

RESOURCES FOR EXPECTANT MOTHERS



BIRTHWAYS: Empowerment, Support, and Education for New and Growing Families

1600 Shattuck Avenue, Suite 122, Berkeley, CA 94709, contact@birthways.org, <http://birthways.org/>
Founded in 1977, BirthWays is a 501(c)3 non-profit organization and comprehensive pregnancy, birth, and parenting education and resource center, located in Berkeley, California.

SERVICES: Childbirth, Breastfeeding, Newborn Care, and Infant CPR Classes; New Mom Support Group; Meet the Doula Nights, Volunteer Doula Program



THEN COMES BABY

3657 Grand Ave, Oakland, CA 94610

(510) 817-BABY (2229), www.then-comes-baby.com

As a center for Pregnancy, Lactation, and Early Parenting, we provide classes and groups, lactation support, and wellness services to help you take care of yourself, too.

SERVICES: Lactation Consultation; Prenatal, Breastfeeding, and Yoga Classes; Pump Rentals



ROOTS OF LABOR BIRTH COLLECTIVE

rootsoflaborbc@gmail.com, (805) 910-RLBC

(7522), <http://www.rootsoflaborbc.com/>

Roots of Labor Birth Collective (RLBC) is committed to providing support and care for birthing members of our community. RLBC consists of birth doulas of color. We strive to reflect the communities we serve, while uplifting and caring for ourselves.

DIVINE BIRTHRIGHT

divinedoula@divinebirthright.com, <https://www.divinebirthright.com/>

Davon Crawford is a birth and post-partum doula and provides placenta encapsulation services.



ENCIRCLING MOTHERS DOULA SERVICES

(510) 209 – 3996, shoshana@encirclingmothers.com, <http://www.encirclingmothers.com/>

SERVICES: Birth Doula; Placenta Encapsulation

DOULAS OF THE EAST BAY

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

Doulas of the East Bay is a group of birth and postpartum doulas who have chosen to come together to further the professionalism and quality of doula care in the East Bay Area.

WOVEN BIRTHS

(510) 982-9214, info@wovenbirths.com, <https://wovenbirths.com/>

Birth and Postpartum Doulas, Prenatal and Postpartum Massage and Lactation Consultants

Birth Centers & Midwives

PACIFICA FAMILY MATERNITY CENTER

3101 Telegraph Avenue, Berkeley, CA 94705

pacificamaternity@gmail.com, (510) 280-5543, <https://pacificamaternity.com/contact/>

Pacifica Family Maternity Center is an accredited freestanding birth center offering full spectrum midwifery care. Our experienced midwives focus on the unique needs of each client throughout care. We are dedicated to serving all families regardless of ethnicity, age, gender, sexual orientation, immigration status, financial barriers, or physical ability.

THE ART OF MOTHERING

3030 Ashby Avenue, Suite 107, Berkeley, CA 94705

midwiferymedicine@gmail.com, (510) 815-9346, <http://www.theartofmothering.com>

Gingi Allen, CPM, Licensed Midwife provides homebirth services and post-partum care.

PATERA MIDWIFERY

<http://www.oaklandpartera.com>

Andrea Ruizquez, Certified Professional Midwife (CPM), Home Birth Midwife and Placenta Encapsulation

BAY AREA MIDWIFERY

(415) 516-7606, <https://bayareamidwifery.org/>

The Bay Area Midwifery Birth Center has multiple birth and treatment rooms for childbirth education classes, and other community offerings. We also have doulas, acupuncturists, herbalists, parenting educators and massage therapists. All of our midwives attend births both at home and at the center.



OAKLAND BIRTH & WELLNESS

5735 Shattuck Avenue, Oakland, CA

oaklandbirthingandwellness@gmail.com, www.oaklandbirthingandwellness.com

Owned and operated by three home birth midwives, we are bringing together perinatal professionals to offer compassionate care and trusted support during the childbearing years.



RESTORE MIDWIFERY

marea@restoremidwifery.com, www.restoremidwifery.com

Marea Goodman, LM, CPM, I absolutely love being a homebirth midwife, and feel especially excited to serve and support queer families. I also provide in-home inseminations.

