

Women's Health Resource Center

# Community Resource Guide

## Baby Care Classes

### Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor

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

### Ann Arbor Birth and Family

734-892-9055 • Ann Arbor

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

### Baby Care Basics Class **M**

734-647-7888 • Ann Arbor, Northville, Canton

<https://www.umwomenshealth.org/resources/classes-support#babycare>

### Tree Town Doulas

734-730-2909 • Ann Arbor

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

### Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

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

## Birth Center Tour

### Von Voigtlander Women's Hospital **M**

734-763-6295 • Ann Arbor

<https://www.umwomenshealth.org/resources/classes-support#birthcenter>

## Breastfeeding Classes & Support

### The Breastfeeding Center of Ann Arbor

734-975-6534 • Ann Arbor

<http://bfcaa.com/>

### La Leche League

442-229-0327 • Ann Arbor

248-802-0447, Ask for Kathy Camilleri • Brighton

### Livingston County WIC

517-546-5459 • Howell

<https://www.livgov.com/health/ph/Pages/wic.aspx>

## Breastfeeding Classes & Support (Continued)

### Tree Town Doulas

734-730-2909 • Ann Arbor

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

### UMHS Prenatal Breastfeeding Class **M**

734-232-7898 • Ann Arbor

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

### Washtenaw County WIC

734-544-2995 • Washtenaw County

<https://www.washtenaw.org/1402/Breastfeeding-Education-Support>

### Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

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

## Childbirth Classes

### Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor

<http://www.annarborbabybeginnings.com/class-schedule-and-registration>

### Ann Arbor Birth and Family

734-892-9055 • Ann Arbor

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

### Livingston Childbirth

810-231-2820, Ask for Denise Pelky • Brighton

[http://www.livingstonchildbirth.com/about\\_the\\_classes](http://www.livingstonchildbirth.com/about_the_classes)

### Tree Town Doulas

734-730-2909 • Ann Arbor

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

### Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

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

Visit our websites:

<https://www.umwomenshealth.org/womens-health-resources%20>

<http://www.mottchildren.org/conditions-treatments/breastfeeding>

## Divorce & Single Parenting

**MSU Extension Washtenaw County**  
734-222-3943 ▪ Washtenaw County  
clarkjon@anr.msu.edu

### UM Center for Child & Family **M**

734-764-9466 ▪ Ann Arbor  
<https://mari.umich.edu/university-center-child-family>

### Women's Center of Southeastern Michigan

734-973-6779 ▪ Ann Arbor  
<http://womenscentersemi.org/>

## Domestic Violence

**SafeHouse Center**  
734-995-5444 ▪ Ann Arbor  
<https://safehousecenter.org/>

## Eating Disorders

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

### UM Comprehensive Eating Disorders Program **M**

877-475-6688 ▪ Ann Arbor  
<http://www.mottchildren.org/conditions-treatments/eatingdisorders>

