides support during labor and delivery with Reflexology protocols for pain management, comfort techniques, and stalled labors.

****Beacon Hill Babies**

Kristin Fowler, Womencraft Midwifery Workshop, Just-A-Start House Mentor to pregnant teens, Wheaton College (BA), Simmons College (MLS), American Heart Association Go Red! For Women Spokeswoman Boston 2009, Junior League of Boston, DONA member, toLabor-trained Doula

617-686-2788

beaconhillbabies@gmail.com

Boston

Using my background in research, and interest in women's and baby's health, I offer a unique service as a post-partum doula that includes pre-birth planning, informed discussion of birth options, referrals to birth doulas and midwives in the area, information on hospitals, birth centers, and other pre-natal, birth, and post-partum services. I will help provide you with the best information available on birth related services in the Boston area. I also provide breast-feeding information, newborn information, and nurturing to the new mother and family - including home visits, phone support, possible overnight assistance, meal preparation, organization, and light cleaning. Support can be tailored to your individual needs as a new mother. Sliding scale fees or barter arrangements available.

Beginnings Midwifery Services

Cynthia Dunleavy, CPM NHCM

56 Memorial Highway Temple NH 03084

603-878-3129

603-878-2786

cjdunleavy@notmail.com

North of Boston, Central MA, New Hampshire

BIRTH DOULA and MIDWIFERY - Comprehensive midwifery care: pre-conception visits, pre natal care, attendance at labor and birth at home, or labor support at hospital, and post partum home visits with newborn health/weight checks and breastfeeding support, VBAC, and waterbirth. We can accept most major insurance and NH Medicaid.

****Berkshire Family Midwifery**

Sarah Proechel

765 Harlemville Rd Hillsdale NY 12529

518-672-4576

sarah@berkshirefamilymidwifery

www.berkshirefamilymidwifery.com

Western MA, Northwest CT, Eastern NY, VT

MIDWIFERY and BIRTH DOULA -- I offer full scope midwifery care for homebirth and doula services for hospital birth. I serve the Berkshires, northwest Connecticut and southern Vermont and I work with a licensed midwife for homebirths in New York State. For more information about my practice please visit my website. Consultations are free and sliding scale and barter are available.

Berman, Lisa

Lisa Berman, Birth Doula CD(DONA)

116 Plymouth Road Newton MA 02461

617-965-2282

lisaberman123@hotmail.com

Greater Boston, North of Boston, Metrowest, South of Boston

BIRTH DOULA - I offer birth doula support to women and their partners -- prenatal visits, 24-hour on-call during birth month, and a postpartum visit. I am passionate about my work and specialize only in labor and delivery support. I do not promote a particular philosophy of birth; rather I help women to have the positive birth experience they hope for, whatever that entails. My professional experience has been that with the combined support of professionals and loved ones, women can have a wonderful childbirth experience. My clients are generally within a 50-mile radius of Boston.

Bertnudes, Debbie

Debbie Bernudes, OTR/L, CIMI, Infant Massage Instruction

2,2, Linwood Street Arlington MA 02474

781-646-4797

Greater Boston, North or Boston, Metrowest

MASSAGE, POSTPARTUM and REIKI - Infant Massage is a parent education program that seeks to empower parents and foster respect for children. Its benefits impact both children and their parents by promoting bonding and communication, facilitating relaxation and the release of tension, helping to strengthen and regulate the child's circulatory, respiratory and digestive systems, helping to alleviate the symptoms of gas and colic, contributing to healthy growth and development, and promoting deeper, more restful sleep. Craniosacral therapy and Reiki are gentle, yet powerful techniques to help balance energy and release restrictions in the body in tune with the body's inner wisdom. Appropriate for both children and adults.

Birth Care Midwifery

Paige Eastman Dickinson, CPM

Southern Massachusetts

508-979-8887

508-536-5370

BirthCare@hotmail.com

www.birthcaremidwifery.com

Greater Boston, Cape Cod and the Islands, South of Boston

Spanish and some Arabic

BIRTH DOULA, MIDWIFERY, RESOURCES and BILINGUAL SERVICES -- Practicing community midwifery through respectful and evidence based well woman, prenatal, birth and postpartum care. Labor support in a hospital setting is also offered. Please visit my website, www.birthcaremidwifery.com, for more information, including philosophy of practice and feel free to call with any questions.

Birth Cottage of Milford, The

Adrian E Feldhusen, CPM, NHCM and

Tracy Bowman, CNM, ARNP

4 Prospect Street Milford NH 03055

603-673-6010

603-673-6014

adrian@birthcottage.com

www.birthcottage.com

North of Boston, New Hampshire

BIRTH CENTERS MIDWIFERY and WELL WOMAN CARE - The Birth Cottage is a free standing birth center offering full scope midwifery care for pregnancy, birth, and post partum. Also offered is full gynecological care with our ARNP including birth control option for all needs. Located centrally in southern New Hampshire, the center serves much of NH and northern Massachusetts. Also offered are childbirth classes, labor support doulas, massage therapy, and breastfeeding support. We accept all major insurance companies and NH Medicaid. Call for a free consultation or a tour of our new facility!

Birth Day – Midwifery Services

Nancy Warner, CPM, CCE, CHLE

10 Great Plain Terrace Needham MA 02492

781-449-2490

781-444-8533

pregNANCYmidwife@aol.com

www.birthdaymidwifery.com

Greater Boston, North of Boston, South of Boston, Metrowest and Central MA

CHILDBIRTH EDUCATION, HYPNOBIRTHING and MIDWIFERY – Homebirth, HypnoBirthing, VBAC classes, Natural Childbirth Classes, Sibling Preparation Classes. Also grieving and healing after a disappointing traumatic or upsetting birth experience.

Birth Education

Wendy Mackey-Kydd, CCE, M.Ed

33 Aberdeen Road Arlington MA 02476

781-648-8632

wendy@birtheducation.com

www.birtheducation.com

Greater Boston, Metrowest, North of Boston

BREASTFEEDING, CHILDBIRTH EDUCATION, and BIRTH DOULA - Small group and private childbirth education in my home or yours. Labor support, breastfeeding counseling, and postpartum support. Helping women gain confidence and joy around birthing and postpartum issues.

****Birth Intuition Childbirth Services**

Shaileen Pokress, Ed. M., HBCE, CD(DONA)

20 Stone Rd. Arlington, MA 02474

781-249-1702

<http://www.BirthIntuition.com>

shaileen@gmail.com

Greater Boston

Offering HypnoBirthing Classes and Labor Doula Services

Birth Matters

Penny Holliday, CD (DONA)

16 Merrill Avenue Belmont, MA 02478

617-642-8173

penny.holliday@verizon.net

Greater Boston

CHILDBIRTH EDUCATION and BIRTH DOULA - Penny Holliday CD (DONA) Birth Doula and Prenatal Classes in the Greater Boston Area - Call Birth Matters 617-642-8173 penny.holliday@verizon.net

****Birth Matters Midwifery Care**

Jessica Petrone & Sarafina Kennedy, Midwives
25 Wachusett Street, Jamaica Plain MA 02130
7 Plymouth RD, Wareham, MA 02571
(508) 254-4424
(904) 234-1196
jessica@homebirthmatters.com
sarafina@homebirthmatters.com
www.homebirthmatters.com

Eastern MA, including Greater Boston, Southshore, Southcoast, and Cape Cod

HOMEBIRTH MIDWIVES – Jessica Petrone and Sarafina Kennedy provide full scope midwifery care – complete prenatal, homebirth, and postpartum services. We offer hypnobirthing classes, fertility awareness classes and services, lactation support, and doula services. All our visits take place in your home, with the exception of classes, which are held at various locations.

****Birth Services**

Joyce Kimball, MBA, CPM, CD(DONA), CCBE(WomanCraft), MMA-VP and Membership,
Director-MMA Basic Midwifery Course
20 Sorrento Street Worcester, MA 01602
H: 508-757-4964
C: 508-726-6588
jekimball@bigplanet.com
www.birthservices.net

Will travel up to 1.5 hours from Worcester

Providing continuous compassionate care during pregnancy, labor and birth. Home birth midwifery services, water birth and vbac available. Birth doula services for home, hospital or birth center. Complete, customized, private or group Childbirth Education classes. Fun and memorable Belly Casts completed in your home.

Birth Year Network

Kate Levin Vilet, President
Southeastern, MA and Cape Cod
508-420-5647
info@birthyearenetwork.org
www.birthyearenetwork.org

South of Boston, Cape Cod and the Islands

CHILDBIRTH EDUCATION, EDUCATION & TRAINING and RESOURCES - Birth Year Network is your connection to pregnancy, childbirth and early parenting resources that support the mother/baby friendly childbirth initiative. For more information please visit us on the web at www.birthyearenetwork.org or call 508-420-5647. Birth Year Network is an organization of pregnancy, childbirth and post partum professionals and consumers who are dedicated to providing resources for positive informed childbirth and parenting.

Birthcare Community Midwives

Rebecca Corliss Beck, CPM and Megan Hill, MW
Turners Falls and Wendell, MA
Rebecca: 413-863-9930, Rebecca.beck@hotmail.com
Megan: 978-902-2587, mhmidwife@msn.com

Western MA

CHILDBIRTH EDUCATION, BIRTH DOULA and MIDWIFERY -- We offer comprehensive, compassionate care to our birthing families. You are welcome to call us for a free consultation to discuss your specific desires and needs. We provide individualized, complete prenatal, birth (including waterbirth) and postpartum care, including breastfeeding support. We offer childbirth education classes designed to enlighten and empower families that can be helpful in all birth settings. We also provide labor

support in the hospital setting.

****Birthing Care**

Maria Radar, M.Ed. CD
100 Concord Rd. Lincoln, MA 01773
617.281.2144
birthingcare@comcast.net
www.birthingcare.com

Greater Boston

I am a birth doula who serves pregnant women in the Greater Boston area, attending births in hospitals, birth centers and at home.

Birthing Business (The)

Georgie Marks, RN, MS, CS, LCCE, Director Psychiatric Nurse Specialist
200 Merrimack Street, Suite 303 Haverhill, MA 01830
978-373-8090 x3
978-373-0444
lamazeinstructor@hotmail.com

North of Boston

CHILDBIRTH EDUCATION, COUNSELING, THERAPY & SUPPORT and EDUCATION & TRAINING - Lamaze Childbirth Classes, Lamaze Teacher Training Seminars, On-going pregnancy and Postpartum support and education groups, and medication evaluations and prescribing for Pregnant and postpartum mental health patients

Birthing Gently

Luann Richardson CD (DONA)
PO Box 655 Norwell, MA 02061
781-659-8145
lucky655@comcast.net

Greater Boston, South of Boston

CHILDBIRTH EDUCATION, BIRTH DOULA and LOW INCOME SERVICES - Birth is such a wonderful experience and a life changing event. I believe that a birth should be everything that a mother wants it to be. As a doula, I am there to help and provide physical and emotional support to the mother and her partner. I will honor her choices and decisions as to how she wants to birth. I always feel privileged when I am asked to be part of such an intimate moment in a couple's life.

Birthing Gently Maternity Service

Tara Powe, CD(DONA), CCCE(CAPPA)
15 Leyland Avenue Haverhill, MA 01832
866-243-3049 (PIN 720)
978-374-1033

tara_powe@birthinggently.com

Greater Boston, North of Boston, South of Boston, Metrowest

BREASTFEEDING, CHILDBIRTH EDUCATION, BIRTH DOULA, HYPNO-BIRTHING, MIDWIFERY, POSTPARTUM SERVICES and LOW INCOME SERVICES - Our team at Birthing Gently is committed to providing affordable care to expecting and new families throughout Massachusetts and Southern, N.H. Offering Labor and Postpartum Doula services, childbirth education classes, hypnobirthing, midwifery and lactation services. Specializing in high risk pregnancy, teen pregnancy and supporting natural, medicated and planned cesarean birth.