GENTLE TOUCH MIDWIFERY & INFANT CRANIOSACRAL THERAPY

5730 Market Street, Oakland, CA 94608

510-473-7567, gentletoucheastbay@gmail.com, <https://www.gentletoucheastbay.com>

Kristen Soars is a Certified Professional Midwife (CPM) with a license to practice in California and a Registered Nurse, trained in Craniosacral Therapy with a focus on infants, tongue-tie, and breastfeeding.

SAN FRANCISCO BIRTHING CENTER

2300 Sutter Street, Suite 301, San Francisco, CA 94115

415-780-0848, info@sfbirthcenter.com, <http://sfbirthcenter.com/>

SF Birth Center offers comprehensive midwifery care in a safe home-like environment. SF Birth Center is a comfortable place to bring your baby into the world under the gentle hands of experienced midwives.

Hospitals

ALTABATES

2450 Ashby Avenue, Berkeley, CA 94705, (510) 204-4444,
<http://www.altabatessummit.org/clinical/babies.html>

KAISER OAKLAND

3600 Broadway, Oakland, CA 94611
<https://thrive.kaiserpermanente.org/easier-health-care/maternity/oakland-medical-center>

KAISER SAN LEANDRO

2500 Merced Street, Hospital Building, 3rd Floor, San Leandro, CA 94577

HIGHLAND HOSPITAL

1411 E. 31st Street, Oakland, CA 94602
510-437-8500, <https://www.urmc.rochester.edu/highland/departments-centers/maternity.aspx>

Alameda County Network of Care Mental/Behavioral Health & Family Planning Resource List
<http://alameda.networkofcare.org/mh/services/subcategory.aspx?cid=5738&tax=LJ-2000>

Breastfeeding support groups, clinics, classes

Bay Area Breastfeeding Support

(925) 257-4023, EastbayLC@gmail.com, <https://www.bayareabreastfeedingsupport.com>

East Bay Lactation Associates

5730 Market Street, Upper, Oakland, CA 94608, 510-525-1155, www.eastbaylactationassociates.com/
We have 46 collective years of helping families feed their babies. We offer in-office or at-home support from before the baby arrives through weaning, including pump rentals and weekly weight check clinics.

La Leche League East Bay

(510) 496-6009, www.lalecheleague.org



Native Mothering <http://nativemothering.com>

Native Mothering provides current information about breastfeeding and related issues through evidence based research and the practical experience of families.



Alameda County Public Health Department, WIC Program

(510) 595-6400, wicinfo@acgov.org, <http://www.acphd.org/wic.aspx>
WIC (Women, Infants & Children) is a national nutrition education program that promotes healthy eating. Clients get nutrition advice, help with breastfeeding, referrals to other community services and financial resources to buy healthy food items such as fruits and vegetables.

Chiropractors, Massage Therapists, Acupuncture Practitioners



Emily Noonan, DPR, CFMT

(510) 679-1825, emily@emilynoonandpt.com, www.emilynoonandpt.com

Pelvic Floor Therapy, Pediatric Physical Therapy, Pre and Postnatal Women's Health



EAST BAY INTEGRATIVE PREGNANCY PROJECT

3515 Grand Avenue, Oakland, CA 94610, 510-292-7019, www.ebipp.org

We believe acupuncture and nutritional counseling are vital components in prenatal and postnatal health care and that these services should be available to all people.

East Bay Acupuncture

440 Grand Avenue, Suite 401, Oakland, CA 94610

(510) 444-4141, eastbayacu@gmail.com, <http://www.eastbayacupuncture.com/>

Aimee Ruiz, L.Ac. is a nationally certified and California-licensed acupuncturist and herbalist with a special interest in women's health, fertility, pregnancy, birth, and postpartum care.



LOTUS
FAMILY CHIROPRACTIC
HEALTHY FAMILIES. HEALTHY FUTURES

Lotus Family Chiropractic

2459 Ashby Avenue, 1st Floor, Berkeley, CA 94705

(510) 845-1195, <https://www.lotusfamilychiro.com>

Dr. Renee Bartlett specializes in women's health, preconception, pregnancy and pediatric chiropractic.



Souly Body

4168 Piedmont Ave, Suite E, Oakland, CA

(510) 816-7247, tsadae@soulybody.com, www.soulybody.com

Souly Body is a high quality integrative bodywork, massage therapy, and wellness practice, that services families from diverse communities.



