BIRTH

bringing information and resources to houston



2024 RESOURCE GUIDE

2024 B.I.R.T.H. Fair Coordinators

Founder - Pat Jones

Lead Coordinators - Christine Diaz & Shannon Wallace

Resource Guide/Event Program - Kiwasi Apeh, Pat Jones, Christine Diaz, Shannon Wallace

Vendor - Beverly Rice-Hayes

Sponsor/ Marketing & Community Outreach - Shay Wallace and JacQue Colson-Smith

Fashion Show - Natalie Guzman

Community Awards - Whitley Caruso

Speaker Room - Debbie Hull

Midwife Liason - Jackie Griggs

Raffle - Sunshine Hassan

Volunteers - Kiwasi Apeh

Family Area - JacQue Colson-Smith

Donations - Brenda Navarro and Kathleen Van Giessen

Logistics - Randy Holmes & Christine Diaz

Thank you to this year's Leadership Team. Your dedication made BIRTH Fair possible. Your time, energy, and passion within the birthing space is invaluable. We deeply appreciate your investment in supporting and empowering families.

BIRTH
bringing information and resources to houston

Mission & Vision

B.I.R.T.H. is Bringing Information and Resources to Houston.

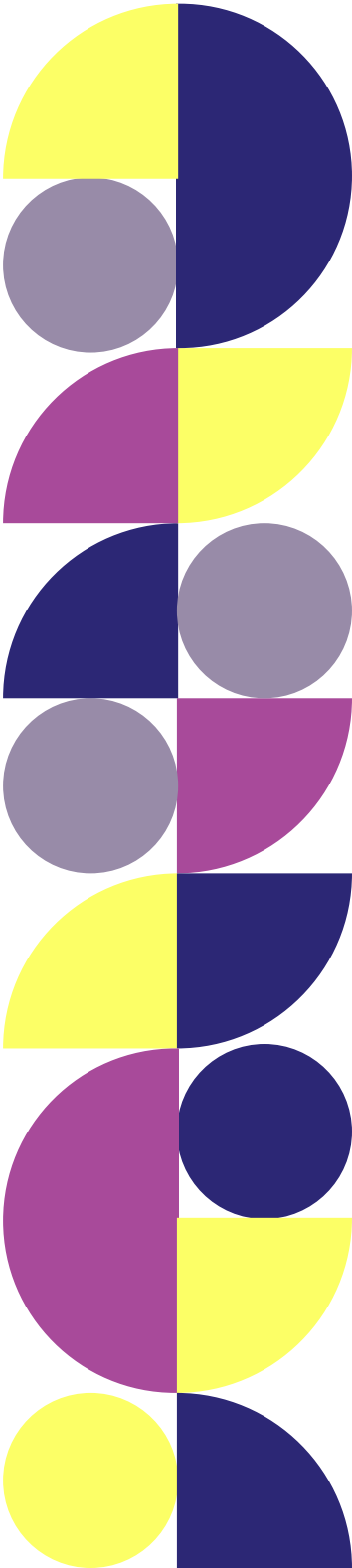
Birth is our opportunity for closeness, for meaning, for love. These are basic human needs which all occur in the birthing process for everyone involved. Anyone who is present and aware during the birth of a new human being is touched in some deep way by the experience. It is a peak experience of life - it is the underpinnings of life itself.

For these reasons, we encourage your birthing decisions to be contemplated and based on sound education. It is important that the unique opportunity for growth of a woman's instinct be valued and cultivated. A family is born with a mother's wisdom, strength, and courage.

If you have experienced a traumatic birth, recognize that education is the first step in recovery. If you are preparing for your first birth we encourage you to listen. Listen to your care provider, listen to other women's birth stories (especially those women who have felt empowered by their birthing); above all, listen to yourself.... for as you grow your baby, you are growing your mothering instinct.

Happy Birth Day!

Pat Jones, Founder and President of BIRTH



Top 10 Reasons
To Hire a Doula

1. A birth doulas empower you to make educated and informed choices
2. Decreased chances of unnecessary use of forceps by 41% and cesarean birth by 28%
3. Doulas help increase your chances of reaching your breastfeeding goals
4. Doulas decrease the incidence of PPD and increase birth experience satisfaction by 33%
5. Birth Doulas provide an objective 3rd party at the birth
6. Birth Doulas allow partners to be as involved as they wish
7. Doulas help support mother/baby bonding while increasing your confidence
8. Doulas help you find your own parenting style while promoting a healthy family dynamic
9. Doulas help you smoothly make the transition to integrate the baby into the family
10. Doulas help provide a buffer to extended family's expectations

TYPES OF LACTATION SUPPORT

IBCLC

PROFESSIONAL

- 90 Hours of lactation-specific education
- College Level Health Science Courses
- 300-1000 Clinical Practice Hours
- Board Exam by independent international board of examiners
- Provides professional, clinical lactation management

CLC, CBE
CBS, LE
ALC

CERTIFIED

- 20-120 hours of classroom training
- Often includes a written exam or "certification" offered by the training organization
- Provides education & guidance on basic breastfeeding issues

LaLeche League Peer Counselor
Breastfeeding Counselor

PEER

- Requires Personal Breastfeeding Experience
- 18-50 hours of classroom training
- Provides breastfeeding information, encouragement & support

TYPES OF BIRTH WORKERS

Midwife

- Accredited certification or licensure program
- Includes clinical component- usually with another midwife or physician
- Trained in normal birth and emergencies.
- Responsible for mothers well being through evaluation and management of labor, birth, and postpartum
- Licensed or certified by the state

Doula

- Provides support and encouragement for families (verbal encouragement, physical touch, massage, positioning, assistance to fathers/extended family, and breastfeeding assistance)
- Numerous programs available, usually includes working as a doula in training
- Does not perform medical procedures, (vital sign checks or internal exams).
- Not licensed through the state

Birth Assistant

- Trained specifically to assist at births.
- Helps setup for birth, performs vital signs for parent and FHT for baby
- May be licensed as an RN or LVN
- Variety of training programs available
- Must work with a licensed provider (midwife)

TYPES OF BODY WORKERS

DOCTORATE LEVEL DEGREE

Chiropractors, Osteopaths,
Physical Therapist*, Occupational Therapist*, Acupuncturist*

- Classroom Hours: Vary between professions 800-4200
- Hands-on Hours: Require an internship of at least one year and typically 250 or more patients
- Licensed by the state
- Accredited certification or licensure program by a National Board
- Abililty to diagnose various conditions

* May have doctorate or masters degree

MASTERS DEGREE

Speech Language Pathologist

- Classroom Hours: 400 hours minimum
- Hands-on Hours: 400
- Fellowship required for licensure (1260 hours
- Licensed by the state
- Accredited certification or licensure program by a National Board

ASSOCIATE LEVEL DEGREE

Licensed Massage Therapist

- Classroom Hours: 250 minimum
- Hands-on Hours: At least 250 hours
- Licensed by the state

CERTIFICATION

Craniosacral Therapist, Infant Massage Therapist

- Classroom Hours: as little as 2
- Hands-on Hours: none required
- No licensing by the state or a board

Content by
Dr. Whitley Caruso, DC

Top 10 Reported Benefits of Placenta Encapsulation

1. Balances your hormones
2. May help your milk supply
3. Increases your energy
4. Combats daytime fatigue
5. Recover quicker from birth
6. Brings your body back into balance
7. Helps prevent the "Baby Blues"
8. Shortens postpartum bleeding
9. Helps uterus shrink
10. Increases postpartum iron levels

Content by Cliodhna Griffin, HBCE, CMT, APPAC

Top 10 Reasons To Breastfeed

1. It is the perfect food for your baby
2. Your milk is specific to what your baby needs and changes as your baby grows
3. Your reducing your risk of Type 2 diabetes, ovarian & breast cancer and more.
4. Your baby has reduced risks of infections, SIDS, certain cancers, obesity and more
5. Your milk contains the specific immune factors and antibodies your baby needs
6. Breastmilk is alive! Your milk contains your DNA, leukocytes, stem cells and more!
7. Promotes better oral and brain development for your baby
8. Shortens your postpartum bleeding and helps your uterus return to its normal size
9. Prolactin/oxytocin can help with bonding & reduce your risk of postpartum depression
10. Less expensive than formula - estimated cost for formula feeding can be up to $3,000/yr

Content by Suzanne Juel IBCLC

Top 10 Questions When having a baby

1. Who can be with me during labor and birth?
2. What happens during a normal labor and birth in your setting?
3. How do you allow for differences in culture and beliefs?
4. Can I walk and move around during labor? What position do you suggest for birth?
5. How do you work with my other providers? (Doctor, midwife, nurse, doula, agency)
6. What things do you normally do to a mother during the labor?
7. How will you help me stay comfortable during birth? Do you have non-medication options?
8. What if my baby is born early or has special problems
9. What procedures will my baby have after delivery (circumcision, vaccinations, etc.)
10. How do you help parents who want to breastfeed?

Read more here

Top 10 Reasons

To See a Lactation Consultant

1. You're expecting and you want to learn more about breastfeeding, pumping or bottle feeding.
2. You are having breast and/or nipple pain, or having trouble latching your baby
3. You are not sure your baby is getting enough milk or your baby is not gaining weight
4. Your think baby is having trouble feeding -- either at the breast or bottle feeding
5. You want to re-lactate or induce lactation, such as co-nursing or adoptive nursing
6. You are feeling overwhelmed with feeding your baby (either at the breast or bottle feeding)
7. You are pumping breastmilk -- exclusive pumping, returning to work, etc.
8. You want to stop breastfeeding (weaning)
9. Your baby has "colic", reflux or other feeding related issues
10. You received some infant feeding advice you are unsure about

Content by Suzanne Juel IBCLC

Top 10 Reasons To Hire a Midwife

1. It is safe! Multiple studies have confirmed that using a midwife is safe for you and baby!
2. Relationship based care! A midwife is going to see you for 30-60 minutes at each appointment
3. Optimize your chance for a vaginal birth due to low intervention.
4. Shared decision making and autonomy
5. Holistic care. A midwife cares for you as a whole person.
6. You can choose who will attend your birth and your family can be present at prenatals
7. More likely to be successful in your breastfeeding goals.
8. Decreased risk of infant mortality and pre term birth
9. Lower cost to client and insurers.
10. Decreased risk of 3rd and 4th degree perineal tears.