Birthing Life

Kelley Faulkner, CD DONA and Tammy Paul, CD(DONA)

96 Dorest Road Holliston, MA 01746

508-429-6663

508-668-4247

info@birthingforlife.com

www.birthingforlife.com

Greater Boston, North or Boston, Metrowest, South or Boston, Southern New Hampshire

BREASTFEEDING, CHILDBIRTH EDUCATION, BIRTH DOULA, HYPNOBIRTHING, MIDWIFERY, POSTPARTUM SERVICES and LOW INCOME SERVICES - We provide doula and lactation services, homebirth care, HypnoBirthing, and comprehensive education for families in the Greater Boston, Metrowest and Eastern areas of Massachusetts. As parents, you deserve to feel informed and empowered and our mission is to provide centered care and education that families desire—personal, compassionate, tender care that celebrates the wonder and joy of this special time. We provide continuous, individualized attention, reassurance, and loving support to ensure that you have a safe and satisfying childbirth and the perfect environment for welcoming your little miracle. At Birthing Life, we are helping everyday families to have extraordinary births!

Birthing Options

Corrie Garnet

71 Park Street Turners Falls MA 01376

413-863-2129

CorrieO1346@yahoo.com

<http://corriegarnet.byregion.net/>

Central MA, Western MA

BREASTFEEDING, COUNSELING, THERAPY & SUPPORT MIDWIFERY and LOW INCOME SERVICES - I offer individualized, holistic prenatal care in my clients homes, which includes a free initial consultation. I will happily travel to you for your prenatal, birth and postpartum care! My practice follows the Midwifery Model of Care outlined by Citizens for Midwifery (see www.cfmidwifery.org). I have over ten years experience as a homebirth midwife and I am honored to continue providing homebirth (including water-birth) services to women and families in the community.

Birthing Power

Lori B Ratchin

33 Albion Street Somerville MA 02143-1102

617-628-MIND (6463)

LBR4k@earthlink.net

Greater Boston, North and South or Boston, Metrowest, Central MA

CHILDBIRTH EDUCATION, COUNSELING, THERAPY & SUPPORT, HYPNOBIRTHING and LOW INCOME SERVICES - I am DEDICATED to Easier, Gentler, more Peaceful and Satisfying Birthing. My belief and FAITH in Women-Women's Bodies, Instincts, Inherent Strength and Spirit—and Instinct of yet to-be-born Babies, & BIRTH underlie this philosophy and approach. Fear Release Specialty for pregnancy/childbirth issues, concerns; birth trauma. (Hypnosis for non-birth issues available too). I offer genuine HypnoBirthing classes: small group and private. Labor Support for Home, Birth Center, Hospital Bartering option for all services; 10% discount for any second service, "Alternative"/diverse" families/women welcome !... Faith & Trust over fear is essential medicine.

Birthready, Best of Health Birthing Classes

Robin Snyder-Drummond, CCE, CD(DONA), CBC

Melrose MA 02176

781-662-3461

www.Birthready.com

Greater Boston, North or Boston

CHILDBIRTH EDUCATION, BIRTH DOULA and POSTPARTUM SERVICES -- The purpose of these classes is to help the mother and her partner understand how to work most effectively for a positive birth experience. The classes explain how a woman's body is well designed to grow and give birth to healthy babies and how to be most supportive of that. A class series also covers beginning breastfeeding and preparing for the first few weeks at home with a newborn. Each class offers practical tips to use at home right away, a relevant video and time for relaxation. Asking questions and discussing ideas is encouraged.

BirthSong

Dena Carmosino, DONA, CHB, MW-CPM candidate

72, Hamlet Street Arlington MA 02474

1-866-497-6624 toll-free

dena@birthsong.net

www.birthsong.net

Greater Boston, North or Boston, South of Boston, Metrowest, Central MA

CHILDBIRTH EDUCATION, BIRTH DOULA, HYPNOBIRTHING, MIDWIFERY and POSTPARTUM SERVICES - BirthSong offers comprehensive homebirth midwifery care. BirthSong provides expectant families with complete, skilled and compassionate midwifery services. We provide nutritional counseling for the childbearing year as well as waterbirth options. For hospital and birthcenter choices, our 20 years of birth doula experience makes labor and birth a relaxed and positive experience. We offer

HypnoBirthing and natural childbirth classes. We provide private as well as group instruction. Our classes are fun, dynamic and practical BirthSong has qualified postpartum doulas who provide both day and night help. We specialize in multiples. We have 20 years of experience wisdom and love to share with our families.

****BirthWhile Resources**

Amanda Sawires Yager, HBCE, CCE, CD

Belmont, MA

617-331-0385

amanda@birthwhile.com

Greater Boston, North of Boston, Metrowest, Central MA, South of Boston

CHILDBIRTH EDUCATION, HYPNOBIRTHING SERVICES AND BIRTH DOULA -- Birth is a normal, natural process. Our bodies know what to do. Our babies know what to do. I am a certified HypnoBirthing Childbirth Educator, specializing in highly participatory and empowering small group and individual HypnoBirthing classes. Certified as a BACE educator and as a birth doula through ALACE, I can tailor childbirth education classes to meet your needs and those of a partner. I can help you clarify and communicate your birth preferences. Preserve the sanctity of your birth experience. Make informed choices. Birth with confidence. Make it BirthWhile. www.birthwhile.com

Blackstone Valley Midwifery

Sue Smith, CPM

48 Ironstone Street Uxbridge MA 01569

508-278-2989

midwifesue@charter.net

Central MA

MIDWIFERY and WELL WOMAN CARE - Certified Professional Midwife with over 24 years experience providing family-centered home birth, with comprehensive prenatal and postpartum care and breastfeeding support in a warm, relaxed office setting. VBACs welcome. Waterbirths, Initial homebirth consult at no charge. Well-woman gynecological care, herbal support for women in change.

Blessed Being Homebirth Midwifery

Paula Ross, MW

12 King Street North Brookfield MA 01535

508-867-2980

midwife54@hotmail.com

www.THEVILLAGEMIDWIFE.com

Western MA, Central MA

MIDWIFERY, POSTPARTUM SERVICES, WELL WOMAN CARE and LOW INCOME SERVICES – I welcome families of all lifestyles, religions, and backgrounds. Homebirth, waterbirth, and VBAC. Reasonable fees, sliding scale, payment by barter will be considered. Consultation and pregnancy test free of charge. Four hours of post-partum care with a certified doula included in homebirth fees.

Blossoming Bellies Birth Services

Kimberly Beck, PT, CD (DONA), ICCE

4 Sky Farm Lane Sterling MA 01564

978-422-7267

kimbeck@blossomingbelly.com

www.blossomingbelly.com

Central MA and Metrowest

CHILDBIRTH EDUCATION, BIRTH DOULA and REIKI - Blossoming Bellies offers comprehensive childbirth, education, preparation and nurturing support for the child-bearing year. My goal is to educate, empower and support women to make informed and confident choices in childbirth and parenting. In addition to birth doula services, childbirth classes for those expecting their first child as well as pre-conception planning, early pregnancy classes, refresher classes and infant/child care and safety classes are offered. I also specialize in multiple birth preparation and education. Customized and private classes are available and I can come to you! Additional services include belly casting, birth planning consultation and Reiki. Birth balls, belly casting kits, and more are for sale as part of my comfort collection. Visit my web site at www.blossomingbelly.com for more information on my services and for general pregnancy,

birth and postpartum information.

Body In Balance, A

Robin Rigney, LicAC, MAOM

1113 Main Street

Holden MA 01520

508-829-8094

robin@robinrigney.com

Central MA

ACUPUNCTURE - I am a licensed acupuncturist and certified practitioner of Chinese Herbal medicine. Acupuncture is a gentle, non invasive approach to wellness that works by treating both the symptoms a person is experiencing and the underlying cause of their condition. In my practice I have experience treating a wide variety of women's health concerns including fertility issues, morning sickness, menstrual pain and irregularity, threatened miscarriage and postpartum depression.

BODYODYSSEY Yoga and Massage

Charles Earns, MA, LMT, RYT

32 Johnson Road Roslindale MA 02131

617-308-8208

617-323-4233

chase@bodyodyssey.net

www.bodyodyssey.net

Greater Boston, South of Boston

EXERCISE & YOGA, MASSAGE, REIKI and LOW INCOME SERVICES - BODYODYSSEY Yoga and Massage is dedicated to helping you to rediscover your sense of self. We offer pre-natal massage, gentle and intuitive table massage, deep tissue massage and traditional Thai massage, as well as individual and group instruction in heart-oriented yoga and pre-natal yoga, based on the universal principles of alignment. We also offer reiki and shamballa energy healing. Please call or visit our website we look forward to supporting your pregnancy and helping you to rediscover your sense of self.

****Boston Baby Care**

Nina Palmer, DONA Certified Postpartum Doula, MA Counseling Psychology

14 Buswell Park, Newton, MA 02458

617-968-5590

nina@bostonbabycare.com

www.bostonbabycare.com

Greater Boston, Metro Boston

POSTPARTUM DOULA -- I understand that coming home with an infant is both wonderful and overwhelming. As a Postpartum Doula I am here to ease your transition into "The Fourth Trimester" and give you all the support you need to feel confident as a new parent.

****The Bradley® Method of Natural Childbirth**

Rebecca Urban, AAHCC (Certified Bradley® Childbirth Educator)

(978) 425-0330

happybirth_day@ymail.com

www.bradleybirth.com

Central Massachusetts and Southern New Hampshire**Bryant, Golden**

Golden Bryant, Birth Doula, LMT

34 Feltonville Road

Hudson MA 01749 978-562-5775

goldenhryant@comcast.net

Greater Boston, Metrowest, Central MA

BIRTH DOULA and MASSAGE - Birth Doula and Massage Therapist providing women and their partners

with information and support to make informed choices during pregnancy, labor and the postpartum period. I offer labor support at home, in hospitals or birth centers.

Campbell, Anne

Anne Campbell, Birth Doula Shelburne Falls MA 01370

413-625-9428

annebcampbell@yahoo.com

Western MA

BIRTH DOULA and LOW INCOME SERVICES - I offer professional labor support to families in Franklin and Hampshire Counties, Massachusetts As both a doula and an aspiring midwife, I believe in women's ability to give birth safely and naturally at home or hospital. My experience includes VBAC, waterbirth, GLBT families, special religious considerations and abuse issues. I am honored to do whatever it takes to keep the mom and family comfortable and well-informed. My services include two prenatal and one postpartum visit, full support at your birth, and unlimited contact. Fees are on a sliding scale. Call or send email to arrange a free consultation visit!

Center for Early Relationship Support

Peggy H Kaufman, M Ed, MSW, LICSW

1430 Main Street Waltham MA 02451

781-647-JFCS

phaufman@jfcscsboston.org

Greater Boston, North of Boston, South of Boston, Metrowest

BREASTFEEDING, COUNSELING, THERAPY & SUPPORT, POSTPARTUM SERVICES and LOW INCOME SERVICES -- The Center for Early Relationship Support is a unique continuum of services that meets many of the complex needs of women in the first year of their newborn's life. Feeding support RN, IBCLC lactation consultants provide home-based guidance with the feeding relationship for new mothers and their infants. Visiting Moms: free home visiting by trained, experienced mom volunteers to nurture and support. Early Connections: home based therapeutic service for new mother facing emotional challenges in the adjustment to parenthood. Weekly Support Groups: free weekly groups for mothers and babies in the greater Boston communities. Sleep Support: individualized strategies for families coping with infant and toddler sleep concerns.