Mohari Wellness

9 Grand Avenue, Oakland, CA, (510) 379-8910, <https://mohari.life>

Massage therapy, acupuncture and other holistic services.



LUNABEE BODY

6355 Telegraph Ave, Oakland, CA

(510) 861-2572, lila@lunabeebody.com, <http://www.lunabeebody.com/>

Lila Ann Frechette is nationally certified massage therapist with 16+ years experience.

MARIPOSA MASSAGE & BIRTH SUPPORT

(510) 485-8790, <http://www.mariposamassageanddoula.com>

Massage for Stress Relief and Wellness, Mayan Abdominal Massage and Womb Wellness.



Amy Gerard

(917) 971-2193, amy@amygerard.com, www.amygerard.com

Pre and postnatal well-being massage therapy serving Alameda and the East Bay.

Postpartum exercise classes/mother and baby exercise classes/yoga classes



THEN COMES BABY

3657 Grand Ave, Oakland, CA 94610
(510) 817-BABY (2229), www.then-comes-baby.com



BAREFOOT MOVEMENT

1635 Broadway, Oakland, CA, 510-550-5257, info@barefootmovement.com,
www.barefootmovement.com/



NAMASTE YOGA & WELLNESS

Berkeley, Oakland (Grand Lake & Rockridge)
<https://ilovenamaste.com/offerings/prenatal-yoga-postnatal-yoga-classes/>
Prenatal and Mom & Baby Yoga



BLISSFUL BODIES YOGA

(404) 667-8732, elika@blissfulbodiesyoga.com,
<http://www.blissfulbodiesyoga.com>
Elika Aird provides pre and postnatal yoga and doula services.



LEELA YOGA

1708 Lincoln Ave, Alameda, CA 94501
(510) 814-3930, leelayogainfo@gmail.com, www.leelayogaalameda.com
Prenatal & postnatal yoga

MONKEY YOGA SHALA

3215 Lakeshore Avenue, Oakland, CA
(510) 595-1330, www.monkeyyoga.com/

Food Security/Health Food Stores/Postpartum Meals



KITCHEN DOULA

344 20TH ST. Oakland, CA 94612, (510) 414-2600, info@kitchendoula.com
Serving SF, South Bay, Marin and East Bay



Chef Leff (510) 560-4073, laura@chefleff.com, <https://chefleff.com>
Holistic Chef and Nutrition Educator



ALAMEDA COUNTY COMMUNITY FOOD BANK

Alameda County Community Food Bank
7900 Edgewater Drive, Oakland, CA 94621
(510) 635-FOOD (3663), <https://www.accfb.org>

Berkeley Food Pantry

1600 Sacramento Street, Berkeley, CA 94702, (510) 525-2280, <https://www.berkeleyfoodpantry.org>
Provides monthly emergency groceries to Berkeley and Albany families and individuals in need.

Childcare Options



Bananas

5232 Claremont Ave, Oakland, CA 94618

510.658.7353, <https://bananasbunch.org/>

BANANAS mission is to partner with families and child care providers to raise happy, confident children. We offer child care referrals and resources to families with young children and child care professionals. Call to see if you qualify for a subsidy program.

Nannies Plus, 510-407-0363, <http://npbayarea.com>

Creating authentic and impactful relationships between families and nannies.

Naturopathic/homeopathic services/stores and clinics



HAKUTAKU HEALING

Chung Hua Clinic, 10124 San Pablo Avenue, El Cerrito, CA 415-424-8511, www.hakutakuhealing.com

Providing herbal formulas, acupuncture, and energetic healing practices for body, heart and spirit.



NATURAL RESOURCES

1367 Valencia Street, San Francisco, CA 94110

info@naturalresources-sf.com, 415-550-2611, <https://www.naturalresources-sf.com/>

Natural Resources, a 501c3 Non-Profit to serve new families through education, empowerment, and community. While specializing in natural and conscious parenting, we ultimately advocate for informed decisions that support the optimal development of each unique new person and their family.



PHARMACA

5729 College Ave, Oakland, California 94618

510.740.1468, <https://www.pharmaca.com/pharmaca-oakland-rockridge-california-94618>

Cultural/Multicultural Resources



Asian Health Services

818 Webster Street, Oakland, CA 94607

510-986-6800, <https://asianhealthservices.org/>

Our perinatal services include prenatal care with a medical provider; individual counseling, emotional support and health and nutrition education from prenatal health workers; educational workshops that cover a variety of topics including: labor and delivery, breastfeeding, family planning, baby care, parenting tips, and postpartum care; and family violence screening and support.