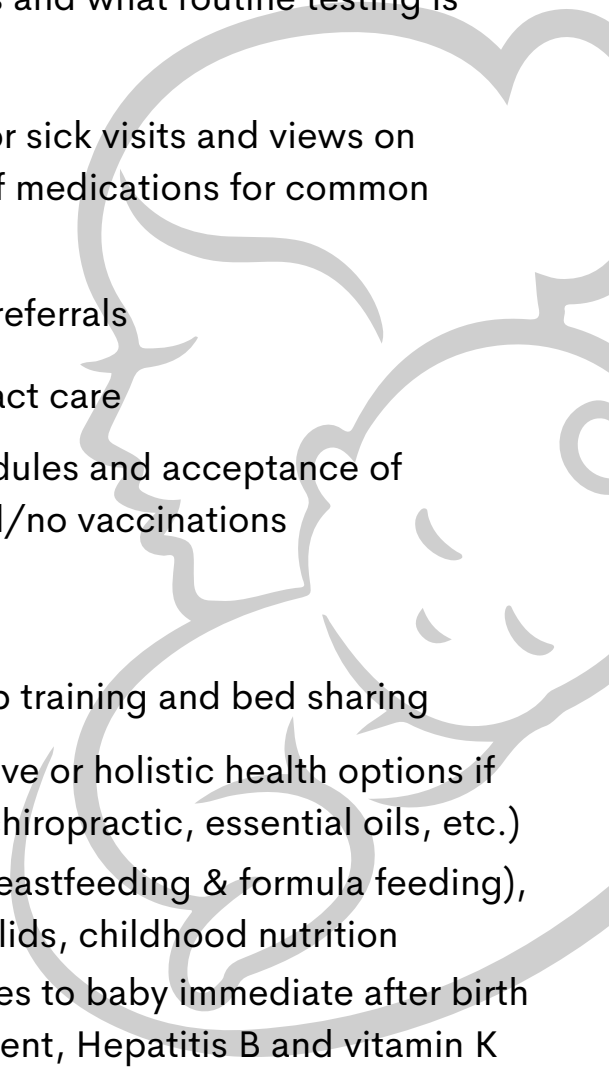
Content by Melissa Nealy IBCLC, Student Midwife

QUESTIONS TO ASK YOUR OB/GYN

- What is your surgical birth rate?
- Do you support VBACs and how?
- If you cannot attend my birth, who will, and can I meet them?
- What is your policy on ruptured membranes?
- What do you think of doulas?
- How open are you to alternative birthing positions, including squatting, standing, and all-fours?
- What are your policies on episiotomies, and do you require continuous monitoring?
- Do you encourage your patients to labor at home before coming to the hospital?
- How open are you to delaying cord clamping and cutting?
- What percentage of your patients are induced? How long do you let your patients go before you recommend induction and how long do you let a mom labor before you suggest interventions?

TOPICS TO DISCUSS WITH YOUR PEDIATRICIAN

- What to expect for well visits, what is the schedule for visits and what routine testing is done
- What to expect for sick visits and views on Antibiotics/use of medications for common ailments
- Other resources/referrals
- Circumcision/Intact care
- Vaccination schedules and acceptance of alternate/delayed/no vaccinations
- Tongue Ties
- Infant sleep, sleep training and bed sharing
- Views on alternative or holistic health options if planning to use (chiropractic, essential oils, etc.)
- Infant feeding (breastfeeding & formula feeding), introduction of solids, childhood nutrition
- Routine procedures to baby immediate after birth such as eye ointment, Hepatitis B and vitamin K



Recommended Websites

Birthing

houbirth.org	BIRTH, Bringing information & Resources to Houston
ChildbirthConnection.org	Childbirth Connection
cfmidwifery.org	Citizens for Midwifery
ican-online.org	International Cesarean Awareness Network
motherfriendly.org	Coalition for Improving Maternity Services
waterbirth.org	Waterbirth International

Breastfeeding

HALCEA.org	Houston Area Lactation Consultants & Educators Association
LLLusa.org	La Leche League International

Parenting

attachmentparenting.org	Attachment Parenting International
childrenatrisk.org	Children at Risk
handinhandparenting.org	Hand in Hand Parenting
MomsRising.org	Moms Rising Together

General Health

rindculture@gmail.com	Rind Culture
centralcityco-op.com	A Farmer-First Grocery
homeopathychoice.org	Americans for Homeopathy Choice
nocirc.org	National Organization of Circumcision Info
vaccineinfo.net	Parents requesting open vaccine education
nvic.org	National Vaccine Information Center

Documentaries

aftershockdocumentary.com	Film about black maternal death
chocolatemilkdoc.com	Film about racial divide in breastfeeding
milkywaymovie.com	Film about Breastfeeding in America
thebusinessof.life	Two films on birth & contraception

The Afua Hassan Midwifery Scholarship



Afua Hassan grew up in New Haven, Connecticut. She graduated from Brown University in 1981 and moved to Houston. In 1983, she graduated from the Houston School of Midwifery. She practiced midwifery for many years before opening The Birthing Place in the Third Ward in 2011, the only freestanding birthing center owned and operated by an African American midwife in Houston.

Afua took great joy in being a midwife and loved The Birthing Place with all she had. She created a strong community of moms and families by being passionate about her profession and exceptional at what she did. She assisted in over 800 births and touched the lives of many families. Afua transitioned on April 4, 2021.

One of Afua's biggest goals was "More Black Midwives." We now name our midwifery scholarship "The Afua Hassan Midwifery Scholarship" in her loving memory. All money raised will go towards The Afua Hassan Midwifery Scholarship to support future and current midwives of color in the Houston area.

Donate Today!

Who's on your BIRTH TEAM



you & your family

midwife

obstetrician

childbirth educator

birth & postpartum doula

PREGNANCY + INFANT LOSS RESOURCES

Pregnancy+ Baby Loss Doula Directories

Baby Loss Family Advisors

Still Birth Day Find a Doula

Pregnancy+ Infant Loss Groups

Bo's Place
English + Spanish
Virtual Support

Korie & Kacie Foundation
In Person Support
Groups & Retreats

M.E.N.D.
Christian Support
In person & Online

Compassionate Friends
Multiple chapters in Houston

Miss Foundation
Numerous Resources

Grieving Dads
Focused on Dads

Hope Mommies

PREGNANCY + INFANT LOSS RESOURCES

Photography

Now I Lay Me Down To Sleep

The AngelPics Project

Other Resources

Tears Foundation
Financial Support

Faith's Lodge
Child Loss Retreats

Hayden's Heart
Weekend Retreats

Molly Bears
Weighted
Teddy Bears

Selah-Carefarm
Bereavment Retreat
& Horse Rescue

Angel Gowns
by Diane

Being Here, Human
Grief Literacy
Workshops

HOW TO PROPERLY PREPARE POWDERED INFANT FORMULA



Powdered infant formula is NOT a sterile product and can be contaminated by cronobacter and other bacteria.

Steps to Properly Prepare Powdered Infant Formula

Step1. Clean/disinfect work surfaces (countertops and sink)
Step 2. Wash hands with soap and water
Step 3. Bring water to a boil, then let it cool to 158°F (about 5 minutes)
Step 4. Poor water into a clean bottle or container
Step 5. Add the exact amount of formula listed on the container
Step 6. Mix the formula by shaking the bottle
Step 7. Cool the formula to body temperature by holding the capped bottle under cold water or in an ice bath (do not let the water get into the bottle or on the nipple)
Step 8. Test the temperature before feeding to baby

Downloadable PDF from the CDC

BREAST MILK STORAGE GUIDELINES



For Full Term Babies

FRESHLY EXPRESSED MILK

Expressed milk at room temperature (< 77° F/<25° C)	*up to 4 hours*
Insulated cooler / ice packs (<55° F/ <25° C)	*up to 24 hours*

REFRIGERATED MILK

Refrigerator at 32–39° F / 0–4° C, store at back, away from door

Fresh milk	*up to 4 days (ideal up to 3 days)*
Previously frozen, thawed milk (once completely thawed)	*up to 24 hours*

FROZEN MILK

Do not refreeze thawed milk, store at back, away from door/sides

Self-contained freezer unit of a refrigerator/freezer (<0° F/ <–17° C)	*up to 6 months*
Separate deep freeze (<0° F/ <–20° C)	*up to 12 months (Ideal: up to 6 months)*

FEEDING EXPRESSED BREAST MILK

If baby does not finish a bottle of breastmilk (fresh or frozen), use leftover milk within 2 hours

10 Steps to Have an Amazing Birth

1

Educate yourself at an independent childbirth class, that is, at a class outside the hospital. Learn ALL our options, not only how-we-do-birth-at-this-hospital. Obtain information on homebirth and water birth. Find out about the benefits and risks of both routine interventions and not routine interventions. Get informed about what the medical literature has to say about the safety of natural, normal, intervention- free birth and about the importance of mother and baby having uninterrupted contact. Remember that YOU and your family must live with the consequences of any decisions you make.

2

Eat healthy, nutritious foods. Your body knows how to grow your baby and it knows how to birth your baby. It is YOUR responsibility to provide your body with only the most nutritious foods. Avoid excessive amounts of sugar and other harmful, nutritionally poor foods. The size of your baby and the health of your body and organs and tissues are all dependent on the diet you provide. Remember, you are in training for a healthy delivery.

3

Exercise. Walk, swim, or do yoga. Stretch. Do your Kegels. Birth is a marathon and you are in training. Prepare!

4

Choose a midwife. Midwives have consistently better outcomes than obstetricians and provide more holistic, woman-centered, family-friendly care. The United States ranks 27th among industrialized countries in infant mortality (indicating the health of babies born here). The countries that consistently rank among the best in terms of infant mortality are those countries that rely on midwifery care for all healthy, normal pregnancies.

10 Steps to Have an Amazing Birth

5

Select a supportive caregiver. Find out how the caregiver does birth. Make sure the caregiver is selling what you want to buy. Define natural birth. Many people define a natural birth as one in which a baby emerged from a vagina, even if there were several interventions. What do YOU mean by natural birth. Know statistics: the cesarean section rate at your hospital, the episiotomy rate of your caregiver, the VBAC rate of your caregiver, the percentage of your caregiver's clients who have unmedicated deliveries. Ask for references. Talk to women who have had their baby with a particular attendant and find out if they got what they expected. Statistically, women get the doctor they hire only 20% of the time. Is your caregiver on call for you? Who is their backup?