Central Mass Yoga Institute

Jennifer Baryluk, CYT, Certified Prenatal/Postnatal Yoga Teacher

45 Sterling Street

West Boylston MA 01583

508-835 1176

centralmassyoga@aol.com

www.centralmassyoga.com

Central MA

EXERCISE & YOGA: Our beautiful studio is located north, of the Wachusett Reservoir. We offer a variety of weekly yoga classes including Prenatal Yoga, Postnatal Yoga for Mom and Baby, and Kids Yoga, as well as various workshops, such as Prenatal Restorative Yoga and Prenatal Partner Yoga. Visit our website www.centralmassyoga.com for a listing of free introductory classes and to view our schedule of 20 + classes each week of various levels. Or call, 508 835 1176 for a free brochure.

Central OB-GYN

Contact Bidy Fern, CNM, Director

133 Brookline Avenue Boston MA 02215

617-421-1171

617-421-6021

Elizabeth_fien@vmed.org

Greater Boston, Metrowest, South of Boston

BREASTFEEDING CHILDBIRTH EDUCATION, HOSPITALS, MIDWIFERY, OBSTETRICS and POSTPARTUM SERVICES - The Midwives at Harvard Vanguard Medical Associates provide midwifery

care to all women seeking a personalized, non-interventive approach to pregnancy and birth. The practice is in collaboration with our physician colleagues at 7 offices in and around Boston. We attend births at Brigham & Women's Hospital and at Newton Wellesley Hospital. Additionally, we provide well-woman gynecologic care.

****Central Path Acupuncture and Wellness**

Brendan Carney, Lic. Ac., MAOM
732 Moody St. Waltham, MA 02453
(617) 584.1450
www.centralpathacupuncture.com
brendan@centralpathacupuncture.com

Central Path Acupuncture and Wellness is a comprehensive health center offering acupuncture, Chinese Herbal Medicine and massage. The main practitioner, Brendan Carney, is a local graduate of NESAs (the New England School of Acupuncture) and a teaching instructor at Harvard Medical School's Structural Acupuncture for Physicians program. We offer support for families before and after pregnancy as well as provide special treatment to help induce labor and aide in the turning of breech babies. Acupuncture has also been shown to be effective in early term pregnancy in cases of nausea, anxiety, morning sickness, and many musculoskeletal conditions associated with pregnancy.

Child's Garden, A

Beth Volkmann
204 Main Street
Northampton MA 01060
413-584-2242
childsgarden@comcast.net

Western MA

BABY/CHILD GOODS and RESOURCES -- Welcome to the world of imagination and joy! Beautiful handcrafted wooden toys. Soft Waldorf style dolls. Organic baby toys, European games, timeless dress-up clothes, wooden kitchen sets and kitchen tools for the wee ones! Many styles of baby slings and books on natural parenting, midwifery and breastfeeding. Also education, activities and craft books. Handpicked storybooks that beg to be read again and again. Coming soon -cloth diapers! Under the Nile, HABA, Selecta, Kathe Kruse, Nova just a few of our suppliers We're taking childhood seriously.

Childbirth Choices

Esther Morhaim Hausman, RN, BSN, CCES, Birthing From Within Mentor
308 Old Bedford Road Concord MA 01742
978-371-1371
esther@childbirthchoices.com
www.childbirthchoices.com

North of Boston, Greater Boston, Metrowest, South of Boston

CHILDBIRTH EDUCATION, COUNSELING, THERAPY & SUPPORT and EDUCATION & TRAINING -- Childbirth Choices was established to help empower and educate women about their choices around childbirth and parenting. Mothers gather in a safe and nurturing environment enabling them to connect to one another and to their partners. Through movement, drawing working with clay, story telling and journaling, people learn how to birth in awareness, even through the unexpected. Parents who, with practice, master the ability to be present and aware at birth, often find it easier to parent mindfully as they rise to meet the challenges ahead. Also offering private prenatal and postpartum adjustment sessions using the Birthing From Within approach.

Citizens for Midwifery (CfM)

Susan Hodges, President
P.O. Box 82227 Athens GA 30608-2227
1 888-236-4880
706-549-7023
susan@cfmidwifery.org
www.cfmidwifery.org

Serving all or the United States

MIDWIFERY, MIDWIFERY ORGANIZATIONS and RESOURCES - Citizens for Midwifery is a consumer based membership organization that promotes the Midwives Model of Care. We provide information about midwifery, the Midwives Model of Care and related childbirth issues. We encourage and provide practical guidance for effective grassroots actions, speak up for consumer interests regarding midwifery and maternity care, and work to change factors that restrict access to midwifery and the Midwives Model of Care. Become a member and receive the CfM News to stay informed about midwifery news and developments across the country. Visit our website at www.cfmidwifery.org.

Cooley Dickinson Hospital - Childbirth Center

Carolyn Szafranski, RN, BSN

30 Locust Street Northampton MA 01060

413-582-2196

413-582-2950

carolyn_szafranski@cooley-dickinson.org

www.cooley-dickinson.org

Western MA

BREASTFEEDING, CHILDBIRTH EDUCATION, HOSPITALS, POSTPARTUM SERVICES and LOW INCOME SERVICES - The Childbirth Center provides family-centered care to the families of our community. Our center provides many options to our families, including care by Board Certified Obstetricians, Nurse Midwives and Registered Nurses. The newly built unit provides options for labor and birth in comfortable and spacious birthing rooms that include in room whirlpools. The Postpartum Doula program provides non-medical practical support to help women and their families transition from hospital to home after delivery at the Childbirth Center. The Parent Education Program provides prenatal and postnatal education and support to expectant parents, new parents and their families. The Breastfeeding Clinic at CDH is a drop-in clinic for new parents staffed by IBCLC with help from interns and volunteers. For more information/to register for classes, call (888)-55-4CDH (4234).

Counseling and Education for the Childbearing Years

Lois Freedman, M.Ed, C.C.E

18 Lilac Street Sharon MA 02067

781-784 1380

loisfreedman@aol.com

Greater Boston, South of Boston, Metrowest

CHILDBIRTH EDUCATION, COUNSELING, THERPAY & SUPPORT and POSTPARTUM SERVICES -- Compassionate counseling for women experiencing anxiety, grief, mother loss, miscarriage, infertility, past traumatic birth experience, cesarean section, mothering issues or sexual abuse memories. Also, private natural childbirth and VBAC classes, Circle of Women groups and workshops. Now offering custom designed Blessingway ceremonies. Author of Birth As a Healing Experience. Offices in Sharon and Boston.

Counseling for Reproductive Health and Healing

Deborah Issokson, PsyD

19 Maplewood Street Watertown MA 02472

617-926-5176

info@reproheart.com

www.reproheart.com

Greater Boston, Metrowest, North of Boston, South of Boston, Central MA, Western MA, Cape Cod and the Islands, Rhode Island

CHILDBIRTH EDUCATION, COUNSELING, THERAPY & SUPPORT and POSTPARTUM SERVICES – Licensed, Experienced Psychologist. Incorporating supportive counseling, education, hypnosis, visualization and the creation of rituals for women and their partners during preconception, pregnancy, birth, postpartum, infertility and loss. Explore and heal issues and emotions that commonly emerge during the childbearing time fears and phobias, anxiety and depression, pain management, birth trauma, VBAC preparation, sexual abuse. Personalized relaxation tapes, a unique component of this work, are available and can be made during sessions. Also offering general psychotherapy for adults. Some insurance accepted. Additionally, supervision, consultation, and training services for childbirth professionals and mental health providers are available.

Cryvoff, Cathy M.

Cathy M Cryvoff, LMT, CD(DONA)

27 Hanover Street Newbury, MA 01951

978-499-0973

doulacathy@comcast.net

North of Boston

BIRTH DOULA and MASSAGE - As a certified birth doula, Cathy offers physical, emotional and informational support to the mother before, during and after childbirth. Cathy is a licensed massage therapist specializing in prenatal and postpartum massage. She honors the connection between mother and baby by incorporating affirmations and breath work into the massage. For Massage only: 32 Water Street, Newburyport, MA www.messageonly.com

Dancing Dragon Studio

Whitney Park Suter

Main Street Greenfield MA

413-774-5589

malia@gis.net

<http://dancingdragon2.tripod.com>

Western MA

RESOURCES -- Western MA Birth Fairs and Birth Resources - Dancing Dragon Studio hosts two birth fairs a year, on the first Saturdays of October and May from 1pm to 5pm. These are free events for families to meet local services providers.

Daraluz Midwifery Services

Rachel Gonzalez

1155 Boylston Street Newton MA 02464

517-515-5830

Daraluz23@aol.com

Greater Boston, North of Boston, Metrowest

Native Spanish speaker, fluent in Portuguese

BIRTH DOULA, MIDWIFERY and POSTPARTUM SERVICES – Homebirth services with full prenatal & postpartum care, labor support for home, hospital or birth center, certified HypnoBirthmg instructor, breastfeeding support. SPANISH: Servicios de parto en casa con cuidado completo prenatal y para después del parto; apoyo durante el alumbramiento en hospitales, centros de nacimientos, y hogares, clases de preparación para alumbramiento/ partos naturales. Tecnicas de relajación a la hora del parto; asistencia para amamantar, cuidado para después del parto

****Day Lily Birth Services**

Sharon Davis, CD(DONA), ICCE, CMP

Holland, Massachusetts

508.344.2531

cosmos@meganet.net

www.daylilydoula.com

Serving Central Mass, West of Rte. 128 & Springfield

PREGNANCY SUPPORT -- I have been guiding women during their childbearing years for over 12 years. My support focuses on the individual needs and goals of each woman. I specialize in VBAC preparation and support. I also provide lactation guidance and Mother Massage(R) sessions.

DONA International

listing generously donated by Carolyn Ogren, RN, CD(DONA)

P.O. Box 626

Jasper IN 47547

888-788-DONA (3662)

www.dona.org/ContactInformation.html

www.dona.org

All of the United States

BIRTH DOULA, EDUCATION & TRAINING and POSTPARTUM SERVICES - DONA is the acronym for Doulas of North America, an international association of doulas who are trained to provide the highest quality emotional, physical and educational support to women and their families during childbirth and postpartum. DONA is the premier doula organization founded by Marshall Klaus MD, Phyllis Klaus, John Kennell MD, Penny Simkin and Annie Kennedy in 1992. Evidence based certification programs are offered for both birth doulas and postpartum doulas. Membership in DONA includes over 5,000 birth and postpartum doulas.

Elson, Vicki

Vicki Elson, MA, CCE

95 South Part Road Conway MA 01341

413-369-4900

vickielson@yahoo .com

Western MA

CHILDBIRTH EDUCATION, EDUCATION & TRAINING and LOW INCOME SERVICES - CHILDBIRTH EDUCATION Childbirth -- Preparation Classes in Northampton, MA. Emphasis on natural childbirth, confidence, strength and joy. Small classes scheduled for the convenience of the group. Home/hospital birth, married/single, straight/lesbian parents welcome. Refresher classes, too. Certified by ALACE, 22 years experience, still having fun. EDUCATION and TRAINING: "How to be a Childbirth Educator" is a one-day workshop for midwifery students and others with a mastery of basic childbirth information. Instructor has 22 years experience teaching natural childbirth classes and 10 years experience teaching childbirth educators for ALACE, Seattle Midwifery School and local midwifery training programs. Includes workbook, networking, cultural perspectives and lots of inspiration and enthusiasm.

Farrell, Marissa

Marissa Farrell

36 [Eames](#) Street #1 Framingham MA 01702

617-784-0621

dancemf247@yahoo.com

Greater Boston, Metrowest

EXERCISE & YOGA Pre- and post-natal yoga, community of new and expecting moms every Tuesday, Wednesday and Thursday.