La Clínica de La Raza Inc.

P.O. Box 22210, Oakland, CA 94623-2210
(510) 535-4000, <http://www.laclinica.org>

With a total of 40 locations across Alameda, Contra Costa, and Solano Counties, La Clínica delivers health care services in a culturally and linguistically appropriate manner to most effectively address the needs of the diverse populations it serves.



NATIVE AMERICAN HEALTH CENTER

Native-American Health Center

3124 International Blvd, Oakland, CA 94601
(510) 261-0524, <http://nativehealth.org/>

Native American Health Center's mission is to

provide comprehensive services to improve the health and well-being of American Indians, Alaska Natives, and residents of the surrounding communities, with respect for cultural and linguistic differences.

Early intervention programs for babies with special needs



ANN MARTIN CENTER

1375 55th Street, Emeryville, CA 94608
(510) 655-7880, www.annmartin.org

Founded in 1963, Ann Martin Center is a 501(c)3 non-profit community clinic that provides psychotherapy, educational therapy, psychological and educational testing to youth and adults.



Through the Looking Glass

3075 Adeline St., Ste. 120, Berkeley, CA 94703
(510) 848-1112, tlg@lookingglass.org, <http://lookingglass.org>

Through the Looking Glass (TLG) is a nationally recognized center that has pioneered research, training, and services for families in which a child, parent or grandparent has a disability or medical issue.

Prenatal/Postpartum Depression Resources and Support Groups



Asian Community Mental Health Services

310 8th Street, Suite 201, Oakland, CA 94607
(510) 869-6000, <http://www.acmhs.org/>

A multi-lingual, multi-cultural, and multi-disciplinary mental health care clinic established over 40 years ago. Our dedicated and experienced staff of licensed therapists, social workers, psychiatrists, and case managers provide integrated mental health services to promote the health and quality of life of our community members.



WEST OAKLAND HEALTH

700 Adeline Street, Oakland, CA 94607
(510) 835-9610, <https://www.westoaklandhealth.org/care-and-services/womens-health/>

West Oakland Health offers medical services that focus on women's health, including family planning, healthy pregnancy, annual wellness examinations, and staying healthy after giving birth. Services provided by experienced gynecologists, nurse practitioners, and nurse midwives.

GINA HASSAN, PHD

510-644-1097, www.ginahassan.com

Providing psychotherapy and support throughout the journey of motherhood, including pregnancy & childbirth, infertility & pregnancy loss, postpartum stress & depression and mindful mothering groups.

Abused Women's Shelters and Support Groups



Asian Women's Shelter

Asian Women's Shelter

3543 18th Street # 19

San Francisco, CA 94110

(415) 751-7110, info@sfaws.org, <http://sfaws.org/>

Asian Women's Shelter (AWS) was founded in 1988 to address the needs of women, children and transgender survivors of domestic

violence and human trafficking, especially those who are immigrants and refugees. The mission of Asian Women's Shelter (AWS) is to eliminate domestic violence by promoting the social, economic and political self-determination of women. AWS is committed to every person's right to live in a violence-free home, and has a specific focus towards addressing the cultural and language needs of immigrant, refugee, and U.S.-born Asian women and their children.



Bay Area Women Against Rape

470 27th Street

Oakland, CA 94612

(510) 430-1298, bawar@bawar.org, <https://www.bawar.org>

Founded in 1971, BAWAR was the first rape crisis center in the country. It was founded with the two-part goal of establishing a place where rape and incest survivors could receive the quality counseling and advocacy they need, and to provide community education regarding sexual assault. For over 40 years we have offered free services, peer-counseling and advocacy 24-hours a day.

Addiction services and support groups

Alanon/Alateen

(510) 276-2270 (Fremont, Union City, Hayward, & Oakland), (510) 528-4379 (Berkeley, Richmond)

Alcoholics Anonymous (AA)

(510) 839-8900



Magnolia Women's Recovery Program

17 Embarcadero Cove, Oakland, CA 94606

(510) 535-1344, <http://www.magnoliarecovery.org/>

Magnolia Women's Recovery Program serves low-income pregnant and postpartum women with substance abuse issues. Residential long-term treatment (more than 30 days) program provides treatment for drug addiction, alcoholism and substance abuse.