6

Hire a doula. Having a doula at your birth cuts your risk of cesarean by 50%. A doula provides continuous emotional support for a laboring woman and her partner, regardless of the length her labor. In hospitals, doulas provide respite for partners during long labors (even during short ones) ensuring that the laboring woman will not be left alone even when partners have meals, take a break and rest. At home, doulas are like an insurance policy if labor proves to be long. Remember, labor for a first-time mother can be 24 to 30 hours. Doulas provide labor support so midwives can be well-rested and sharp at delivery when their skills are most critical.

7

Choose your birthplace carefully. The World Health Organization says that home is safer than a free-standing birth center which is safer than a hospital. Women birth best where they feel safest. Where is safest for you?

8

Eurround yourself with supportive people. Seek out positive, powerful birth stories. Watch POSITIVE birth films and movies. Avoid high-drama television birth stories. Choose your birth team carefully. Be sure that everyone at your birth wants what you want at your birth. Prepare your team and be sure they believe in your goals and in your ability to achieve your goals.

10 Steps to Have an Amazing Birth

9

Examine your mindset, beliefs and fears. Use meditation and/or prayer to envision the birth you desire and to see that vision daily. Also make sure to address any previous traumas you have experienced (as a youth or in previous pregnancies and/or births.) Examine your beliefs about birth and about yourself and work to adopt believes that are conductive to the kind of birth you want.

10

TRUST.
SURRENDER.
LET GO.

Top 10
Labor Positions



1. Standing allows you to sway and move, alleviating pain.



2. Walking - activity helps the baby to descend



3. Sitting - allows gravity to assist in bringing the baby down



4.Sitting on Toilet - helps you to relax the pelvic floor muscles which are crucial in allowing baby to descend down through the birth canal.

5. Semi-sitting - Sitting while reclining





6. Side-lying - can easily rest in between contractions.

7.Leaning forward - on a wall, onto a partner, etc., helps relieve back pressure.





8.Kneeling (leaning forward with support) - helps alleviate back pressure, allows your hips to be unrestricted and able to move and sway with contractions.

9.Squatting - assists the pelvis in opening by as much as 30%





10.Hands and Knees - great position when having back labor, also to help a posterior baby to rotate to the correct position.

Birth & Postpartum Providers

HOW THEY WORK TOGETHER

Midwives

Provides medical care throughout pregnancy, labor, birth & postpartum. Midwives work to keep moms and babies healthy, safe and low risk. Midwives provide well baby care in the first 6 week postpartum to ensure that baby is doing and growing well. Some Midwives also provide well woman care.

All professionals working together to support you & baby from pregnancy, labor, birth, postpartum and beyond.

IBCLCs

Infant feeding specialist who provides clinical and medical support to ensure optimal infant feeding. Specifically trained to address clinical and underlying issues that are impacting breastfeeding and infant feeding, such as low supply, tongue-ties, latch issues bottle feeding issues and other concerns Provides feeding support during the entire duration of breastfeeding

Doulas

Provide emotional, physical and informational support throughout pregnancy. This support becomes continuous during labor, birth and in the postpartum period. Offer support and education for typical breastfeeding issues

Community Awards

Each year B.I.R.T.H. is proud to recognize and award community members who seek to practice in a way that treats others with respect and compassion and who honor the natural processes of the body, before and after birth. They also go the extra mile to care for the health care needs of their clients. Congratulations to this year's Community Award recipients.

Andie Wyrick, DNP, MSN, CNM
Jessica Gonzales, LM, CPM
Faren Foley LM, CPM
Cliodnha Griffin, HBCE, CMT, APPAC
Dr. Jihad Harmouche, MD, OB/GYN
Dr. Jerome Clayton Young, MD, FACOG
Dr. Nima Goharkhay, ObGyn, MFM
M. Titi Otunla, APRN, CNM, MS,
Dr. Gene LaMonica, Ob Gyn, MFM
Dr. Ziad A Haidar, MD, OB/Gyn, MFM

Professional Organizations

AAHCC - American Association of Husband Coached Childbirth - bradleybirth.com

ACNM - American College of Nurse-Midwives midwife.org or acnm.or

Association of Texas Midwives- texasmidwives.com

Birth Works International - birthworks.org

CAPPA - Childbirth and Postpartum Professional Association- cappa.net

DONA - Doulas of North America - dona.org

ICEA - International Childbirth Education Association- icea.org

Lamaze International- lamaze.org

USLCA - United States Lactation Consultants Association - uslca.org

ILCA - International Lactation Consultant Association - ilca.org

Ten Reasons (among many) to "Wear" your baby

1) To add functionality and ease: A carrier can act like a bonus set of arms and relieve a hardworking back, shoulders, neck, or wrists.

2) To manage and monitor your little one's body more easily: And worry less about breakables, public restroom walls, and personal space invaders, plus offer little legs a rest (or keep them from taking your child in undesirable directions).

3) To maximize safety: A babywearing caregiver can actively protect a child's airway and access to circulating air with fabric carriers in ways we can't with passive infant-holding devices.

4) To communicate all kinds of ways: Share jokes and chatter, snuggle, ask and answer questions, and use non-verbal expression to include and be included in each others' worlds.

5) To keep connected conveniently: When heart-to-heart with each other, emotionally co-regulating can be so natural, and your children can experience new and familiar interactions from a place of comfort.

6) To follow your instincts: Many (though not all) of our ancestors carried babies. Whether you are continuing an unbroken tradition, sharing in one new for your heritage, or reclaiming interrupted cultural practices, learning to trust yourself can be rewarding and healing.

7) To build community: Meet and mutually benefit from spending time giving and getting support and skills with and from other families — local and worldwide — who share an interest in babywearing.

8) To make magic with fabric: Carriers are multi-purpose — they can be changing pads, pillows, picnic blankets, teethers, and shade ... but also hammocks, costumes, roads, rivers, and more. And they wash up pretty easily.

9) To support healthy sleep and other physiological needs: With a carrier, much-needed naps, infant feeding sessions, movement, and touch can happen anytime, anywhere.

10) To have fun however you want: Whether you carry kiddos on your front, back, or hip; a few minutes every now and then, or every day for a few hours, it's your child-rearing tool to play with. Enjoy!

by Angelique Geehan Consulting and Education

The Whole Mother Show

LISTENER SUPPORTED



HOST: PAT JONES CNM

LISTEN TO THE ARCHIVES AT WHOLEMOTHERSHOW.COM OR KPFT.ORG

KPFT
90.1 FM

8 PM MONDAYS

WHOLE MOTHER IS A VOICE IN OUR COMMUNITY WHICH EDUCATES AND INFORMS US

HD 2
KPFT

2 PM WEDNESDAYS

Thank You To

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FOR CATERING THE VOLUNTEER'S LUNCHES!



RIND CULTURE

PRIVATE CHEF
VEGAN CATERINGS
DAIRY-FREE CHEESE BOARDS

Text, Call or Email Rind Culture for your next event
972-571-6200
rindculture@gmail.com

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Professional Directory

Acupuncture

Alternative Health Center of the Woodlands

Dr.Stephen Clouthier DC
Dr. Sara Riley DC
Phone: 281-419-9104
2829 Technology Forest Blvd.,Ste. 250
Woodlands Tx 77381
Webster and pediatric chiropractor using Activator methods, Acupuncture, Graston technique, Kinesio taping, Active Release Technique, and Webster technique
Website: www.ahcwoodlands.com

Ardent Acupuncture

Michelle Iwama, L.AC., Dipl.O.M. (NCCAOM), MAOM
Phone: 281-460-5042
7915 FM 1960 W., STE 203
Houston, TX 77070
Website: ardentacupuncture.com

Balance Houston Accupuncture

Phone: 832-930-0590
19 Briar Hollow Lane, Suite 240
Houston 77027
4840 W. Panther Creek, Suite 208
The Woodlands, TX 77381
Specializing in fertility, prehanncy ailments, and labor preparations, serving all ages and health needs.
Website: balancehouston.com

Eastern Harmony Acupuncture Clinic

Phone: 713-529-1610
3100 Weslayan st. 225

Houston Tx 77027
929 Gessner ste 2300
Houston Tx 77024
12930 Dairy Ashford Ste, 703
Sugarland Tx 77478
Website: easternharmonyclinic.com

HealthPro Family Chiropractic.
Dr. Alayna Pagnani-Gendron, D.C., CACCP
Dr. Jessica Brubaker, D.C.
Phone: 281-506-0105
4101 Greenbriar Dr.
Houston, TX 77098
Website: http://healthprochiro.com/

Hello Chiropractic
Dr. Ashley Jones, DC
Phone: 281-809-6144
1035 Dairy Ashford Rd, Suite 152
Houston TX 77079
Website: www.spinalcarehouston.com

The Axelrad Clinic
Phone: 713-527-9555
Email: frontdesk@axelradclinic.com
Website: www.axelradclinic.com

West University Wellness
Caroline Long, D.C., C.A.C.C.P.
Ploy Chotiratkul, D.C., C.A.C.C.P.
Hanieh Hosseini, D.C.
Menka Patel, D.C., C.A.C.C.P.
Jill Burk, D.C., C.A.C.C.P., C.C.E.P.
Phone: 713-490-2225
5107 Bellaire Blvd, Suite 210
Bellaire, Texas 77401

Website: westuwellness.com

Birth Centers

Bay Area Birth Center
Stephanie Palacio, CNM
Frances Jones-Coleman, MPH, LM
Kate Jones, LM, CPM
Phone: 713-472-5525
3210 Strawberry Rd.
Pasadena, 77504
Website: www.Bayareacommunitybirthcenter.com

Bio Births, PLLC
Darlene Dorries-Scrivner CPM
Phone: 713-732-4326
20 Professional Park
Webster, Tx 77598
Website: biobirths.com

Birth Center of Beaumont
Diana Nash, CPM
Jackie Griggs, CNM
Phone: 409-730-7076
1357 Broadway Street
Beaumont , Texas 77701
Website: https://birthcenterofbeaumont.com/

Bliss Womens Wellness and Birth Center
Patricia Perkins, APRN-CNM
Phone: 936-271-4911
14157 Horseshoe Bend
Conroe, TX 77384
Website: blissbirthcenter.com

Cy-Fair Birth Center
Phone: 281-469-0093

12850 Jones Road, Suite 105
Houston, TX 77070
Email: magnoliabirthcenter.com
Website: questions@magnoliabirthcenter.com

Galveston Birth Center

Phone: 409-768-0005
712 10th St.
Galveston, TX 77550
Email: GalvestonMidwives@gmail.com
Website: GalvestonBirthCenter.com

Heart of Houston Birth Center

Mary Love APRN, CNM, NP-C
Rowan TwoSisters CPM
Bethany Horton APRN, CNM
Malea Hardeman CPM
Phone: 832-899-4971
6550 Mapleridge St., Suite 100
Houston, TX 77081
Email: info@heartofhoustonbirth.com
Website: heartofhoustonbirth.com

Houston Birth Services

Alice Brayer LM
Phone: 281-319-MAMA (6262)
503 North Avenue H
Humble, Texas 77338
Email: houstonbirthservices@hotmail.com
Website: houstonbirthservices.com

Journey Birth Center

Amber Berry, CPM, LM, MSC
Rachel Crownable, CPM, LM
Phone: 832-558-4893
903 E Main St.