Fitzpatrick, Phyllis

Phyllis B Fitzpatrick, LICSW, LCMT

64 Lexington Street Framingham MA 01701

508-277-8768

phylfitz@rcn.com

Metrowest

COUNSELING, THERAPY & SUPPORT, MASSAGE and REIKI – Pre- and Post-natal Massage Certified. Also teach infant massage Combination of relaxation massage, shiatsu, reiki and neuromuscular massage depending on your needs. Pregnancy and parenting counseling also available in separate social work practice.

Francis Holistic Medical Center, PC

Contact: Cathlyn Beekman

360 West Boylston Street, Suite 107 West Boylston, MA

508-854-1380

508-854-0446

www.francisholisticmedicalcenter.com

Greater Boston, Metrowest, Central MA

FAMILY PRACTICE, HOMEOPATHY, NATUROPATHY and PEDIATRICS - An integrated practice providing Pediatrics, N. Thomas LaCava, MD - Natural Hormones, Herman Lerner, MD - Orthomolecular Psychiatry, Bruce Goderez, MD - Naturopathy, Erin Morissey, ND - Nutritional/Dietetic, Judith Mable, RD, PhD - Brenda Baillargeon RD, LDN, - Metabolic/Immunological/Complete Allergy/Chemical Sensitivity/Fatigue - Offering a preventative approach: seeking causes and triggers of and metabolic/environmental approaches to disease, encouraging patient participation in becoming and staying well.

Frem, Jeanette Mesite

Jeanette Mesite Frem, MHS, CCE, BC, CD (ALACE)
25 Pendell Circle Boylston, MA 01505
508-869-2737
jmfdoula@aol.com

Greater Boston, Metrowest, Central MA

French

BREASTFEEDING, CHILDBIRTH EDUCATION, BIRTH DOULA and BILINGUAL SERVICES - Provides natural/ prepared/ refresher childbirth education in the greater Boston and Worcester regions as well as private birth doula services and free breastfeeding support (via Nursing Mothers Council). Infant care and breastfeeding classes also available. Philosophy: to provide women and their partners with the information and support they need to know the options and make informed decisions for a healthy and happy pregnancy, birth, and early parenting experience. Birth is normal, amazing and can be transforming. French speaking.

****Friedman, Barbara**

Barbara Friedman, M.Ed
7 Amherst Road Newton, MA 02468
617-969-9929
617-694-3735
barbara.friedman9@gmail.com

Greater Boston, Metrowest, North of Boston, South of Boston and Central MA

Birth Doula, Midwifery Care, Postpartum Support, Private Childbirth Education, and Supportive Counseling Services - Warm, compassionate, individualized care, attention, and support.

FRIEDMAN CHIROPRACTIC

Mitchel Friedman, D.C.
83 Great Road Acton, MA 01720
978-264-4272
978-881-0010
mitchfriedman@juno.com

Metrowest, Greater Boston

CHIROPRACTOR, FAMILY PRACTICE and MIDWIFERY - As a certified Webster Technique practitioner, Dr Friedman has turned many babies. For those moms with babies who are breech and would like to have natural childbirth, Webster can give hope to turn the baby head down. Chiropractic care should be received by anyone who wants their body to work to the full potential. Chiropractic care also helps moms have a less difficult time with low back pain, nausea, headaches and other aches and pains associated with pregnancy. It even helps dads and kids!

Frome, Kathleen

Kathleen Frome, CPM
PO Box 723 Monterey, MA 01245
413-528-2516
mayek@bcn.net

Western MA

COUNSELING THERAPY & SUPPORT and MIDWIFERY - Homebirth midwifery services including consultations, prenatal care, labor and delivery post partum care, sliding scale fees. Serving birthing families for 28 Hears, nationally certified.

Green River Doula Network

Beth Girshman, Chair
PO Box 603 Bernadston MA 01337
413-582-4051
greenriverdoulas@yahoo.com

www.greenriverdoulas.org

Western MA

CHILDBIRTH EDUCATION, BIRTH DOULA, MIDWIFERY, POSTPARTUM SERVICES, RESOURCES and LOW INCOME SERVICES - The Green River Doula Network is a group of doulas, midwives and related professionals in the Pioneer Valley (Hampshire and Franklin Counties) as well as Berkshire county, southern Vermont and southern New Hampshire. We provide resources, information and referrals for area families, as well as professional support and education for doulas. Contact us or visit our website to learn more!

****Greenberg, Jennifer B.**

Jennifer Greenberg, M.Ed., PCD(DONA), Breastfeeding Counselor

30 Channing Street Newton, MA 02458

H-617-964-9871

C-617-964-9871

jbgreenberg@verizon.net

Greater Boston, Metrowest

BREASTFEEDING, POSTPARTUM CARE – Certified postpartum doula, breastfeeding counselor, mother and accomplished educator providing education, practical and emotional support to mom and family. Specializing in the areas of breastfeeding, infant care, calming and soothing techniques, slings and baby products. Connecting parents to parenting resources and community groups/services. Also providing light household assistance including baby laundry, errands, meal prep., nursery organization and accompaniment to pediatrician appointments. Helping family members transition into their new roles. Call for a free prenatal interview.

Greenman, Alissa

Alissa Greenman, CD(DONA)
4 Adella Place#1 Allston, MA 02134
857-891-7880
alissagreenman@yahoo.com

Greater Boston

BIRTH DOULA, POSTPARTUM SERVICES and LOW INCOME SERVICES - As a birth doula I provide unconditional support to birthing women and their families in any setting they see fit to labor in: home, hospital or birth center. As a postpartum doula, I support new families as they integrate a new baby into their lives through breast and bottle guidance, rest and relaxation, older sibling adjustment and knowledge of newborns.

Happy Home Pregnancy and Parenting Services, The

Yonit Kasten, CD(CBI)
38 Amherst Street Worcester MA 01602
508-756-4972
yonit@thehappyhome.net
www.thehappyhome.net

Greater Boston, Metro-west, Central MA

BABY & CHILD GOODS CHILDBIRTH EDUCATION and BIRTH DOULA -- The Happy Home Pregnancy and Parenting Services provides friendly support and education for families. Classes are specifically designed to help you have the best pregnancy possible and enjoy this special time, but also to help you make the choices that are right for you. As a doula I offer guidance and information during your pregnancy and labor to help you have the birth experience that you want. I also sell family friendly products that I believe in and that I hope will make your lives easier.

Harper, Abi

Abi Harper, LMT, NCMTMB
335 Broadway Cambridge MA 02139
617-797-6995
abilouise@hotmail.com
www.abiharper.com

Greater Boston

BIRTH DOULA and MASSAGE -- Nationally-certified Massage Therapist providing therapeutic massage for the childbearing year. ALACE-trained doula. Read more at www.abiharper.com.

Harvard [Vanguard](#) Medical Associates Midwifery Services

Contact: Bidy Fein, CNM, Director
133 Brookline Avenue Boston MA 02215
617-421-1171
617-421-6021
Elizabeth_fien@vmed.org

Greater Boston. Metrowest, South of Boston

MIDWIFERY, OBSTETRICS and WELL WOMAN CARE -- HVMA Midwifery Services provides care within a multi-specialty health care system designed to offer women a choice of care options including collaborative care with our HVMA physicians. We attend birth at Brigham & Women's Hospital and at Newton-Wellesley Hospital and are located in 7 offices in and around Boston including Kenmore Square, Downtown Boston, Cambridge, Quincy, Wellesley, West Roxbury and Dedham.

Healed Heart Creations Postpartum Care

Liz Galiauskas, CPD
59 Ridgewood Road Milton MA 02186
617-947-6777

egalinouskas@aol.com

www.healedheartcreations.com

Greater Boston, South of Boston

POSTPARTUM SERVICES - Will provide emotional and physical support including but not limited to baby care basics, breastfeeding and bottle feeding support, care of siblings, run errands, cook meals, laundry, light housekeeping, family support services including loaning of parenting and self care books.

Healing Journey

Elaine Gardner

65 James Street, Suite 213 Worcester MA 01603

508-791-8677

Central MA

POSTPARTUM SERVICES, REIKI and WELL WOMAN CARE - Healing Journey offers craniosacral fascial therapy and Touch for Health which are natural, holistic therapies that facilitate the healing process and enhance overall well-being. These therapies are non-invasive, gentle and safe and involve therapeutic touch techniques that remove obstructions from the body-structural, nutritional and emotional -- and restore the body's state of balance so that all body systems work together in harmony. Combining these therapies creates a comprehensive approach to healing and well-being that can benefit a wide variety of health issues for anyone from newborns to seniors.

Heaven & Earth - Holistic Health Care Training

Elizabeth Mazanec, MH, CPM, M.Ed.

28 Green Street Leominster MA 01453

978-870-0834

888-445-4437

HOLcenter@yahoo.com

Central MA

BIRTHDOULA, EDUCATION & TRAINING, HOMEOPATHY and MIDWIFERY - Exploring the physical and spiritual world of birth and natural therapies. Trainings offered: Barefoot Midwifery, Doula, Holistic Labor Support, Family Herbalism, Medical Herbalism, and Holistic Health Practitioner (includes herbs, homeopathy, nutrition, wellness, energy work). Trainings are offered in a distant learning format. Classes meet once a month for a 2-3 day weekend or in week long intensives. Trainings include scientific and traditional models, hands on medical skills, case studies, readings, Chinese and Western herbal philosophies, herbal formula making, hands on making of herbal preparations, and energetic approaches to health and healing.

Heritage Midwifery Services

Pam Campbell

12 Westbrook Street Mjlford MA 01757

508-478-2524

mapcamp@gis.net

Metrowest, Central MA, South of Boston

French

MIDWIFERY, POSTPARTUM CARE, WELL WOMAN CARE and BILINGUAL SERVICES - Midwife, Childbirth Educator, Labor Support, Breastfeeding Support, Well-woman Care.

****Holistic Birth**

Bridget Colvin, CBE

Roxbury MA 02119

617-955-1336

<http://holisticbirth.wordpress.com>

Facebook: Holistic Birth Childbirth Education

bridget.colvin@gmail.com

Greater Boston

CHILDBIRTH EDUCATION, LOW INCOME SERVICES -- My goal as an International Birth and Wellness Project (formerly ALACE)-trained CBE is to help women reclaim trust in their ability to safely and dependably give birth. Pregnant mothers and their birth partners will learn about the birth process as a normal and natural event. Classes taught privately or in groups; VBAC and refresher courses too. Sliding scale, payment-in-kind, and payment plan options available as applicable. All family situations welcome!

Holistic Midwifery Care

Lauren Olson Sidford, DEM, CD

55 Marlboro Street Newburyport, MA 01950

olfords@comcast.net

www.holisticmidwiferycare.net

North of Boston, Greater Boston, Southern NH

MIDWIFERY, BIRTH DOULA, CHILDBIRTH EDUCATION, REIKI -- Encouraging and assisting women by providing comprehensive prenatal, homebirth and post partum care, natural childbirth classes, birth doula and monitrice services and holistic well-woman care. I love working with birthing women and their families in their home and mine as a traditional midwife, certified birth doula and Reiki Master.

Home Birth Videos

Diana Paul Port

415-847-6252 call 9am to 7pm PST

www.HomeBirthVideos.com

Spanish

BABY & CHILD GOODS, EDUCATION & TRAINING, RESOURCES and BILINGUAL SERVICES – BIRTHDAY film - As Seen in the Boston Museum of Science Exhibit "How You Were Born" -- \$5.00 from every sale benefits Massachusetts Friends of Midwives when you mention this listing when you place your order! See our website for other videos/DVDs!