Mujeres Con Esperanza

3315 International Blvd, Oakland, CA 94601, (510) 536-4764

Provides outpatient and partial hospitalization care. There are special groups and programs for persons with co-occurring mental and substance abuse disorders, gays and lesbians, pregnant and postpartum women. Special language services provided include assistance for hearing impaired and Spanish.

Teen Parent Support Groups/Educational services

Clinica Alta Vista Teen Clinic (ages 12 -23)

1415 Fruitvale Avenue, Oakland CA

(510) 535-8400, <https://www.laclinica.org/programs-centeringpreg.html>

The only comprehensive teen health center in Alameda County. Centering Pregnancy is a national evidence-based program that redesigns prenatal care into a group setting. The women are trained to check and chart their own blood pressure, weight and urine dipsticks. A medical provider completes each patient's standard physical health assessments while the group meets to discuss pregnancy symptoms, nutrition, self-care, birth preparation, newborn care, parenting, breastfeeding, birth control, and healthy relationships.

Vera Casey Center

2246 Martin Luther King Jr. Way, Berkeley, CA 94704

(510) 644-6854 Ext 2, SGould@cityofberkeley.info

The program serves pregnant and parenting teen mothers and fathers under age 19 who attend any Berkeley Public School. Program components include case management services, which links medical, psychological and social services, the school environment, and childcare and development services; a weekly Parenting Class for academic credit which is co-facilitated by Public Health and Mental Health staff; and free childcare and child development services. The program is free and also assists with re-enrolling teen parents not attending school.

Perinatal loss support groups/bereaved families support groups

This list is for use by bereaved families and their caregivers to find local support and is provided by the National Office of Share Pregnancy & Infant Loss Support, Inc. www.nationalshare.org

SAND (SUPPORT ARTER NEONATAL DEATH)

Alta Bates Medical Center, 303 Telegraph Avenue, Berkeley, CA

(510) 204-1571, sandsupport@sutterhealth.org

Twice a month drop-in support for perinatal loss from miscarriage to soon after delivery.

BEYOND CHOICE

Kaiser Oakland, (510) 845-4656, (510) 752-6755

Twice a month support group for those who have had a termination due to prenatal diagnosis.

HAND of San Francisco (Helping After Neonatal Death)

(415) 282-7330, www.HANDsupport.com

Twice a month free drop-in support group for those who have experienced a pregnancy or neonatal loss, at the Davies campus CPMC.

GRUPO AMPARO

San Francisco, (415) 764-0211

Spanish-speaking support group, free for people dealing with pregnancy loss or neonatal death.

Childbirth Connection

For over 100 years, [Childbirth Connection](http://www.childbirthconnection.org) have provided information and advocacy to improve the maternal health system in the U.S. A great online resource for basic information on pregnancy, birth, and evidence-based information on best practice in planning a healthy pregnancy and birth.

Evidence Based Birth

[Evidence Based Birth](http://www.evidencebasedbirth.com)'s vision is to ensure that one day every pregnant person around the world will experience only the highest standard, most respectful and empowering childbirth care possible. Their mission is to raise the quality of childbirth care globally, by putting accurate, evidence based research into the hands of families and communities, so they can make informed, empowered choices.

Pregnancy, Childbirth, and the Newborn

[http://www.pcnguide.com/](http://www.pcnguide.com) This is the website companion to the award-winning book *Pregnancy, Childbirth, and the Newborn* by [Penny Simkin](#), PT; [Janet Whalley](#), RN, IBCLC; [Ann Keppler](#), RN, MN; [Janelle Durham](#), MSW, ICCE, LCCE; and [April Bolding](#), PT,DPT,CCE,CD

Breastfeeding

<http://www.llli.org/> Find a lactation consultant, breastfeeding support group and tons of free breastfeeding tips and resources on La Leche League International's website.

<http://www.blueflaxbirth.com/breastfeeding/> Erin Pence is a doula, childbirth and breastfeeding educator supporting families in the East Bay.

Post-partum

<http://www.postpartum.net/> You're never alone with support and resources available at Post-partum Support International.