Humble, TX77338
Email: admin@journeybirthcenter.com
Website: journeybirthcenter.com

Jubilee Birth Center

Toni Kimpel, CPM
Phone: 979-739-1030
502 S Coulter
Bryan, Texas 77803
Website: jubileebirthcenter.com

Katy Birth Center

Cathy Rude LM, CPM
Connie Blokkum RN, MSN, CNM
Natalie Wommack RN, LM, CPM
Lynneece Rooney MSN, CNM, RNC-OB
Melissa Bates LM, CPM
Sue Potts MSN, CNM, RN
Nolana Jalowy MSN, CNM, WHNP
Jennifer Vassilas LM, CPM
Tonya Rose LM, CPM
Phone: 832-437-5876
1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

Midwife in the Heights

Jackie Griggs, CNM
Diana Nash CPM
Phone: 713-505-1802
637 W 20th
Houston ,Texas 77008
Website: houston-midwife.com

Nativiti Family Birth Center

Jami Hain, CNM RN, MSN
Sarah Owens, CNM
Phone: 281-296-233
26614 Oak Ridge Dr.
The woodlands, TX 77380
Email: birthinfo@nativiti.com
Website: nativiti.com

North Houston Birth Center

Kathleen Vande Giessen, Certified Nurse Midwife, MSN, MBA
Phone: 713-699-4211
3910 N. Shepherd Dr.
Houston, TX 77018
Website: nhbirth.com

Pristine Birth and Wellness Center

Phone: 281-206-4496
6617 FM 2929 Suite #200,
Spring TX 77379
We believe that conception, pregnancy, labor and birth are normal and natural events
Website: pristinebirth.org

The Addice

Phone: 713-907-0740
8845 Six Pines Dr. Suite #150
The Woodlands ,TX 77380
Website: theaddice.com

The Birthing Place

Kinara- Midwife Kay CPM LM
Phone: 713-MIDWIFE
2218 Barbee St
Houston, TX 77004
Website: TheBirthingPlace.com

Wellspring Birth center
Ashley Musil, LM, CPM
Phone: 832-777-0291
9489 Fosters Bend
Cleveland, TX 77328
Website: wellspringbirthcenter.com

Yellow Rose Midwifery Group
Ashly Kowalski, CPM, LM
Megan Robinson, RN, CPM, LM
Phone: 346-800-3885
11321 Richmond Ave, Suite M101
Houston Tx 77082
Website: yellowrosemidwives.com

Breastfeeding Support / Supplies

AABA (African American Breastfeeding Alliance of Texas)
Phone: 281-733-5680
Monthly Support Groups
Website: info@AABAofTExas.org

BABE- Bay Area Breastfeeding & Education LLC
Leah Jolly, BA, IBCLC, RLC
Heather Armenoff, BS, IBCLC, RLC
Sarah Yarbrough BSN, RN, IBCLC, RLC
Jennifer Alvarez, BSN, RN, IBCLC
Phone: 713-496-2223
Serving houston and greater Houston areas.
Website: bayareabreastfeeding.net

Baby Bistro at Texas Children's Hospital Pavilion for Women
Phone: 832-824-6120
6651 Main St., 3rd floor
Houston TX 77030
Outpatient Lactation Clinic (by appt. only)

Phone support (7 days per week), all visits by Registered Nurses who are IBCLC certified.
Email: breastfeeding@texaschildrens.org
Website: http://women.texaschildrens.org/breastfeeding

Bayou City Breastfeeding

Suzanne Juel IBCLC, Founder
A group practice of 28 International Board Certified Lactation Consutlants
Phone: 281-305-0411
Houston Office: 3100 Richmond Ave., Suite 401, Houston, TX 77098
Kingwood Office 1621 Lakeville Dr., Suite 304, Kingwood, TX 77339
Cypress Office: Cypress, TX 77433
Webster Office 780 Clear Lake City Blvd., Suite 1A, Webster, TX 77498
Katy Office 26077 Nelson Way, Unit 601, Katy, TX 77494
Conroe Office 2510 South Loop 336 West, Suite 215-H, Conroe, TX 77304
Jones Road Office 12777 Jones Road, Suite 455, Houston, TX 77070
West Nasa Road Office 333 North Texas Ave., STE 2200, Webster, TX 77498
Offering home, office and virtual consultations. Many insurances accepted.
Email: admin@bayoucitybreastfeeding.com
Website: bayoucitybreastfeeding.com

Bella Luna Boutique at Texas Children's Hospital Pavilion for Women

Phone: 832-826-8000
6651 Main St., 3rd floor
Houston, TX 77030
Hospital grade pump sales and rentals, accessories, nursing bras, certified bra fitting service, and books.
Website: www.women.texaschildrens.org/bellaluna

La Leche League

Website: https://www.llli.org/

Liquid Gold Lactation

Crickett Simmons, RN, IBCLC
Jenna Sundquist, M.Ed, IBCLC
Phone: 281-626-8241
19100 West Lake Houston Pkwy #104
Humble, Tx 77346

Offering home, office and virtual consultations
Website: www.liquidgoldlactationtx.com

Marley & Moo Maternity
Phone: 281-749-1766
Our lactation specialist offers customized in-home education and breastfeeding support
Email: info@marleymoomaternity.com
Website: www.marleymoomaternity.com

Memorial Hermann The Woodlands Hospital The Lactation Center
Phone: 713-897-5832
9250 Pinecroft, 1st Floor
The Woodlands 77380
Outpatient Lactation Consults M-F (appt. only.) Phone support, 7 days/week
Website: www.memorialhermann.org

Milk and Mom
Kellye Skaer, IBCLC
Phone: 936.217.0099
2660 Keith Street
Spring, TX 77373
Website: milkandmom.com

Motherhood Center
Phone: 713-963-8880
3701 W Alabama St Suite 230
Houston, TX 77027
Website: motherhoodcenter.com

Rebel Leaders
Kathleen Wilson
Joli Ammons
Phone: 832-663-5203
2660 Keith Street
Spring, TX 77373
Email: education@rebelbirth.com
Website: rebelbirth.com

Texas Lactation Consultants. Inc
Barbara Miller IBCLC
Faith Marshall IBCLC
Karina Medina BSN RN IBCLC
Phone: 713-884-6204
108 East St.
Houston, TX 77008
Pump rental, scale rental, and IBCLC services
Website: texaslactationconsultants.com

The Parent Prep
Laurie Foster, CPD
Phone: 877-768-6439
Website: theparentprep.com

the Village
Kimberley Traylor, MA
Phone: TBRtheVillage.org
Lactation Consultant, Doula, Childbirth and Helath Educator, CEIM Infant Massage Iinstructor.
Website: 281-733-5680

Car Seat Safety

Brown Girl Birthing
Chauntá Love
Phone: 832-477-7449
Houston, TX 77082
Website: browngirlbirthing.com"

Crazy for Car seats
Megan Rasmussen
child passenger safety tech offering car seat checks/installation instruction at your home
Email: crazycarseatlady@gmail.com
Website: https://www.facebook.com/crazycarseatlady/"

Gather and Bloom
Julia Mitchell
I provide carseat services as part of the overnight services
Email: julia@gatherandbloom.co
Website: gatherandbloom.co

Childbirth Educators

Babys Best Start
Catrice Harris, cd (dona) childbirth educator, ICEA
Phone: 619-721-6762
Birth Doula and breastfeeding and Childbirth Education
Email: catrice.harris@gmail.com
Website: Babysbeststart.org

Birth Boot Camp
Tiera Peters
Phone: 601-325-5479
2000 Craword Street
Houston, TX 77002
Email: tieralpeters15@gmail.com
Website: tieralpeters15.wixsite.com/houstonbbcclass

Birth of a Family
Renee
Phone: 281-832-0188
Website: birthofafamily.net

Birthing with Awe
Mackenzie Droll
Phone: 832-381-7229
TX 242
Conroe, TX 77385
Birth bootcamp Instructor
Email: Inlovesembrace@hotmail.com
Website: birthingwithawe.com

Born Free Birthing
Cliodhna Griffin HBCE, CMT, APPAC
Phone: 281-271-9294
Born free birthing, Hypnobirthing, and placenta services, Hypnobirthing classes and placenta services helping houston moms have amazing birtha dn strong postpartum recoveries.
Email: bornfreebirthing@gmail.com
Website: bornfreebirthing.com

Brave Beautiful Beginnings
Hannah Rojas, CD-L, CD-PIC, C-PPS
Elizabeth Mannella CD-L, CD-PIC
Phone: 832-766-5740
Labor and Postpartum Doula Services, and Placenta Encapsulation Services
Email: info@bravebeautifulbeginnings.com
Website: bravebeautifulbeginnings.com

Briana Garcia- Birth Services
Briana Garcia
Phone: 281-975-8003
Website: https://bradleywithbri.wixsite.com/blissful-birth-doula

Brianna Nichelle Doula Services
Brianna Nichelle
Phone: 281-468-0145
I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor
Website: briannanichelle.com/doula-services

Brown Girl Birthing
Chauntá Love
Phone: 832-477-7449
Houston, TX 77082
Website: browngirlbirthing.com

Calm Holistic Birth
Elisabeth Hobbs-Hubach HBCE, PE
Phone: 713-244-4811
Holistic birth, Hypnobirthing Childbirth and Hypnobirthing Educator Spring Tx, Group/private classes available

Website: calmholisticbirth.com

Darling Birth
Cheryl Amelang, BBCI
Phone: 979-203-6363
Certified Birth BootCamp Instructor and Trainer
Website: darlingbirth.com