Home Midwifery Services

Heather Later, CPM

321 Lowell Street Reading MA 01867

781-944-2618

781-944-5511

babycatcher@verizon.net

Greater Boston, North of Boston, Metrowest

BIRTH DOULA, MIDWIFERY and POSTPARTUM SERVICES - Certified Professional Midwife, attending Homebirths for nearly 25 years. Services provided are Holistic prenatal care, Hospital Labor Support, Postpartum care, Lactation support. Currently renting spa-in-a-box birthing tubs. Monthly Open House is the first Thursday from 10am to 2pm. All are welcome!

Homebirth Midwifery Services

Atmakaur Khalsa, CPM

169 Forest Street Sherborn MA 01770

508-655-7885

Akmidwife@aol.com

Greater Boston, North of Boston, Metrowest, Central MA, South of Boston

BIRTH DOULA, MIDWIFERY and WELL WOMAN CARE - Complete homebirth midwifery care including VBAC and water births with prenatal and postpartum care and breastfeeding support. Well woman care, diaphragm fitting and cervical cap fitting. NARM qualified educator.

****Homebirth Midwives**

Deborah Allen, M.Ed, Licensed Midwife,

Emily Osgood, LMT, Certified Midwife

Laurie Harnahan, Certified Midwife

Deborah Allen, Cambridge, 617-864-3531

Emily Osgood, Petersham, 978-724-3531

deborah8790@gmail.com

Greater Boston, Western MA

Spanish

CHILDBIRTH EDUCATION, BIRTH DOULA, MASSAGE, MIDWIFERY and BILINGUAL -- Complete homebirth services, including waterbirth; Hospital labor support; childbirth education; birth consultation; pregnancy, birth and postpartum massage.

HypnoBirthing Experience (The)

Kathryn McGlynn, CHt. - Certified Hypnotherapist

PO Box 685 Sturbridge MA 01566

1-877-217-3560 toll-free

ybglum@juno.com

www.hypnobirthingbaby.ws

www.hypnosis.ws

Greater Boston, South of Boston, Central and Western MA, Northeast CT

CHILDBIRTH EDUCATION, COUNSELING, THERAPY & SUPPORT and HYPNOBIRTHING -

HypnoBirthing childbirth educator, offering groups and individual sessions. You believe in natural childbirth...Now learn HypnoBirthing for a calm, comfortable, confident pregnancy and birthing experience.

****International Birth and Wellness Project (IBWP)**

PO Box 390436 Cambridge MA 02139

617-441-2500

617-441-3167

info@alace.org

www.alace.org

All areas of Massachusetts, New England, Across the United States and Canada

CHILDBIRTH EDUCATION, EDUCATION & TRAINING and RESOURCES. IBWP is an international nonprofit organization dedicated to supporting women's choices in childbirth. We accomplish this goal by providing training and certification for Childbirth Educators. IBWP is the only nationally recognized training program developed by women and midwives. We encourage mind-body integration and prevention of unnecessary interventions. Email or call to receive a copy of our training brochures. We provide referrals to labor childbirth educators nationwide.

Isis Maternity, Inc.

Isis Maternity, Inc.

781-429-1500

110 Second Avenue Needham, MA 02494

781-429-1401

www.isismaternity.com

Greater Boston, Metrowest

BABY & CHILD GOODS, BREASTFEEDING, CHILDBIRTH EDUCATION, EXERCISE & YOGA, HYPNOBIRTHING and MASSAGE - Isis Maternity provides comprehensive prenatal and postpartum classes, groups, workshops, products and consultations for expecting and new parents. Two comfortable centers, located in Brookline and Needham, are staffed by caring and committed maternity professionals. The first and only resource of its kind in the Boston area, Isis Maternity's services include childbirth and new parent preparation classes, yoga and fitness programs, lactation consults, emotional wellness support, prenatal and postpartum massage, new moms groups, developmental play groups, specialty workshops and a wide selection of merchandise for mom and baby.

Jewish Family Service of Metrowest

Malka Young, LICSW

475 Franklin Street Framingham MA 01702

508-875-3100

508-875-4373

myoung@jfsmw.org

www.jfsmw.org

Metrowest

CHILDBIRTH EDUCATION, COUNSELING, THERAPY & SUPPORT and RESOURCES – Jewish Family Service of Metrowest offers L'Mazal Tov! Refresher Childbirth/Jewish Parenting and Sibling Classes for Jewish Families. Comprehensive refresher childbirth preparation includes discussion about how couples can incorporate Jewish culture and tradition into birth and parenting. Jewish Family Service Metrowest also offers Mom to Mom, one on one support for new moms, and is the home of Adoption Choices, a full service adoption agency for both families and birth parents.

****Joy of Birth**

Joy Thornell-Smith CD(DONA), Childbirth Mentor

36 Cherry St Danvers MA 01923

978-335-2197

joyofbirth@msn.com

North of Boston

CHILDBIRTH EDUCATION and BIRTH DOULA - I am a certified birth doula, trained in 2003 by Penny

Simkin, author of The Birth Partner and co-founder of DONA. I have experience with all forms of birth including homebirth and successful VBACs. I believe in a woman's natural ability to birth and feel that emotional preparation is the key to a positive birth experience. Therefore, I have been trained as a childbirth mentor under the Birthing From Within philosophy. I am currently in my fifth year of midwifery training and live on the North Shore with my husband and 4 children. It would be my honor to be a part of your childbearing year!

****Kilroy Ann**

Ann Kilroy, CPM

57 Stevens Street Stoneham MA 02180

781-438-8791

Ann has been a midwife for seventeen years, attending birthing women and their families in Eastern Massachusetts. She provides complete prenatal, birth, and postpartum care, as well as doula services.

Kutzen, Julie Leavitt

Julie Leavitt Kutzen MA, ADTR, LMHC

35 Roundwood Road Newton MA 02464

617-332-6244

injewel@aol.com

Greater Boston

COUNSELING THERAPY & SUPPORT and EDUCATION & TRAINING - I practice body-centered psychotherapy for those individuals and couples dealing with pregnancy, birth and general issues. I work with a variety of verbal and non-verbal methods to create and sustain an atmosphere of safety and acceptance.

****Lash, Shivani**

Shivani Lash, Midwife

P.O. Box 116, Richmond, MA 01254

413.441.3466

Serving the Berkshires and surrounding areas

Home Birth Midwife -- Offering woman and family centered, loving midwifery care during pregnancy, labor and birth, postpartum and beyond. Labor support in hospital also available.

Lauck, Barrett

Barrett Lauck

24 Warner Street #2 Somerville MA 02143

617-331-2386

yogibarrett@yahoo.com

www.fivepointsyoga.com

Greater Boston

BIRTH DOULA, EXERCISE & YOGA and REIKI - Barrett (RYT 500) is a perinatal yoga instructor providing heart-centered group classes and private instruction for pregnant and postpartum women. She has seven years teaching experience, and has worked with thousands of women in the greater Boston area, including hundreds through their pregnancies. Group classes offered several times weekly in Boston, Cambridge and Somerville and private instruction in your home or office can be arranged for day or evening hours. Private sessions include yoga practice and pranassage, a bodywork technique for deep relaxation. Barrett also occasionally provides doula services for her students. For more information and current schedule please see www.fivepointsyoga.com

Levatin, Janet

Janet Levatin, MD

1101 Beacon Street Brookline MA 02446

617-738-4600

jlevatin@massmed.org

www.naturalalternatives.biz

Greater Boston, North of Boston, Metrowest, Central MA, South of Boston

FAMILY PRACTICE, HOMEOPATHY, PEDIATRICS and LOW INCOME FAMILIES - Dr. Janet Levatin is a board-certified pediatrician who has been practicing in the Boston area since 1986. She provides diagnostic pediatric services, and homeopathy for children and adults for a wide variety of medical problems. More recently she has studied NAET and provides nontoxic allergy relief treatments. Areas of specialization include gastrointestinal problems, childhood upper respiratory and ear infections; developmental and behavioral problems of children; pre and post-natal problems including nausea and vomiting, rashes, depression...and more! Accepts Mass Health Insurance.

Levy, Sharon

Sharon Levy, Lic. Ac., Dipl.Ac. (NCCAOM)

1037 Beacon Street - Suite 2B Brookline MA 02446

617-923-9401

aculevy@yahoo.com

Greater Boston

ACUPUNCTURE, POSTPARTUM SERVICES and WELL WOMAN CARE - Full-scope acupuncture practice with a primary focus on wellness before, during and after pregnancy. Giving women access to a complementary healthcare option for conditions such as morning sickness, heartburn, prenatal and postpartum stress management, carpal tunnel syndrome, sciatica and many other troubling conditions. Specializing in labor induction with acupuncture and the turning of breech babies with moxibustion. Co-founder of Acupuncture Birthing Associates. Home visits available. Please feel free to call and discuss any health concerns, or to set up an appointment.

Lindquist, Ann Marie

Ann Marie Lindquist, AAHCC

18 Preston Road Lexington MA 02420

781-863-1689

781-652-8369

amlindquist@rcn.com

Greater Boston, North of Boston

CHILDBIRTH EDUCATION - Bradley Method natural childbirth classes: comprehensive preparation for your birth, including relaxation, natural abdominal breathing, nutrition, exercise, extensive training of the labor coach, breastfeeding and postpartum issues, and detailed explanation of medical interventions. Packed with information and taught with good humor, my classes will help you tune in and respond to your body's signals as well as empower you to make the best choices for your family.

Little Miracles Birth Services

Victoria Sorensen

140A Herrick Road Newton Centre MA 02459

857-636-8037

littlemiracles@comcast.net

Greater Boston, North of Boston, Metrowest, South of Boston

Italian, Spanish, Portuguese, French

CHILDBIRTH EDUCATION, BIRTH DOULA, POSTPARTUM SERVICES, LOW INCOME SERVICES and BILINGUAL SERVICES - Empowering Women through Education, Care and Support During Pregnancy, Labor and Postpartum Little Miracles Birth Services offer birth and postpartum doulas as well as prenatal massage, belly casting, birth photography and custom scrapbooks We have an interpreter that speaks Italian, Spanish, Portuguese and French. We have a diverse population of doulas that offer a sliding scale and flexible payment plans for those in need. It is our belief that every woman has the right to birth the way she needs and wants. Our goal is to help every woman have a beautiful, empowering and educated pregnancy, birth, postpartum and breastfeeding experience.

Living Yoga

Jennie Gryczka, Certified Kundalini Yoga Instructor/Pre- and Post-natal Yoga

22 Mount Auburn Street Watertown MA 02472

617-306-3511

jgryczka@comcast.net

www.livingyogactr.org

Greater Boston, Metrowest

CHILDBIRTH EDUCATION and EXERCISE & YOGA -- Offering pre and post-natal yoga in a small class setting. Yoga postures to gently stretch and strengthen the body meditation to calm and center the mind and an opportunity to connect with other mothers.

Look, Jane

Jane Look, LS

Southbridge MA 01550

508-764-1190

jldoula@cs.com

Greater Boston, Metrowest, Central MA

BIRTH DOULA - Experienced, Certified, Childbirth Doula. Member of ALACE and DONA Services in Central MA And the Greater Boston Area.

Luck, Anita

Anita Luck, Certified: ACE Personal Trainer, BeBo Pelvic Floor Instructor
107 Overbrook Drive Wellesley MA 02482

781-235-1712
Ansieglu@aol.com

Metrowest

EXERCISE & YOGA, POSTPARTUM SERVICES and RESOURCES -- In addition to being an ACE Certified Personal Trainer, Anita Luck is a certified pelvic floor instructor. Anita can work with individuals to strengthen the pelvic floor and/or integrate pelvic floor exercises into a traditional training program. Pelvic floor training is highly recommended after pregnancy and childbirth to avoid bladder control problems and pelvic organ prolapse. She also teaches a 6-week course, The Pelvic Floor Program, to help women understand with their bodies and minds how to strengthen, relax and avoid stressing the pelvic floor. Anita works at Chiropractic Healthcare in Natick and Freedom Therapy Center in Newton.