## Fitness – Mom & Baby

**Ann Arbor Birth and Family**  
734-892-9055 ▪ Ann Arbor  
<https://www.annarborbirth.com/>

**Ann Arbor YMCA**  
734-996-9622 ▪ Ann Arbor  
<https://www.annarborymca.org/>

**Brighton Yoga Center**  
810-522-5004 ▪ Brighton  
<https://brightonyogacenter.com/>

**Fit4Mom**  
734-263-4425 ▪ Ann Arbor  
<https://annarbor.fit4mom.com/>

**FitPoint**  
734-531-9958, Ask for Dominika ▪ Ann Arbor  
<http://fitpointa2.com/>

## Fitness – Mom & Baby (Continued)

**Marlene McGrath Yoga**  
734-276-7423 ▪ Ann Arbor  
<http://marlenemcgrathyoga.com/>

**MOVE Wellness Pilates**  
734-761-2306 ▪ Ann Arbor  
[www.movewellness.com](http://www.movewellness.com)

**Peachy Fitness**  
734-681-0477 ▪ Ann Arbor  
<http://peachyfitness.com/>

### Yoga Center for Healthy Living

810-225-1288 ▪ Brighton  
<http://yogacenterbrighton.com/>

## Fitness - Prenatal

**Ann Arbor Birth and Family**  
734-892-9055 ▪ Ann Arbor  
<https://www.annarborbirth.com/>

**Ann Arbor YMCA**  
734-996-9622 ▪ Ann Arbor  
<https://www.annarborymca.org/>

**Brighton Yoga Center**  
810-522-5004 ▪ Brighton  
<https://brightonyogacenter.com/>

**Fit4Mom**  
734-263-4425 ▪ Ann Arbor  
<http://annarbor.fit4mom.com>

**Marlene McGrath Yoga**  
734-276-7423 ▪ Ann Arbor  
<http://marlenemcgrathyoga.com/>

**MOVE Wellness Pilates**  
734-761-2306 ▪ Ann Arbor  
[www.movewellness.com](http://www.movewellness.com)

**Yoga Center for Healthy Living**  
810-225-1288 ▪ Brighton  
<http://yogacenterbrighton.com/>

## Pregnancy, Childbirth &

Visit our websites:

<https://www.umwomenshealth.org/womens-health-resources%20>  
<http://www.mottchildren.org/conditions-treatments/breastfeeding>

## Financial Coaching/Education

### Washtenaw County MSU Extension

734-222-3943 • Washtenaw County  
clarkjon@anr.msu.edu

### Women's Center of Southeastern Michigan

734-973-6779 • Ann Arbor  
<https://womenscentersemi.org/services/financial-counseling/>

## Infant Safety

### Baby Safe Class **M**

734-763-2251 • Ann Arbor  
<https://www.umwomenshealth.org/node/782421#baby-safe>

### Car Seat Safety Help

### Mott Buckle-up Program **M**

734-763-2251 • Ann Arbor  
<http://www.mottchildren.org/about-us/mott-buckle>

### Washtenaw County MSU Extension

734-222-3943 • Washtenaw County  
clarkjon@anr.msu.edu

### Safe Sleep for Baby Training

### Washtenaw Area Council for Children

734-434-4215 • Washtenaw County  
<http://www.washtenawchildren.org/safebaby>

## Infertility Services and Support

### UM Center for Reproductive Medicine **M**

Infertility Support Group  
Pregnancy After Infertility Support Group  
Beyond IVF Support Group  
Infertility Services  
734-763-4323 • Ann Arbor  
<https://medicine.umich.edu/dept/center-reproductive-medicine>

## LGBT Resources

### Jim Toy Community Center

734-274-9551 • Ann Arbor  
<http://www.jimtoycenter.org/>

### PFLAG Ann Arbor

734-741-0659 • Ann Arbor  
<http://pflagaa.org/>

## LGBT Resources (Continued)

### UM Comprehensive Gender Services Program **M**

734-998-2150 • Ann Arbor  
<http://www.uofmhealth.org/conditions-treatments/transgender-services>

### UM Center for Reproductive Medicine **M**

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

### UM Spectrum Center **M**

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

## Massage - Infant

### Ann Arbor Birth and Family

734-892-9055 • Ann Arbor  
<https://www.annarborbirth.com/>

## Massage - Prenatal

### LaVida Massage

734-222-1020 • Ann Arbor  
<http://www.lavidamassageannarbormi.com/>  
810-229-0888 • Brighton  
<http://www.lavidamassagebrightonmi.com/>  
734-844-1402 • Canton  
<http://www.lavidamassagecantonmi.com/>

### SEM Community Doulas

734-506-8406 • Ann Arbor

## Mental Health

### Ann Arbor Birth and Family

734-892-9055 • Ann Arbor  
<https://www.annarborbirth.com/>

### CHASS

313.849.3920 • Detroit  
<https://chasscenter.org/>

### EMU Psychology Clinic

734-487-4987 • Ypsilanti  
<http://www.emich.edu/psychology/psychologyclinic/>

### UM Center for Child & Family **M**

734-764-9466 • Ann Arbor  
<http://mari.umich.edu/uccf>

Visit our websites:

<https://www.umwomenshealth.org/womens-health-resources%20>  
<http://www.mottchildren.org/conditions-treatments/breastfeeding>

## Mental Health (Continued)

### UM Depression Center **M**

734-936-4400 • Ann Arbor

<http://www.depressioncenter.org/patients-visitors>

### UM Women and Infants Mental Health Clinic **M**

734-484-3600 • Ann Arbor

<https://medicine.umich.edu/dept/psychiatry/programs/women-infants-mental-health>

### The Corner Health Center

734-764-0231 • Ypsilanti

<http://www.cornerhealth.org/?module=Home>

## Parenting Support

### Ann Arbor Baby Beginnings

734-221-0158 • Ann Arbor

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

### Ann Arbor Birth & Family

734-892-9055 • Ann Arbor

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

### Ann Arbor Doulas

734-800-1854 • Ann Arbor

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

### MomShare **M**

734-973-6779 • Ann Arbor

lfattori@med.umich.edu

<https://womenscentersemi.org/momshare>

### Sacred Roots Services

734-288-7784 • Ann Arbor, Ypsilanti, Saline, Milan

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

### SEM Community Doulas

734-506-8406 • Ann Arbor, Metro Detroit

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

### Support for Growing Families

734-395-5244 • Ann Arbor, Ypsilanti, Dexter, Saline, Plymouth, Canton

<http://supportforgrowingfamilies.com/>

### Tree Town Doulas

734-730-2909 • Ann Arbor, Ypsilanti

<http://treetowndoulas.com/>

## Parenting Support (Continued)

### Tummy Time Training **M**

sepilon@med.umich.edu • Ann Arbor

<https://www.umwomenshealth.org/resources/classes-support#tummytime>

### Ypsi-Arbor Childbirth Education

734-288-7784 • Ann Arbor

<http://www.ypsiarborcbe.com>

## Relationship Support

### UM Center for Child & Family **M**

734-764-9466 • Ann Arbor

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

## Senior Wellness and Support

### UM Geriatrics Center **M**

734-764-6831 • Ann Arbor

<http://www.med.umich.edu/geriatrics/>

### UM Turner Senior Resource Center **M**

734-998-9353 • Ann Arbor

<http://www.med.umich.edu/geriatrics/community/turner.htm>

## Sexual & Reproductive Health

### Breast and Cervical Cancer Control Program

#### Ingham County Health Department

517-887-4364 • Ingham County

<http://hd.ingham.org/seekingcare/breastandcervicalcancercontrolprogram.aspx>

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

734-764-0107 • Ann Arbor

<https://www.rogelcancercenter.org/cancer-genetics/breast-and-ovarian-risk-program>

### UM Center for Reproductive Medicine **M**

734-763-4323 • Ann Arbor

<https://medicine.umich.edu/dept/center-reproductive-medicine>

### UM Center for Sexual Health **M**

734-763-4963 • Ann Arbor

<https://www.uofmhealth.org/conditions-treatments/sexual-health>

Visit our websites:

<https://www.umwomenshealth.org/womens-health-resources%20>

<http://www.mottchildren.org/conditions-treatments/breastfeeding>

## Sexual & Reproductive Health (Continued)

### UM HIV/AIDS Treatment Program

734-936-8186 • Ann Arbor

<https://medicine.umich.edu/dept/intmed/divisions/infectious-diseases/programs/hivaids-treatment-program>

### Unified: HIV Health and Beyond

734-572-9355 • Ypsilanti

517-780-3262 • Jackson

313-446-9839 • Detroit

<http://www.miunified.org/Home>

## Additional Resources

### Washtenaw County Department of Public Health

<https://www.washtenaw.org/1129/Health-Department>

### Women's Center of Southeastern Michigan

734-973-6779 • Ann Arbor

<https://womenscentersemi.org/>

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Visit our websites:

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<http://www.mottchildren.org/conditions-treatments/breastfeeding>