DEBBIE HULL, HOUSTON DOULA
Debbie Hull, BS, CLD, CCCE, CAPPA
Phone: 281-599-1381
making families births better since 1999. Group/private/refresher childbirth classes
Email: Debbiehull.doula@gmail.com
Website: debbiehulldoula.com

EverDoula
Stephi Anderson CLD
Phone: 832-498-2418
Website: everdoula.com

First Birth Ministries
Sharon Tilotta Aaron
Phone: 713-502-7028
Bible based Childbirth Preparation Classes. Doula services, LIVE online classes.
Website: firstbirthministries.com

Full Circle Family Services
Frances Jones-Coleman MPH, LM, CPM
Victoria Solis, LM, CPM
Phone: 832-922-3842
Email: info@fullcirclefamilyserviceshtx.com
Website: fullcirclefamilyserviceshtx.com

Full Moon Birth Services
Jessica McWilliams
Phone: 281-305-3185
Website: fullmoondoulahtx.com

Hands of Life
Brittany Sawyer
Phone: 432-312-0806
We are proud to offer private and group CPR training to both medical professionals and lay rescuers in Kingwood and the surrounding aras.
Website: sawyer@handsoflifetx.com

Houston Birth and Baby
Amy Guthrie
Lashonta Edwards
Emily Scott
Reagan Sullivan
Erin Young
Phone: 713-714-7649
childbirth education, birth doulas, postpartum doulas, lactation support, placenta processing, massage therapy, and meal delivery.
Website: houstonbirthandbaby.com
Houston Pregnancy Massage & Doula Care

Patti Heimlich, LMT, CD (DONA)
Phone: 281-513-1030
3139 W. Holcombe Blvd. #505
Houston, TX 77025
doula care, childbirth educator
Website: hpregnancy.com

Journey into Parenthood
Dena Rogge, LCCE
Phone: 832-661-4217
Fischer, TX
Lamaze
Email: dena@journeyintoparenthood.com
Website: journeyintoparenthood.com

Keen Doula Care
Kristi Keen
Phone: 225-229-4130
Email: keendoula@yahoo.com

Website: keendoulacare.com

Marley & Moo
Latina, Founder CD(DONA & ProDoula), CPPS
Phone: 713- 909-5175
Email: info@marleymoomaternity.com
Website: marleymoomaternity.com

Motherhood Center
Phone: 713-963-8880
3701 W Alabama St Suite 230
Houston, TX 77027
Prepared amd natural childbirth classes taught by lamaze certified childbirth educators
Website: motherhoodcenter.com

Promise Birth Services
Lindsey Dugas, Best Certified Doula
Phone: 936-391-4940
Mont Belvieu, TX 77580
Providing flexible fee birth doula services, in addition to postpartum doula care, childbirth education classes, and other pregnancy support.
Email: hello@promisebirthservices.com
Website: promisebirthservices.com

Ready Set Birth
Raina Haruna
Phone: 406-595-1894
Email: rainaharuna@gmail.com
Website: readysetbirth.com

Rebel Birth Childbirth Education
Kathleen Wilson
Joli Ammons
Phone: 832-663-5203
2660 Keith Street
Spring, TX 77373
Don’t lay down to have your baby! Own your birth! Make informed decisions!
Email: education@rebelbirth.com

Website: rebelbirth.com

Sage Beginnings - HoustonDoula.org
Cole Deelah, CLD, CBE
Phone: 281-560-3101
Cell : 616-558-4436
19 years experience. Birth Doula Services, childbirth preparation classes, placenta ser- vices, virtual doula consults, and more.
Email: nicole@houstondoulas.org
Website: houstondoulas.org

Sakinah Birth
Jihan
Hypnobirthing
Website: sakinahbirth.com

The Bradley Method - Tania Nuezca, AAHCC, SpB trained
Tania Nuezca, AAHCC, SpB trained
Phone: (832) 265-9779
TaniaNuezcaTheBradleyMethodTeacher.com
Email: tanianuezca@gmail.com
Website: TaniaNuezcaTheBradleyMethodTeacher.com

The Parent Prep
Laurie Foster, CPD
Phone: 877-768-6439
Website: theparentprep.com

The Wright Spot
Shannon Wright LMT, BBCI, BA
Phone: 832-654-0125
Birth Boot Camp childbirth education classes.I have monthly out-of-hospital and newborn/postpartum classes scheduled at Bliss Women's Wellness & Birth Center and also offer many other options, including private in-home classes.
Email: thewrightspottx@gmail.com
Website: the-wright-spot.abmp.com

Village Birth and Babies
Jessica Gonzales
Phone: 713-253-5959

Full Spectrum doula services, Childbirth education, Placenta Services, support groups, community building
Email: jessica@villagebirthandbabies.com
Website: villagebirthandbabies.com

Your Baby Whispers
Shinequa Gaillard.
Phone: yourbabywhispers@gmail.com
Spring, Texas 77379
Birth and Postpartum Doula Childbirth Education and Belly Binding services
Email: yourbabywhispers@gmail.com
Website: yourbabywhispers.com

Your Labor Neighbor
Holly Mikowski, BBCI, BBCD, SBD
Phone: 281-813-6242
I'm a doula, childbirth educator, and placenta specialist.
Email: yourlaborneighbor@gmail.com
Website: yourlaborneighbor.com

Chiropractic Care

Abound Chiropractic
Dr. Lauren Collins
Phone: 713-730-9410
728 W 20th Street
Houston, TX 77008
Webster Certified prenatal and postpartum and pediatric clients
Website: aboundchiro.com

Alternative Health Center of the Woodlands
Dr.Stephen Clouthier DC
Dr. Sara Riley DC
Phone: 281-419-9104
2829 Technology Forest Blvd.,Ste. 250
Woodlands Tx 77381
Webster and pediatric chiropractor using Activator methods, Acupuncture, Graston technique, Kinesio taping, Active Release Technique, and Webster technique

Website: www.ahcwoodlands.com

Amazing Health Chiropractic
Dr. Christina Brasher DC, BS, BS
Phone: 832-585-5224
32731 Egypt Lane, Ste 404
Magnolia TX 77354
Website: amazinghealthchiro.com

Brittan Health
Dr. Jeff Brittain DC
Phone: 713-527-8844
3730 Kirby Dr., #410
Houston, TX 77098
Website: brittainhealth.com

Connect 2 Health Wellness Center
Dr. Amber Smith, D.C., C.A.C.C.P.
Phone: 281-419-8555
26728 Interstate 45 N
Spring, TX 77386
extensive training in prenatal and pediatric care, helping families live a healthy and drug free life
Email: drsmith@c2hwellness.com
Website: c2hwellness.com

Core Health Chiropractic
Dr. Caitlin Timmons
Phone: 281-364-2673
10845 Kuykendahl Rd., Unit 102
The Woodlands, TX 77382
Webster Certified prenatal and postpartum and pediatric clients
Website: www.corehealthchiropractor.com

Cornelius Chiropractic
Dr. Ashley Cornelius DC
Phone: 281-896-0250
Webster Certified prenatal and postpartum and pediatric clients

Website: corneliuschiropractic.com

Flourish Family Chiropractic
Dr. Lauren Daniels (Martin), DC CACCP
Phone: 832-895-1114
780 Clear Lake City Blvd.
Webster, TX 77598
Webster Certified prenatal and postpartum and pediatric clients
Website: drlaurenmartin.com

Foundation Chiropractic
Dr. Evan Pulver, Doctor of Chiropractic
Phone: 832-458-3004
907 Honea Egypt Rd
Magnolia, Tx. 77354
Website: foundationchirotx@gmail.com

Fount Chiropractic
Dr. Brittany Shannon
Phone: 832-400-9499
4200 Research Forest Dr. Ste 230
The woodlands,TX 77381
Email: fountchiropractic@gmail.com
Website: fountchiropractic.com

HealthPro Family Chiropractic.
Dr. Alayna Pagnani-Gendron, D.C., CACCP
Dr. Jessica Brubaker, D.C.
Phone: 281-506-0105
4101 Greenbriar Dr.
Houston, TX 77098
Website: http://healthprochiro.com/

Holmes Chiropractic
Dr. Randall Holmes
Phone: 713-862-2440
11111 N Loop West, STE. 155

Houston. 77008
Website: drrandallholmes.com

Integrated Chiropractic & Wellness
Dr. Kim Tran, DC, CACCP
Phone: 281-346-8023
29818 FM 1093 Rd. , Ste. 205
Fulshear , Texas 77441
pediatric and webster chiropractor
Website: ichirowellness.com

Momentum Chiropractic
Dr. Megan Watier DC
Dr. Tiffany Pool DC
Phone: 281-770-8057
1526 Katy Gap Road, Suite 602
Katy, TX 77494
pediatric and webster chiropractor
Website: drmeganwatier.com

New Leaf Chiropractic
Dr. Lauren Baker DC
Phone: 281-540-2225
23830 Hwy 59 North
Kingwood, TX 77339
pediatric and webster chiropractor
Website: newleafchiro.com

Ommabe Chiropractic Center
Dr. Julia Havis
Phone: 281-231-8008
350 Nursery Road Unit 1104
Spring, TX 77380
Website: ommabe.com

Pure Chiropractic
Dr. Jade Stolte DC
Phone: 713- 371-7417
26777 Nelson Way STE 601
Katy, TX 77494
pediatric and webster chiropractor
Website: purechiropractic.life

Thrive Family Chiropractic
Dr. Tiffany Coronado
Phone: 409-347-8606
6356 Phelan Blvd
Beaumont, TX 77706
pediatric and webster chiropractors
Website: thrivebeaumont.com

Total Body Work
Dr. Cindy Tovar
Phone: 281-480-7000
17045 El Camino Real, Suite 108
Houstonr, TX 77058
Website: tbodywork.com

Vital Family Chiropractic
Dr. Whitley Jagnanan- Caruso, D.C. CST
Dr. Abbey Bennett DC, CST, SBAP
Dr. Ashley Rooth, DC
Phone: 832-919-8289
pediatric and webster chiropractor
Website: vitalhouston.com

West University Wellness
Caroline Long, D.C., C.A.C.C.P.
Ploy Chotiratkul, D.C., C.A.C.C.P.
Hanieh Hosseini, D.C.
Menka Patel, D.C., C.A.C.C.P.
Jill Burk, D.C., C.A.C.C.P., C.C.E.P.