Madden, Julie

Julie Madden Postpartum Doula
20 Fitchburg Street Watertown MA 02472
617-291-2551
juliemadden@hotmail.com

Greater Boston

POSTPARTUM SERVICES -- I am a trained Homebirth Midwife with 10 years of experience as a Postpartum Doula I have helped hundreds of new families enjoy their first few weeks at home with their new baby by providing a peaceful and nurturing environment where all questions are answered and confidence is instilled. My services include: Breastfeeding Support and Instruction, Newborn Care and Education, Meal Preparation, Household Organization, and Infant Massage Let me help you have the postpartum experience you deserve.

****Maternal Instinct Doula Service**

Charity Parrott, CLD (certified labor doula/ CAPP)A
4 Hy Road Westminster, MA 01473
maternalinstinct@hotmail.com

<http://maternalinstinctdoulaservice.com>

Serving central Massachusetts, and Boston

Services include labor doula, postpartum doula, ante partum doula, childbirth education, and belly casting

Massachusetts Midwives Alliance

Audra Karp, CPM
49 Firth Rd Roslindale MA 02180
508-655-7885
audrakarp@verizon.net
www.massmidwives.org

Serving all of Massachusetts

MIDWIFERY, MIDWIFERY ORGANIZATIONS and RESOURCES -- As a referral source, MMA Midwives Provide complete prenatal care, comprehensive postpartum care for mother and baby, midwifery care for birth at home, education and support for natural birth. As a professional trade organization, MMA provides continuing education for midwives, peer review and practice guidelines, support and sisterhood. Please call or see our web site for a homebirth midwife in your area or for membership information.

****Massachusetts Doulas Yahoo Group (Yahoo Online Support Group)**

Moderator: Meghan Warner Denenberg, CD(DONA), CMT
781-639-6002

<http://health.groups.yahoo.com/group/massdoulas/>

Serving Massachusetts Area

EDUCATION & TRAINING and RESOURCES - This group is for birth doulas, postpartum doulas, lactation consultants, childbirth educators and any other birth related support people or activist in the Massachusetts area. It is for discussion of professional issues, support, announcements of upcoming events, networking, etc. We welcome doulas, doulas-in-training, and any other childbirth professionals or activists. (Membership is set up as "restricted" (meaning new members need to be approved by the group moderator) only to prevent spam.)

Meo, Amy

Amy Meo, Postpartum Doula - DONA
48 Jefferson Street Holyoke MA 01040
646-418-0820
amy_meo@yahoo.com

Western MA

POSTPARTUM SERVICES – Postpartum Doula services offered in Northampton and surrounding areas. DONA trained postpartum doula. Call for rates and information.

****MetroBoston Midwifery**

Alexis Topham
Natick, MA
508-889-9165
Alexis@metrobostonmidwifery.com
www.metrobostonmidwifery.com

Eastern MA, Central MA

MIDWIFERY, BIRTH DOULA, CHILDBIRTH EDUCATION -- Offering midwifery and birth doula care in eastern & central mass.

****MetroWest Whole Health**

Della Lawhon, Lic Ac, MAOM, Dipl OM (NCCAOM), Director
Sybil York, Lic Ac, MAOM, Dipl OM (NCCAOM)
Rachel Furst, Lic AC, MAOM
89 Main Street, #211 breastfeeding
Medway, MA 02053
508-533-0808
info@metrowestwholehealth.com
www.metrowestwholehealth.com

Metrowest, Central MA, South of Boston

ACUPUNCTURE, POSTPARTUM SERVICES, LOW INCOME SERVICES, and WELL WOMAN CARE -- Our clinic offers personalized, affordable community acupuncture, Chinese herbal medicine, massage and reflexology. Chinese medicine can support you before, during and after your pregnancy. It is used to enhance fertility, manage pain & nausea, and naturally treat many of the common complaints associated with pregnancy, birth and breastfeeding. We are open 7 days a week and have convenient morning and evening hours. Staffed by three acupuncturists, a massage therapist and reflexologist. The director is training to become a CPM midwife.

****Midwifery Care of Holyoke**

Ginny Miller CNM,
Liza Winston CNM,
Vanessa Ross CNM,
Mary O'Brien CNM,
Nina Kleinberg CNM,
Rachel Graber CNM
230 Maple Street Holyoke MA 01040, Main Street Northampton (Cradle Space Third Floor Thornes market) 01060

413-535-4700
ginnycnm@aol.com
www.holyokehealth.com

Western Mass

MIDWIFE -- Full-scope Midwifery, attending births at a community hospital with one of the lowest cesarean rates in the state. Offering water births and hospital nurses that are supportive of non-intervention. Well woman care, pre-conception care, alternative conception care and advise,home birth support, infertility, birth control options.

Midwives at Mt. Auburn

*Phyllis Gorman, CNM, MS, Director of Midwifery, c/o for Women, Mt. Auburn Hospital
330 Mt. Auburn Street Cambridge MA 02238
617-499-5151
617-499-5179
mhlonhl@mah.harvard.edu
www.mamah.org*

Greater Boston

HOSPITALS, MIDWIFERY, WELL TOMAN CARE and LOW INCOME SERVICES – MaMA offers full-scope midwifery services with births at Mt. Auburn Hospital, a level 2 facility with birth rooms, hydrotherapy and a midwifery-friendly staff. Visit our website at www.mamah.org!

****Mom is Born: Services for the New Mother, A**

*Maria Dolorico, M.Ed., CD(DONA)
Boston, MA
617-869-4310
maria@amomisborn.com
www.AMomIsBorn.com*

Boston and immediate suburbs

Maria Dolorico provides birth doula services that promote autonomy and choices in pregnancy and labor. Previously a psychotherapist with a community health center practice, Maria also provides short-term, goal-oriented counseling for matters regarding pregnancy, birth, and post-partum. Format includes group sessions and individual and home-based counseling for post-partum women when appropriate.

Mother & Child, LLC

Kathleen Toad-Seymour, RN, CCE, CLE, CBC, CAPPA CLE Trainer

64 Davis Street Northborough MA 01532

508-393-4551

seymour4551@charter.net

Greater Boston, North of Boston, Metrowest

BREASTFEEDING, CHILDBIRTH EDUCATION and POSTPARTUM CARE - Prenatal Education - Childbirth, Breastfeeding, Baby Care, Infant CPR, "Happiest Baby" by Dr. Karp - Postpartum Care - Private Care and Support of the postpartum Mom and family, breastfeeding support - Day and Evenings-

MotherBirth Childbirth Services

Lynn Luccini, CCEr CD(DONA)

25 Charina Road Northborough MA 01532

508-393-1412

lucchini@ieeee.org

Metrowest, Central MA

BREASTFEEDING, CHILDBIRTH EDUCATION and BIRTH DOULA - BACE-certified childbirth educator offering holistic childbirth preparation classes for small groups and privately. DONA-certified birth doula providing compassionate labor support in any setting. NMC Breastfeeding counselor.

MotherCare Services, Inc.

Joan Singer, BA, CPD

P.O. Box 554 Monument MA 02553

508-759-6800

508-759-2922

mothercare@rcn.com

mothercareservices.com

Greater Boston area, Metrowest, Central MA, Northern Rhode Island

Spanish and French speaking

BREASTFEEDING, EDUCATION & TRAINING and POSTPARTUM SERVICES - As postpartum doulas we ease and support a smoother and healthier postpartum transition from pregnancy and birth recovery to parenthood. We provide practical, educational, and emotional support for the first-time or experienced mother and her family in their home in the first few weeks following the birth. We also support families with specific needs associated with adoption, cesarean and multiple births. Services include: postpartum hands-on guidance and information on newborn care, breastfeeding and parent education, care and special attention for siblings, resources for parenting and community services, customized home cooked meals and food shopping, nursery organization and house hold assistance. Also offering a pre-natal visit with your doula.

Mothering Services

Nora Lynn Holland, MS, CCE, CLA, CLC, Midwife

75 Maple Street Ware MA 01082

413-222-8779

www.motheringservices.byregion.net

motheringservices@yahoo.com

Western MA, Central MA

BREASTFEEDING, CHILDBIRTH EDUCATION, BIRTH DOULA and MIDWIFERY - Mothering Services provides support and understanding for the emotional and physical needs of the mother. Mothering Services provides homebirth midwifery services, labor assistance for hospital births, breastfeeding counseling and breast pump rentals and sales. Childbirth classes are also available on an individual basis or as a class setting. Hypnobirthing guidance is also provided.

Motherwood Midwifery

Mamie Cabezas-Skorupa CPM
58 Bullard Pasture Road Wendell MA 01379
anicca2@aol.com

Western MA, Central MA

BREASTFEEDING, MIDWIFERY and WELL WOMAN CARE – Motherwood Midwifery has been providing complete care for the expectant family, including but not limited to: prenatal, birth, postpartum and breastfeeding services for over ten + years. Mamie Cabezas-Skorupa, CPM works with 2 practicing midwives in order to deliver the most comprehensive, sensitive and knowledgeable practice possible. Together they are dedicated to utilizing both the age old tools of listening and hands on care as well as incorporating the most up to date information and services available for pregnant women today.

Nantucket Midwife

Sybille S. Anderson, CPM, DM, CCE
29 Skyline Drive Nantucket MA 02554
508-228-6425
508-228-6118
anderson@nantucket.net
www.nantucketmidwife.com

Cape Cod and the Islands

Spanish and French proficiency

CHILDBIRTH EDUCATION, BIRTH DOULA, MIDWIFERY and BILINGUAL SERVICES – Complete Midwifery Services for Homebirth. Private and group Childbirth Preparation Classes for home or hospital birth. Labor Support for hospital birth, Lactation counseling, Postpartum services.
www.nantucketmidwife.com

North Shore Birth Center and Women's Health Care Center

Director: Linda Anne L'Abbe, CNM
85 Herrick Street Beverly MA 01915-1777
978-927-7880
978-524-6082
nsbc@nhs-healthlink.org

North of Boston

American Sign Language

BIRTH CETNER, MIDWIFERY, WELL WOMAN CARE and BILINGUAL SERVICES – Full-scope midwifery and gynecological care with certified nurse midwives. Well-woman care. Emergency contraception. Birth at freestanding birth center at Beverly Hospital with CNMs. Waterbirths at birth center. Peri-menopausal and menopausal care. Family planning, Pessary fittings. American Sign Language. Handicap accessible. Mothers Support Group.

****Northeast Community Midwifery**

Audra Karp, CPM
49 Firth Road Roslindale MA 02131
617-522-8383
audrakarp@gmail.com

Greater Boston, North of Boston, South of Boston, Metrowest.

Comprehensive homebirth midwifery care with a Certified Professional Midwife including full prenatal care, labor & birth attendance, and postpartum visits. Other services provided include preconception consultations, nutritional counseling, well-woman care as well as fertility counseling and alternative insemination.

Nursing Mothers' Council

Nursing Mothers' Council (NMC) of BACE
P.O. Box 29 Newtonville MA 02460

617-244-5102

bace@rcn.com

www.bace-nmc.org

Serving all of Massachusetts

BREASTFEEDING, CHILDBIRTH EDUCATION and EDUCATION & TRAINING - NMC provides FREE breast-feeding counseling and support, breastpump rentals and sales, professional education for breastfeeding counselors and IBLCE exam preparation. Professional education programs include. Current Breastfeeding Management, a comprehensive four-day training program for breastfeeding counselors and Advanced Breastfeeding Management, a two-day training which explores advanced topics and provides a second optional day of IBLCE exam prep. Contact us for a copy of our phone list of MMC Counselors or to be added to our professional education mailing list. NMC was founded in 1962 and is an integral part of the Boston Association for Childbirth Education (BACE).

Ohana Midwifery Service

Valerie Jacques, RN, CNM, NHCM

47 Fox Point Road Newington NH (Portsmouth)

603-373-0375

North of Boston

BREASTFEEDING, MIDWIFERY and WELL WOMAN CARE - Offering midwifery services including water birth options, VBAC, well-woman gynecological care including diaphragm fittings, breastfeeding counseling and breastpump rental, labor support. Serving central and coastal NH and southern coastal ME.

****Pregnancy, Birth, & Beyond**

Erin Monast, LMT, NCTMB, Certified HypnoBirthing Educator, Happiest Baby Educator, CD(DONA)

332 Main St. Wareham, MA 02571

508-728-5906

pregnancybirth_beyond@comcast.net

www.pregnancybirthbeyond.net

Cape Cod, Southshore, South coast

DOULA, MASSAGE, CHILDBIRTH EDUCATOR -- I specialize in massage for women before, during, and after pregnancy, I teach HypnoBirthing (R) The Mongan Method, Newborn Massage, and The Happiest Baby on the Block classes. I work with women and families as a doula during the pregnancy, birth, and postpartum periods.

Professional Doula Services

Jennifer McCullough

58 Buttonwood Avenue Sutton MA 01590

508-865-2890

ienniferdoula@att.net

<http://jenniferdoula.home.att.net>

Greater Boston, Metrowest, Central MA

CHILDBIRTH EDUCATION, BIRTH DOULA and POSTPARTUM SERVICES -- Experienced DONA-trained doula and mother of two offering caring labor and birth support and/or postpartum care in your home. Birth Doula services may include: prenatal appointments, childbirth education, Mother Massage™, comfort techniques, breastfeeding counseling, prenatal resources, on-call availability, postpartum follow-up and more. Postpartum Doula services may include: teaching infant care skills, breastfeeding counseling, infant massage, light housework, postpartum resources and recovery information, birth counseling, a listening ear and more. Bulk rate savings plan available 10% discount on postpartum fees for birth doula clients. References available. Alternative families welcome! Many additional services are available, please visit my website at <http://jenniferdoula.home.att.net>

Robinson, Kate

Kate Robinson

Wrentham MA 02093

508-384-9669

mfomkate@yahoo.com

Greater Boston, Metrowest, Central MA, South of Boston

BABY & CHILD GOODS and RESOURCES - Belly and Body Casting available-will travel to you! Call or e-mail for more information!

Rosebuds at the Waldorf School

739 Massachusetts Avenue Lexington, MA 02420

781-863-1062 x551

www.thewaldorfschool.org

Greater Boston, North of Boston, Metrowest

BABY & CHILD GOODS, COUNSELING, THERAPY & SUPPORT, EDUCATION & TRAINING and POSTPARTUM SERVICES -- Parent-Infant Class at the Waldorf School -- Our Rosebuds class, led by two experienced Early Childhood teachers, is for parents with their babies aged 0 weeks to 10 months. Adapting the infant observation practices designed by Dr Emmi Pikler of the internationally known Pikler Institute in Budapest, we will learn how to assess a baby's needs at different developmental stages and how to create a home life conducive to healthy and joyful growth. Class meets once a week for five weeks in a warm, home-like setting. For information and registration, please call the teachers at (781) 863-1062 x551 or visit www.thewaldorfschool.org

Sacred Journeys Henna Designs

Jennifer McCullough

508-865-2890

jenniferdoula@att.net

<http://jenniferdoula.home.att.net>

Greater Boston, Metrowest, Central MA

BABY & CHILD GOODS and RESOURCES - Specializing in pregnant belly art. Mehndi designs for fun or in ritual; at Mother Blessing ceremonies, parties, showers or private. Henna designs of all sizes starting at just \$5. Choose one of my designs or bring your own. Also offering belly casts, doula services, massage and more - see Professional Doula Vertices listing.

****Safe & Sound Midwifery**

Amanda Jane Haddad, RN-BSN, CPM
P.O. Box 1224, Orleans, Massachusetts 02653
(508) 240-1223
haddadaj@aol.com
safesoundmidwifery.com

Serving the Cape Cod region

Offering midwifery services during the childbearing year, including home birth with prenatal and postpartum care; labor/birth support for hospital births; public or private childbirth classes; breastfeeding support.

****Savetsky German, Jacqueline**

Jacqueline Savetsky German, Lic. Ac.
1895 Centre St Suite 205 West Roxbury MA 02132
857.719.3078

Greater Boston

ACUPUNCTURE, POST-PARTUM, and WELL WOMAN CARE -- Supports overall health and specifically many aspects of women's health including fertility, menstruation, pregnancy-related issues (morning sickness, pain, labor induction, breech baby, post-partum needs) and menopausal symptoms.

Scher, Naomi

Naomi Scher, NCTMB
7 Harris Avenue Jamaica Plain, MA02130
617-610-7686
naoscher@breathemassage.com

Greater Boston

CHILDBIRTH EDUCATION, MASSAGE and POSTPARTUM SERVICES – Breathe Passage Therapy - Certified pre- and peri-natal massage therapist with over 20 years in the profession. Nurturing prenatal massage sessions designed to relieve muscular tension and discomfort while encouraging relaxation and promoting emotional well-being. Postpartum massage sessions available as soon as new mother is! Postpartum massage aids new mom by rejuvenating tired muscles due to labor and new mothering duties thus assisting her to reclaim her body and regain her strength. Massage techniques for pregnancy or labor taught privately or in groups to couples/support people. Comfortable office located in the heart of Jamaica Plain and at Isis Maternity in Brookline.

Schwartz, Elaine

Elaine Schwartz, LMT, Birth Doula, Postpartum Doula
15 Greybert Lane Worcester MA 01602
508-755-9265
508-345-6628
elaineslmt@yahoo.com

Central MA

BIRTH DOULA, MASSAGE THERAPY and POSTPARTUM SERVICES - Licensed massage therapist certified in pregnancy massage, DONA trained birth doula and postpartum doula Birth doula services include phone consultation, two prenatal visits, continuous care through labor and childbirth and one postnatal visit Postpartum care provided at an hourly rate or as a package.

Seacoast Midwifery Services LLC

Cilia Bannenberg, NHCM, CPM
PO Box 381 Barrington NH 03825
603-332-7766
mhmidwives.org
www.birthchair.com

North of Boston, NH Seacoast and Maine

MIDWIFERY - Your personal midwife for complete homebirth care, including water birth.

Seltzer, Kathy

Kathy Seltzer, Lie Ac, Dipl.Ac. (NCCAOM)
1368 Beacon Street, Suite 110 Brookline MA 02446
617-232-0753
kjseltzer@comcast.net

Greater Boston

ACUPUNCTURE, POSTPARTUM SERVICES and WELL WOMAN CARE - Family practice of Acupuncture and Chinese Herbal Medicine with a focus on treatment for women: before, during and after pregnancy. Successfully treats infertility, morning sickness, anxiety, back pain, sciatica, carpal tunnel, constipation. Specialising in labor induction with acupuncture and turning of breech babies with moxibustion. Labor and delivery attendance is available (at area birth centers and hospitals). Co-founder of Acupuncture Birthing Associates. Phone consultation always available or call for an appointment today.

Seven Hills Community Midwifery

Erika Beecher, CPM
34 Dayton Street Worcester MA 01609
508-755-0133
worcestermidwife@verizon.net

Metrowest, Western MA, Central MA

CHILDBIRTH EDUCATION EXERCISE & YOGA and MIDWIFERY - Seven Hills Community Midwifery offers comprehensive midwifery care for family-centered homebirth. We provide preconception consultations, nutritional counseling, full prenatal care, labor & birth attendance, postpartum and well-woman care. Additional services include: childbirth education, prenatal aqua classes, yoga for birth, breastfeeding support and referral for alternative services. Free initial consultation.

South Shore Midwifery and OB/GYN, P.C.

Contact: Jennifer Bekerian
2100 Washington Street, Hanover,
781-871-4260
851 Main Street, Suite 4, Weymouth,
781-340-0505
jbeksm@yahoo.com

www.southshoremidwifery.com

Cape Cod/Islands, South of Boston

MIDWIFERY, OBSTETRICS, WELL WOMAN CARE and LOW INCOME SERVICES -- South Shore Midwifery - Healthcare for women, gynecological exams and prenatal care with Certified Nurse Midwives: Agnes Densmore, CNM; Shelly Downing, CNM; Hope Bouldin-Currier, CNM; Barbara Schultz-Evans, CNM. Deliveries at South Shore Hospital with Dr. James Marquardt, Board Certified OB/GYN. Offices with working mother's hours in Weymouth at 851 Main Street, Suite 4, telephone 781-340-0505 and Hanover at 2100 Washington Street, telephone 781-871-4260. Visit us on the web at www.southshoremidwifery.com

South Shore Women's Health

Contact: Maureen Madden
44 Fogg Road, Weymouth, 781-331-3270
56 New Driftway, Scituate, 781-545-8103
42 Tremon Street, Duxbury, 781-934-5242
sswomenshealth@aol.com
www.sswomenshealth.com

South of Boston, Greater Boston

MIDWIFERY, OBSTETRICS and WELL WOMAN CARE - Prenatal care and delivery at South Shore Hospital. Well-woman gynecology Nannette Landry, CNM, Anne-Marie Armstrong, CNM, Jean MacBarron, CNM, Rebecca Fay, CNM, Mary Trabulsi, CNM Deborah Carlson, CNM, Janice DiGioia,

CNM

Thom Anne Sullivan Center - EIPP Pregnancy and Newborn Support

Linda Going, RN EI Partnership Coordinator

Lowell MA

978-453-8331 978-453-9254

lgoing@asc.thomchild.org

www.thomchild.org

North of Boston

Spanish

COUNSELING, THERAPY & SUPPORT, EDUCATION & TRAINING, RESOURCES, LOW INCOME SERVICES and BILINGUAL

*SERVICES - We offer free home visits for pregnant women and their newborn babies. Mothers and babies may be eligible if they have any two of the following concerns: high stress level * problems with housing * past history of problems with childbirth * lonely, sad or depressed drinking or other substance abuse * mother started prenatal care in third trimester * mother is hepatitis B positive * violence in the home mother is less than 20 with 2 children or less than 22 with 3 children. Services are available to residents of the Lowell area. / Ofrecemos visi-tas gratis para mujeres embarazadas y sus bebes recién nacidos. Las madres y los bebes pueden ser elegibles si tienen cualquiera de las dos siguientes- estres problemas de vivienda triste, sola, deprimida * toma o usa sustandas controladas * problemas en el pasado * la mujer embarazada comenzo su cuidada prenatal en el tecer trimestre * madre es positivo del la hepatitis B violencia en el hogar * madre es menos de 20 anos con 2 nmos o menos de 22 anos con 3 ninos. Servicios disponibles a los resi-dentes del area de Lowell.*

Thom SITS - EIPP Pregnancy and Newborn Support

Ruth Rivera, RN, Program Coordinator

1506 A Allen Stret, Bicentennial Plaza Springfield MA

rrivera@thomchild.org

www.thomchild.org

Western Mass

Spanish

COUNSELING, THERAPY & SUPPORT, EDUCATION & TRAINING, RESOURCES, LOW INCOME SERVICES and BILINGUAL

*SERVICES - We offer free home visits for pregnant women and their newborn babies. Mothers and babies may be eligible if they have any two of the following concerns: high stress level * problems with housing * past history of problems with childbirth * lonely, sad or depressed * drinking or other substance abuse * mother started prenatal care in third trimester * mother is hepatitis B positive * violence in the home * mother is less than 20 with 2 children or less than 22 with 3 children. Services are available to residents of the Springfield area. / Ofrecemos visitas gratis para mujeres embarazadas y sus bebes recién nacidos. Las madres y los bebes pueden ser elegibles si tienen cualquiera de las dos siguientes: estres problemas de vivienda triste, sola, deprimidu * toma o usa sustancias controladas * problemas en el pasado * la mujer embarazada comenzo su cuidada prenatal en el tecer trimestre * madre es positivo del la hepatitis B violencia en el hogar * madre es menos de 20 anos con 2 nmos o menos de 22 anos con 3 ninos. Servicios disponibles a los residentes del area de Springfield.*