Phone: 713-490-2225
5107 Bellaire Blvd, Suite 210
Bellaire, Texas 77401
Website: westuwellness.com

Circumcision Resources

Rife Pediatrics

Dr. Bethany Rife
Phone: 281-729-4414
455 School St. #30
Tomball, Tx 77375
Website: rifepediatrics.com"

Intact Houston

Phone: 281-813-6242
Local non-profit chapter of Saving our sons, providing evidence-based education about circumcision.
Website: savingsons.org

National organization of circumcision

Website: nocirc.org

Cleaning Services

UHAVEITMAID LLC

Dolly Otto, Owner
Phone: 713-480-1571
5 S, Tallowberry Dr.
Spring, TX 77381
Website:uhaveitmaidtx.com

Cloth Diapers

The Cloth Option

TCO is a national non-profit that provides free cloth diapers to families in need.
Phone: 413-455-0865

Website: theclothoption.org

The Pure Parenting Shop
Sarah Itz, M.Ed., CPST, CLC, CBWE
Phone: 832-856-1416 or 832-794-1289
2401 Yale St. .
Houston, TX 77008

Inside The Woman's Hospital of Texas
7600 Fannin St.
Houston TX 77054
Website: thepureparentingshop.com!

Clothing and Jewelry

Bella Luna Boutique at Texas Children's Hospital Pavilion for Women
832-826-8000
6651 Main St., 3rd floor,
Houston, TX 77030
Hospital grade pump sales and rentals, accessories, nursing bras, certified bra fitting service, and books.
Website: www.women.texaschildrens.org/bellaluna

Funkie Birdie Amber
Website: funkybirdieamber.com

The Pure Parenting Shop
Sarah Itz, M.Ed., CPST, CLC, CBWE
Phone: 832-856-1416 or 832-794-1289
2401 Yale St. .
Houston, TX 77008
Inside The Woman's Hospital of Texas

7600 Fannin St.
Houston TX 77054
Website: thepureparentingshop.com!

MacRae Naturals
Kimberly MacRae

Phone: 832-266-4229
Pain and Wellness Jewelry
Website: macraenaturals.com/

Dentistry

Alden Bridge Pediatric Dentistry PLLC
Kim Feuquay DDS Board Certified Pediatric Dentist
Phone: 832-521-9024
CO-2 laser, and we have lactation support, over 8 years of Experience
Website: thewoodlandstonguetiecenter.com

Cammarata Pediatric Dentistry
Rita Cammarata, DDS
Adam Shishle,r DDS MSD
Brenden Taylor, DDS MSD
Jennifer Cunningham, DDS
Jennifer Mata, DDS
Rachael Garret,t DDS MSD
Phone: 713-666-7884
Home to the Houston Tongue Tie Center. Laser Frenectomy. Offices in Houston, Katy/Fulshear and League City.
Website: https://www.kids-teeth.com/

Care for Kids Pediatric Dentistry
Dr. Jonathan Patrick, DDS, MS
Dr. Kimberly Borges, DDS
Phone: 281-608-7535
24510 Eastex Fwy Suite 110
Kingwood, TX 77339
Laser Frenectomy
Website: careforkids.dental

Happy Chompers
Dr. Adeel Khan, DMD, MA
Phone: 832-559-2370

23302 W Fernhurst Dr #200
Katy, TX 77494
Pediatric Dentist and laser frenectomy provider
Website: happychomperskaty.com

Holistic Dental Associates

Dr. Teresa M. Scott, DDS, PC
Phone: 281-645-5256
6334 Farm to Market 2920 RD Suite 250
Spring, TX 77379
We provide holistic dental wellness solutions for every age, from newborns through senior citizens
Website: holisticdentalassociates.com

Kidstown Dental

Dr. Catherine Fillmore
Dr. Nicole Siripon
Phone: 281-394-7040
27110 Cinco Ranch Blvd,. Suite 900
Katy, TX 77494
Interdisciplinary clinic, IBCLC, RN, Osteopath, Surgeon, asses/holistically treats restricted infants stuggling with feeding issues
Website: Kidstowndentist.com

The Woodlands Tongue Tie Center At Alden Bridge Pediatric Dentistry

Kim Feuquay DDS Board Certified Pediatric Dentistry
832-521-9024
3759 Farm to Market 1488 Suite 125B
The Woodlands, TX 77384
Website: thewoodlandstonguetiecenter.com

West U Pediatric Dentistry
Piya Trehan Gandhi, DDS
Ghazaleh Peiravani, DDS
Kathleen Vanvorst Incavo, DMD
Phone: 832-767-2227
4130 Bellaire Blvd Suite 214
Houston, TX 77025
Website: westupediatricdentistry.com.

DNA Testing Services

Patern-ology Solutions, LLC
Kiwasi Apeh, MPH, LPN
Phone: 832-308-8503
Website:www.patern-ology.com
Email: info@patern-ology.com
Mobile DNA Testing Services: Gender Reveal, Paternity, Siblingship, Grandparentage, Avuncular, Immigration, and Ancestral

Doulas, Birth

AABA (African American Breastfeeding Alliance of Texas
Phone: 281-733-5680
monthly support groups, Third Thursday- North Houston 6:30 pm
Website: info@AABAofTexas.org

Above the Waves Birth
April Caudillo
Phone: 979-417-2506

Doula Services, Birth, Postpartum and Childbirth Education
Website: www.abovethewavesbirth.com

Aja Divine Healing LLC
Jeanette Johnson

Phone: 346-815-7774
I am a traveling Full spectrum doula and yoga instructor
Website: www.ajadivinehealing.com

Anna Demetra, Of the Earth Wellness
Anna Demetra
Phone: 917-214-8100
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.
Website: www.annademetra.com

Babys Best Start
Catrice Harris, cd (dona) childbirth educator, ,ICEA
Phone: 619-721-6762
Birth Doula and breastfeeding and Childbirth Education
Email: catrice.harris@gmail.com
Website: Babysbeststart.org

Bask Family Wellness
Angel
Phone: 832-857-5962
Email: angel@baskfamilywellness.com
Website: baskfamilywellness.com

Birth of a Family
Renee
Phone: 281-832-0188
Website: birthofafamily.net

Birthing Rights Doula & Newborn Care
Keri Davis
Phone: 904-533-6852
Email: help@birthingrights.com
Website: birthingrights.com

Brave Beautiful Beginnings
Hannah Rojas, CD-L, CD-PIC, C-PPS
Elizabeth Mannella CD-L, CD-PIC

Phone: 832-766-5740
Labor and Postpartum Doula Services, and Placenta Encapsulation Services
Email: info@bravebeautifulbeginnings.com
Website: bravebeautifulbeginnings.com

Breathe by Vero Pertuso
Vero Pertuso
Phone: 713-817-1141
Bilingual birth, Postpartum and Fertility Doula, Fertility, Pregnancy and Postpartum Wellness and Health Coach and a Perinatal Reiki Practitioner.
Email: Breathe.bms@gmail.com
Website: www.breathebodymindspirit.com

Brianna Nichelle Doula Services
Brianna Nichelle
Phone: 281-468-0145
I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor
Website: briannanichelle.com/doula-services

Brown Girl Birthing
Chauntá Love
Phone: 832-477-7449
Houston, TX 77082
Website: browngirlbirthing.com

Debbie Hull, BS, CLD, CCCE, CAPPA
Phone: 281-599-1381
making families births better since 1999. Group/private/refresher childbirth classes. Doula CBE/Training
Email: Debbiehull.doula@gmail.com
Website: debbiehulldoula.com

Denise Bernard
Phone: 832-277-1966
Certified DONA International Birth Doula, Certified Stillbirthday birth and Bereavement Doula, Certified Lamaze Childbirth Educator
Website: douladenise.com

Elizabeth Perrin-Doula Services
Elizabeth Perrin, Doula

Phone: 936-402-7081
Certified birth and postpartum doula, Peer Lactation Couneslor, and Certified VBAC doula.
Website: epdoula@yahoo.com

Full Moon Birth Services
Jessica McWilliams
Phone: 281-305-3185
Website: fullmoondoulahtx.com

Guiding Hands Birth Services (Doula Business)
Debbie Thomas
510-759-8116
guidinghandsbirth@gmail.com
www.guidinghandsbirth.com
From doula services to childbirth education, I'm with you every step of the way.

Harmonious Birthing
DeShaun Desrosiers, LM, CPM
Phone: 281-768-1497
Email: harmoniousbirthing@gmail.com
Website: holisticbirthandhealth.com

Houston Birth and Baby
Erin Young, Owner, Doula, LMT
Phone: 713-714-7649
We provide, antenatal support, birth doulas, postpartum doulas, childbirth education, lactation support, placenta processing, massage therapy, and meal delivery.
Website: houstonbirthandbaby.com

Kathleen Wilson, ALACE, BAI
Phone: 832-444-5630
Houston, Tx 77381
Website: laborenabler.com

Keen Doula Care
Kristi Keen

Phone: 225-229-4130
Email: keendoula@yahoo.com
Website: keendoulacare.com

Mama Khronicles
Carmen Knight, M.A, Postpartum Doula
Website: www.mamakhronicles.com
Email: contact@mamakhronicles.com
About us: Community organization empowering mamas through friendship, social life, and transformative resources.

Marley & Moo
Latina, Founder CD(DONA & ProDoula), CPPS
Phone: 713- 909-5175
Email: info@marleymoomaternity.com
Website: marleymoomaternity.com

Massage and Doula Service with Noliko
Noliko Utsuzawa
Phone: norikobamboo@gmail.com
Doula- Birth and BerevementMassage and Craniosacral Therapy,
Childbirth Education
Website: nlikomassageanddoula.square.site

Maximum Doula Services
Max Burrus
Phone: 206-651-0978
Doula Services
Website: https://maximumdoulaservices.com/

Motherhood Center
Phone: 713-963-8880

3701 W Alabama St Suite 230
Houston, TX 77027
Prepared amd natural childbirth classes taught by lamaze certified childbirth educators
Website: motherhoodcenter.com

Patti Heimlich, LMT, CD (DONA)
Phone: 281-513-1030
Birth doula. Childbirth Education and Postpartum Doula
Website: hpregnancy.com

Promise Birth Services
Lindsey Dugas, Best Certified Doula
Phone: 936-391-4940
Mont Belvieu, TX 77580
Providing flexible fee birth doula services, in addition to postpartum doula care, childbirth education classes, and other pregnancy support.
Email: hello@promisebirthservices.com
Website: promisebirthservices.com

RadLove Doula, Rachel Stonebrook, MA
Rachel Stonebrook, MA
Phone: 614-565-9511
Doula Services, (DTI & BAI), Lactation Support, Belly Binding, Infant Care, Reproductive Health, Sex educator
Website: radlovedoula.com

Ready Set Birth
Raina Haruna
Phone: 406-595-1894
Email: rainaharuna@gmail.com
Website: readysetbirth.com

Rooted Birthkeeping
Birth and Postpartum Doula,
Childbirth Educator

Placenta Encapsulation
7135884677
Helping you have your empowered pregnancy and childbirth experience. Helping you thrive after birth.

Sanyika Williams
Phone: 832-736-1123
Birth, Postpartum doula and Lactation Advocate
Website: sanyikathedoula.com
Selah Birth Services

Jaci Virgadamo
Birth and Postpartum services
Website: Selahbirthservicestx.com

Sharon Tilotta Aaron
Phone: 713-502-7028
Bible based Childbirth Preparation Classes. Doula services, LIVE online classes.
Website: firstbirthministries.com

Tatiane Siqueira Doula
Phone: 713-410-8098
Website: www.tatianesqueiradoula.com

The Doula Companion
Brittany Sawyer
Phone: 432-312-0806
Website: kingwooddoula.com

The Growing Nest Doula Services
Alexis Downs
Phone: 832-353-9958
Birth doula and Placenta Encapsulation Specialist.
Website: thegrowingnest.com

The Houston Birth Doula
Reagan Sullivan
Phone: 713-962-3343

Birth and Postpartum Doula Services, Birth Photography, and Placenta Services
Website: thehoustonbirthdoula.com

The Painted Doula
Jolie Ammons
Phone: 281-686-2877
Website: thepainteddoula.com

The Parent Prep
Laurie Foster, CPD
Phone: 877-768-6439
Website: theparentprep.com

The Wright Doula Co
Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach
Phone: 346-298-2429
1000 Austin Street, Suite A
Richmond TX 77469
Prenatal Support Services-Birthing Support Services-Postpartum Support Services, Prenatal/ Postpartum Massage Therapy Specialist, Licensed Massage Therapist, Nanny/Sitter Services
Email: wrightdoula4u@gmail.com
Website: wrightdoula.com

The Village
Kimberley Traylor, MA
Phone: 281-733-5680
Lactation Consultant, Doula, Childbirth and Helath Educator, CEIM Infant Massage Iinstructor.
Website: TBRtheVillage.org

Village Birth and Babies
Jessica Gonzales
Phone: 713-253-5959
Full Spectrum doula services, Childbirth education, Placenta Services, support groups, community building
Website: villagebirthandbabies.com

Your Labor Neighbor
Holly Mikowski, BBCI, BBCD, SBD

Phone: 281-813-6242
I'm a doula, childbirth educator, and placenta specialist.
Website: yourlaborneighbor.com

Doulas, Postpartum

Birthing Rights Doula & Newborn Care
Keri Davis
Phone: 904-533-6852
Email: help@birthingrights.com
Website: birthingrights.com

Full Moon Birth Services
Jessica McWilliams
Phone: 281-305-3185
Website: fullmoondoulahtx.com

Marley & Moo
Latina, Founder CD(DONA & ProDoula), CPPS
Phone: 713- 909-5175
Email: info@marleymoomaternity.com
Website: marleymoomaternity.com

Mommiez, Daddiezd and Me!
Tawn Matthews
Phone: 281-773-6212
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Prepared amd natural childbirth classes taught by lamaze certified childbirth educators
Email: DoulaTawn@gmail.com
Website: MDMPPDoula.com

Promise Birth Services
Lindsey Dugas, Best Certified Doula
Phone: 936-391-4940
Mont Belvieu, TX 77580
Providing flexible fee birth doula services, in addition to postpartum doula care, childbirth education classes, and other pregnancy support.

Email: hello@promisebirthservices.com
Website: promisebirthservices.com

The Wright Doula Co
Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach
Phone: 346-298-2429
1000 Austin Street, Suite A
Richmond TX 77469
Prenatal Support Services-Birthing Support Services -Postpartum Support Services, Prenatal/ Postpartum Massage Therapy Specialist, Licensed Massage Therapist, Nanny/Sitter Services
Email: wrightdoula4u@gmail.com
Website: wrightdoula.com

Anna Demetra, Of the Earth Wellness
Anna Demetra
Phone: 917-241-8100
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.
Website: www.annademetra.com

Brave Beautiful Beginnings
Hannah Rojas, CD-L, CD-PIC, C-PPS
Elizabeth Mannella CD-L, CD-PIC
Phone: 832-766-5740
Labor and Postpartum Doula Services, and Placenta Encapsulation Services
Email: info@bravebeautifulbeginnings.com
Website: bravebeautifulbeginnings.com

Breathe by Vero Pertuso
Vero Pertuso
Phone: 713-817-1141
Bilingual birth, Postpartum and Fertility Doula, Fertility, Pregnancy and Postpartum Wellness and Health Coach and a Perinatal Reiki Practitioner.
Email: Breathe.bms@gmail.com
Website: www.breathebodymindspirit.com

Brianna Nichelle Doula Services
Brianna Nichelle
Phone: 281-468-0145

I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor
Website: briannanichelle.com/doula-services

Houston Postpartum Doula
Natalie Sanchez- Postpartum Doula
Phone: 281-701-5998
I am a postpartum doula from Friendswood and serving families from South Houton on down to Galveston.
Email:
Website: houstonpostpartumdoula.com

Michele Marquez
Phone: 832-942-8730
Postpartum Doula services overnights only
Website: letsdouladamnthang@gmail.com

Patti Heimlich
Phone: 281-513-1030
Birth doula. Childbirth Education and Postpartum Doula
Website: hpregnancy.com

Postpartum Beyond
Anndei Gutierrez
Phone: 281-210-4911
Postpartum and Newborn care Specialist located in the medical center.
Website: postpartumbeyond.net

Susan Miller
Phone: 832-368-9669
Serving Houston Postpartum Families
Website: www.houstondoula.com
Tally and Bean
Natalie Block
Phone: 612-425-8175
Details: Postpartum doula support, Custom nursery murals, Holistic nutrition consulting (pregnancy, postpartum, and baby), LGBTQIA+ support, Military family support, Virtual and remote postpartum doula support
Website: tallyandbean.com

Your Baby Whispers

Shinequa G. (Nurse G)

In addition to being a Doula, I am also a Pediatric Nurse with 16 yrs of experience working with Newborns and their parents. I also offer Placenta Encapsulation, Child Birth Education and Belly binding services.

Email: yourbabywhispers@gmail.com

Website: yourbabywhispers.com

Doulas Education

Debbie Hull, BS, CLD, CCCE, CAPPA

Phone: 281-599-1381

making families births better since 1999. Group/private/refresher childbirth classes

Email: Debbiehull.doula@gmail.com

Website: debbiehulldoula.com

Harmonious Birthing

DeShaun Desrosiers

Phone: 281-768-1497

Email: harmoniousbirthing@gmail.com

Website: holisticbirthandhealth.com

TLC Doula Group and Education Resource haven

Kathleen Wilson CD

Phone: 832-444-5630

Lactation, Childbirth education, Dietician, Doula services, and continuing education, sex education.

Website: tlcdoulagroup.com

Essential Oils

Gritman Essential Oils

16202 Creekview court Friendswood Tx 77546

Phone: 281-996-0103

Essential oils are so helpful to mothers and babies after birth. We have formulated the oil blends so they are safe and ready to use.

Website: gritman.com

The Amazing Rose

Rose Carle, LMT

Phone: 713-206-2320
Houston, TX 77018
Massage and Scar Therapy
Email: theamazingrose13@gmail.com
Website: theamazingrose.rocks

Patti Heimlich, LMT, CD(DONA), HCHI, HHD, ICCE
Phone: 281-513-1030
Birth doula. Childbirth Education and Postpartum Doula
Website: hpregnancy.com

Wellspring Birth Center
Ashley Musil, LM, CPM
Phone: 832-777-0291
9489 Fosters Bend
Cleveland, TX 77328
Website: wellspringbirthcenter.com

Family Practice

Paul Dibble, MD
Phone: 281-259-7400
18423 FM 1488 Rd Suite C
Magnolia, TX 77354
Website: Stfhealth.com

The Center for Health & Healing
Nellie Gross, MD. MPH
Miiko Rowley, M.D.
Dr. Eric Grose, Acupuncturist
Phone: 713-660-6620
230 Westcott, #208
Houston, TX 77007
Email: frontoffice@tchhhouston.com
Website: tchh.net

Fertility

Anna Demetra, of the Earth Wellness

Anna Demetra
Phone: 917-241-8100
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.
Website: www.annademetra.com

Momentum Chiropractic

Dr. Megan Watier DC
Dr. Tiffany Pool DC
Phone: 281-770-8057
1526 Katy Gap Road, Suite 602
Katy, TX 77494
Mercier Therapy is a gentle, effective, and supportive hands-on program to promote conception.
Website: drmeganwatier.com

Phoenix Rising

Dr. Lori J. Earley, DACM
Kelly Scmidt
Phone: 713-806-9927
Specializes in integrative reproductive health, focusing on couples desire to have a baby, either naturally or through reproductive assistance, including IVF and IUI.
Website: phoenixrisingacu.com

Rebel Birth Childbirth Education

Kathleen Wilson and Joli Ammons
Phone: 832-444-5630
26602 Keith St
Spring, TX 77373
Infertility and Miscarriage Support Group
Website: rebelbirth.com

Rowan TwoSisters, CPM

Website: preggers.rocks

Homeopathic Care

Homeopathy Center of Houston

Pregnancy, birth & lactation support, wellness, vaccine injury & alternatives. Chronic illness, developmental delay, autism.
Phone: 713-366-8700
1880 S. Dairy Ashford Rd. Ste 230 Bldg 2
Houston, TX 77077
Website: homeopathyhouston.com

Hypnobirthing / Hypnobabies

Born Free Birthing

Cliodhna Griffin HBCE, CMT, APPAC
Phone: 281-217-9294
Group Classes for expectant parents throughout the greater houston area. Practitioner Certification Classes
Email: bornfreebirthing@gmail.com
Website: bornfreebirthing.com