Thom WITS - EIPP Pregnancy and Newborn Support

Liz DeVillez, Office Manager

91 Elm Street Westfield MA 01085

ldevillez@thomchild.org

www.thomchild.org

Western Mass

Spanish

COUNSELING, THERAPY & SUPPORT, EDUCATION & TRAINING, RESOURCES, LOW INCOME SERVICES and BILINGUAL

SERVICES - We offer free home visits for pregnant women and their newborn babies. Mothers and babies

*may be eligible if they have any two of the following concerns: high stress level * problems with housing * past history of problems with childbirth * lonely, sad or depressed * drinking or other substance abuse * mother started prenatal care in third trimester * mother is hepatitis B positive * violence in the home * mother is less than 20 with 2 children or less than 22 with 3 children. Services are available to residents of the Westfield area. / Ofrecemos visitas gratis para mujeres embarazadas y sus bebés recién nacidos. Las madres y los bebés pueden ser elegibles si tienen cualquiera de las dos siguientes: estrés * problemas de vivienda * triste, sola, deprimida * toma o usa sustancias controladas * problemas en el pasado * la mujer embarazada comenzó su cuidados prenatal en el tercer trimestre * madre es positivo de la hepatitis B violencia en el hogar * madre es menos de 20 años con 2 niños o menos de 22 años con 3 niños. Servicios disponibles a los residentes del área de Westfield.*

****Tiny Fingers Tiny Toes Postpartum Care**

Alissa Greenman-Rowe PCD(DONA)

857-891-7880

alissagreenman@yahoo.com

www.tinyfingerstinytoes.com

Boston, Ma

I view my job as a postpartum doula to do whatever it takes to help you and your family adjust to your newborn and feel a bit more "normal". I provide in-home support and care for the new mother and her family so that they can focus on successfully incorporating a new child into their lives. I come with a knowledge of infant care, new mom care, breast and bottle guidance, suggestions for relaxation and older sibling adjustment. I also offer meal preparation, light housework and referrals for all manners of services if you feel you need more assistance. I focus on getting naps for you and making sure you are eating and getting plenty of fluids! I find that most new moms need an unbiased friend, someone to talk with about their birth, their changing moods and their babies poopy diapers!

****toLabor**

2119 Esquire Rd Richmond VA 23235

thakkuhn@gmail.com

<http://www.tolabor.org/>

LABOR ASSISTANT/BIRTH DOULA TRAINING & CERTIFICATION. Education and certification of Labor Assistants/Birth Doulas to help women and their partners become active participants in their birth and lives as parents. toLabor offers the training and certification program formerly provided by ALACE, the Association of Labor Assistants and Childbirth Educators.

****Sweet Bundles Birth Services**

Stephanie Lee Butler, Bachelor of Arts in Psychology & Sociology from the University of Vermont Phlebotomy, Certificate from Mass Bay Community College, DONA Trained Birth Doula....working on certification, Breastfeeding Counselor from Childbirth International, also working on certification (almost complete), Childbirth Educator through Childbirth International, also working on certification, Bachelor of Science in Nursing (expected completion May 2011)

(508) 254-5467

Steph752@gmail.com

www.facebook.com/sweetlittlebundlesbirthservices

www.sweetlittlebundlesbirthservices.blogspot.com

Worcester & Middlesex Counties, MA.

I am a new birth doula and breastfeeding counselor, and I offer doula and breastfeeding support.

****Warner Wellness**

Meghan Warner CD(DONA), CMT

Boston MA

781-639-6002

mwarner@warnerwellness.com

www.warnerwellness.com

Greater Boston, North of Boston

BIRTH DOULA ^ DONA Certified Birth Doula providing holistic labor support for Hospital and Birth Center births. Over thirteen years of doula experience & Certified Massage Therapist. Intuitive healer providing chakra and energy balancing.

Watstein, Sharon J.

Sharon J. Watstein

3 Chessman Drive Sharon MA 02067

781-784-2990

sjwdoula@yahoo.com

Greater Boston, Metrowest, South of Boston

BREASTFEEDING, COUNSELING, THERAPY & SUPPORT and POSTPARTUM SERVICES -- As a Postpartum Doula my main role is to support and nurture the new mother and her family. Although the birth of a baby is a happy time, it can also be difficult if the necessary support is lacking. My role varies from family to family, I offer emotional support, light housekeeping, cooking, baby care, demonstrating newborn care, and running errands. I take special interest in Jewish parenting and rituals. I also have experience with multiples and I offer extra support for mothers with depression.

Well Pregnancy

Julie Brill, CCCE

5 Warren Avenue Bedford, MA 01730

781-275-6564

Julie@WellPregnancy.com

Greater Boston, North of Boston, Metrowest, Central MA, South of Boston, Cape Code and the Islands

CHILDBIRTH EDUCATION, BIRTH DOULA and EDUCATION & TRAINING - Become a certified childbirth educator with CAPP, The Childbirth and Postpartum Professionals Association. Childbirth educators have the opportunity to reach families when they are open to new ideas and to help them achieve positive birth experiences. CAPP offers the highest level of evidence based training available and is the fastest growing childbirth education and doula organization in the world. Accelerated program available with related experience. FOR

MORE INFORMATION about upcoming intensive weekend workshops in Massachusetts contact Julie Brill, CCCE, Assistant CBE Director and Massachusetts CBE trainer at (781) 275-6564. Group and private childbirth education classes and doula services also available.

Westwood Family Chiropractic

Dr. Peter J. Kevorkian and Dr. Patricia Giuliano

1446 High Street Westwood MA 02090

781-769-2500

781-255-9727

drpeterdrpatti@comcast.net

Greater Boston, South of Boston

CHIROPRACTOR and FAMILY PRACTICE -- Wellness spinal care. Prenatal, postnatal and pediatric care. Board Certification in pediatric care. Care of the spine and nerve system to optimize function.

Whole Birth (Educational and Support Services)

Judy Williamson Batson

25 Kristen Lane North Kingstown RI 02852

401-884-5657 or 401-374-0042

wholebirth@cox.net

South of Boston, Rhode Island

CHILDBIRTH EDUCATION, BIRTH DOULA and POSTPARTUM SERVICES -- Whole Birth educational and support services, provided by Judy Williamson Batson include: childbirth education classes; professional labor support; lactation resources and consultation; and new family doula care. The approach is woman-centered and culturally sensitive with an open heart and open mind for individual needs and circumstances of the pregnant and laboring woman, the new mother and her family. Professional credentials include work as a certified childbirth educator, previous La Leche League leader and ALACE training in professional labor support. Judy's experience spans three decades of commitment to education, birth, breastfeeding and family life. Call 401-884-5657 or 401-374-0042 or email wholebirth@cox.net

WomanCraft Midwifery

Beth Anne Moonstone

37 Thayer Street Amherst MA 01002

413-253-3100

beth@womancraft.org

www.womancraft.org

Central MA, Western MA

EXERCISE & YOGA, MIDWIFERY, REIKI and LOW INCOME SERVICES -- Complete Homebirth Midwifery care, Waterbirth, Reiki Energywork and AquaNatal Fitness. My practice is based on the knowledge that birth is a sacred and natural process. Women already have the wisdom within them to give

birth. It is my belief that women give birth with their hearts and bodies NOT with their head. I strongly encourage and assist women to educate themselves about birth options and make empowered choices based on their knowledge and intuition. I am the mother of three beautiful children, all born at home with midwives. I am a Certified Professional Midwife (CPM), Childbirth Educator, Certified American AquaNatal Instructor, Children's Yoga Instructor and Reiki Master.

WomanCraft Midwifery Studies Program

Beth Anne Moonstone

37 Thayer Street Amherst MA 01002

413-253-3100

beth@womancraft.org

www.womancraft.org

Serving all of New England - based in Amherst

EDUCATION & TRAINING, MIDWIFERY ORGANIZATIONS and RESOURCES - WomanCraft provides 1 and 2-year direct entry midwifery programs and workshops in Midwifery Studies. WomanCraft blends a wholistic woman-centered, family-centered philosophy of care with in-depth academic knowledge, technical and experiential hands-on skills and clinical research. Our programs are designed to provide a strong foundation for aspiring midwives and apprenticing midwives. WomanCraft honors and encourages the tradition of apprenticeship within midwifery. Our program follows the core competency document designed by the Midwives Alliance of North America as the standard body of knowledge necessary for the entry-level midwife. Students can elect to work towards the national certification (CPM) through the National Registry of Midwives. The academic foundation and clinical skills students attain in WomanCrafts programs may be used towards the Portfolio Evaluation Process (PEP) of the CPM.

Womankind

Carol Fairbank, BCCE, CD, PCD

1307 Pleasant Street Athol, MA

978-249-0970

carol@woman-kind.info

Metrowest, Western MA, Central MA, Southern New Hampshire

CHILDBIRTH EDUCATION, BIRTH DOULA, POSTPARTUM SERVICES and LOW INCOME SERVICES -- Services Offered: Womankind offers a variety of comprehensive childbirth education options, including classes in The Bradley Method, along with holistic labor & birth support, postpartum & breastfeeding assistance, and family herbal care and consultations. Please call or write for a schedule of monthly workshops and women's circles. About Carol Fairbank: Carol has helped many families have their babies in a natural, positive way. She believes a safe and satisfying birth begins with a healthy pregnancy, and that with quality education and strong support, nearly every woman can have the kind of birth she wants.

Worcester Family Hypnosis and Massage Therapy

Sally Gartner Bellows, CCE, CH, LMT

54 Fruit Street Worcester MA 01609

508-353-9333

Central Mass

CHILDBIRTH EDUCATION, HYPNOBIRTHING and MASSAGE - Presents of mind and body for all ages. Discover ever-accessible vacation resorts within. Contribute to the well-being of your family by taking care of yourself. Relax and sometimes even laugh your way to better health. Reduce stress and disease/increase joy of living. Experience transformation and motivation to achieve goals. Party options HypnoBirthing, Loving Touch for Pregnancy and infant massage classes. Certified in Complementary Medical Hypnotism, Pediatric Hypnosis, MotherMassage and Hot Stone Massage. Member of American Massage Therapy Association and National Guild of Hypnotists. Family-oriented, home-based practice. Look for the purple house. Diversity in families welcomed!

Yoga for Women

Regine Carr

151 Park Road Chelmsford MA 01824

978-256-8169

978-256-9835

regdc@comcast.net

Greater Boston, North of Boston

EDUCATION & TRAINING, EXERCISE & YOGA, POSTPARTUM SERVICES and LOW INCOME SERVICES - Monthly two

hour class focusing on different positions and ways of breathing and visualizing in them, that may be useful during labor and delivery with or without partner(s) — Weekly prenatal yoga classes that prepare a woman's body for birth, help alleviate discomfort during pregnancy, encourage healthy posture and offer deep relaxation. For women with or without prior yoga experience. --Weekly yoga classes for mom-baby poses and breathing that restore energy and promote deep relaxation. Regain tone in muscles of pelvic floor and abdominal region, help open the chest. Discuss spiritual, psychological and emotional issues of mothering. — Also, private and semi-private classes available, very experienced teacher. Contact Regine 978-256-8169.