Calm Holistic Birth

Elisabeth Hobbs-Hubach HBCE, PE
Phone: 713-244-4811
Group/private classes available. Houston, the Woodlands, Tomball, Conroe and surrounding areas
Website: calmholisticbirth.com

Patti Heimlich

Phone: 281-513-1030
Birth doula. Childbirth Education and Postpartum Doula
Website: hpregnancy.com

Sakinah Birth

Jihan
Hypnobirthing
Website: sakinahbirth.com

Lactation Consultants

AABA (African American Breastfeeding Alliance of Texas)

Phone: 281-733-5680
Monthly Support Groups
Website: info@AABAofTExas.org

BABE- Bay Area Breastfeeding and Education LLC

Leah Jolly, BA, IBCLC, RLC
Heather Armenoff, BS, IBCLC, RLC
Sarah Yarbrough BSN, RN, IBCLC, RLC
Jennifer Alvarez, BSN, RN, IBCLC
Phone: 713-496-2223
Serving houston and greater Houston areas.
Website: bayareabreastfeeding.net

Bayou City Breastfeeding

Megan Abbasi IBCLC
Ariel Brewer IBCLC
Erica Campbell RN IBCLC
Melissa Carerra RN IBCLC
Jessica Deases RN IBCLC
Reyna Diaz RN IBCLC
Theresa Dominquez RN IBCLC
Alexandra Flores RN IBCLC
Tessa Gardin IBCLC
Dana Gillman IBCLC
Britni Gunter RN IBCLC
Mary Herrington RN IBCLC
Tiphany Illyes IBCLC
Suzanne Juel IBCLC
Nicole Kerbow RN IBCLC
Katelyn Kleiber IBCLC
Kathy Lenert RN IBCLC
Brandy Lightfoot RN IBCLC
Melissa Nealy IBCLC

Kyna Patrick IBCLC
Amy Pontius RN IBCLC
Kristin Ramirez IBCLC
Jennifer Robert RN IBCLC
Lisa Smelek RN IBCLC
Karen Swan IBCLC
Donique Trotter RN IBCLC
Amanda Willis Wilson RN IBCLC
Karen Zacharias-Enaz RN IBCLC
Phone: 281-305-0411
Houston Office: 3100 Richmond Ave., Suite 401, Houston, TX 77098
Kingwood Office 1621 Lakeville Dr., Suite 304, Kingwood, TX 77339
Cypress Office: Cypress, TX 77433
Webster Office 780 Clear Lake City Blvd., Suite 1A, Webster, TX 77498
Katy Office 26077 Nelson Way, Unit 601, Katy, TX 77494
Conroe Office 2510 South Loop 336 West, Suite 215-H, Conroe, TX 77304
Jones Road Office 12777 Jones Road, Suite 455, Houston, TX 77070
West Nasa Road Office 333 North Texas Ave., STE 2200, Webster, TX 77498
Offering home, office, and virtual consultations. Many insurances accepted.
Email: admin@bayoucitybreastfeeding.com
Website: bayoucitybreastfeeding.com

Healthy Start Lactation

Sherley Varaghese, RN. BSN, IBCLC
Phone: 832-577-1988
Sugarland, TX
In home breastfeeding assistance
Website: healthystartlactation.com

Jean Hawney CLC

I am a speech pathologist and CLC who has a private practice in the Houston area. I also work at Texas Children's Hospital when I am not conducting home visits.
Website: jeanhawneyslp.com

Lactation Specialist of Houston

Aprille McQueen MSN, RN
Phone: 832-938-0083

Lactation Consultant Agency with a team of certified Lactation Specialists ready to provide breastfeeding education and support to mom, baby, and family.
Website: lactationspecialisthou.com

Liquid Gold

Crickett Simmons, RN, IBCLC
Jenna Sundquist M.ed, IBCLC
Phone: 281-626-8241
19100 West Lake Houston Pkwy. #104
Humble Tx. 77346
Offering home, office and virtual consultations
Website: liquidgoldlactationtx.com

Milk and Mom

Kellye Skaer, IBCLC
Phone: 936.217.0099
2660 Keith Street
Spring, TX 77373
Website: milkandmom.com

Motherhood Center

Phone: 713-963-8880
3701 W Alabama St Suite 230
Houston, TX 77027
We offer group, private, and in-home breastfeeding classes taught by a lactation consultant/nurse.
Website: motherhoodcenter.com

Simply Lactation

Safiya Hafizi, RN, BSN, IBCLC and Dawn Fodeibou B.A. IBCLC
Phone: 281-658-3117
Lactation Consultant services
Website: simplylactation.com

SOS Lactation

Leah Whitley
Phone: 832-452-0815
In home lactation consultations to help mothers and babies with all their breastfeeding needs
Website: soslactation.com

Texas Lactation Consultants. Inc

Barbara Miller IBCLC
Faith Marshall IBCLC
Karina Medina BSN RN IBCLC
Phone: 713-884-6204
108 East St.
Houston, TX 77008
Pump rental, scale rental, and IBCLC services
Website: texaslactationconsultants.com

TheVillage

Kimberley Traylor, MA
Phone: 281-733-5680
Lactation consultant, Doula and childbirth Health Educatator, CEIM
Website: TBRtheVillage.com

LGBTQIA Providers/ Support Services

The Amazing Rose

Rose Carle LMT
Phone: 713-206-2320
Houston, TX 77018
Massage and Scar Therapy
Email: theamazingrose13@gmail.com
Website: theamazingrose.rocks

EverDoula

Stephi Anderson CLD
Family support and birth services for Katy and surrounding areas, specializing in LGBTQ+ support
Phone: 832-498-2418
Website: everdoula.comFamily support and birth services for Katy and surrounding areas, specializing in LGBTQ+ support

Preggers Can Be Choosers

Rowan TwoSisters, Urban Curandera, LMT, MTI

Apprentice Midwife, Doula, Scar Remediation Specialist, Placenta Prep, Punk Rock Hoops Instructor
4th trimester online support group. Join us live or it's recorded for anytime you're flipping your shiz.
Website: www.preggerscanbechoosers.com

Dr. Blythe TwoSisters, PsyD, LPA
214-997-4697 (text)
Fellow, supervised by Dr. Moore Therapist, Emotional Doula, Essential Oils Instructor
www.MamaPsychDoc.com
I see you. I hear you. I believe in YOU. I'm ready to listen.

Magazines

Natural Awakenings-Houston
Phone: 713-927-6540
446 W 18th street #419
Houston, TX 77008
Website: naturalawakenings-houston.com

The Kids Directory
Phone: 713-663-7555
Houstons oldest and most respected family publication, actively serving our community for 28 years
Website: kids-houston.com

Marriage, Family and Postpartum Support Therapy

Dr. Blythe TwoSisters, PsyD, LPA
Fellow Supervised by Dr. Moore
Phone: 214-997-4697
Therapist and Emotional Doula, Essential oils Instructor. I see you I hear you I believe in you. Im ready to listen.
Website: mamapsychdoc.com

Greater Houston Counseling Services
Christina Runnels, MA, LPC-S, LCDC, PMH-C
Phone: 832-717-7166
Greater Houston Counseling Services, PLLC is dedicated to helping you as you take steps towards positive life changes, healing, and a healthy mind.
Website: greaterhoustoncounselingservices.com

Houston Bay Area Counselor
Brandi Tarver, LPC, LMFT
Phone: 281-480-0200
Presenting the Bringing baby home workshop, dedicated to strengthening your relationship when transitioning into parenthood.
Website: houstonbayareacounselor.com

Masculine Medicine
William Green
Phone: 719-480-2587
Certified Wellness Coach offering private sessions supporting men and their initiation and journey in fatherhood.
Website: masculinemedicine.com

Stephanie R. Frey. LPC. LMFT
Phone: 281-953-7474
Licensed Professional Counselor and Licensed Marriage and Family Therapist. Specializing in Womens and couple issues related to prenatal and postpartum support.
Website: stephaniefrey.com

The Center for Postpartum Health
Multiple locations-Central, North and west.
25511 Budde Road Suite 2802
Woodlands, TX 77389
Phone: 713-561-3884
Individual and couple, family therapy, perinatal mental health issues, free weekly support groups. Birth Trauma therapy group.
Website: cpfh.org.

Massage Therapists/ Prenatal Massage

Anna Demetra, of the Earth Wellness
Anna Demetra
Phone: 917-241-8100
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.
Website: www.annademetra.com

Massage and Doula Services with Noliko
Phone: norikobamboo@gmail.com
Massage and Doula services
Website: nolikomassageanddoula.square.site

Massage & Doula Services with Noliko

Noliko
Doula, Birth and Bereavement, Massage & Craniosacral Therapy, Child Educator
Website: https://nolikomassageanddoula.square.site
Email: norikobamboo@gmail.com

The Wright Doula Co

Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach
Phone: 346-298-2429
1000 Austin Street, Suite A
Richmond TX 77469
Prenatal Support Services-Birthing Support Services -Postpartum Support Services, Prenatal/ Postpartum Massage Therapy Specialist, Licensed Massage Therapist, Nanny/Sitter Services
Email: wrightdoula4u@gmail.com
Website: wrightdoula.com

The Wright Spot

Shannon Wright LMT. BBCI, BA
Phone: 832-654-0125
licensed massage therapist specializing in Peri-natal techniques. I offer this at Bliss too.
Website: the-wright-spot.abmp.com

Meal Delivery and Meal Prep

Marian Bell HEALTH HOME & BEYOND
Phone: 713-447-0436
Website: http://www.marianbell.com/
Email: marian@marianbell.com
Nutrition, prepared food to eat each week and organizing

Meditation for Mothers, Parenting and Stress Management

Patti Heimlich, LMT, CD(DONA),HCHI, HHD, ICCE

Phone: 713-661-8796

Houston Pregnancy Massage & Doula Care patti@hpregnancy.com www.hpregnancy.com

Brianna Nichelle Doula Services

Brianna Nichelle
Phone: 281-468-0145
Website: https://binfusednaturally.com/doula-services
Email: 281-468-0145
Address:211 W Sealy St. Suite 9 Alvin, TX
I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor
Website: briannanichelle.com/doula-services

Luminare Life

Maegan Turner Certified Life and Health Coach
Phone: 346-946-7691
Specializes in helping women with families manage stress.
Website: www.luminarelife.com

Midwives

Melissa Bates LM, CPM

Katy Birth Center
Phone: 832-437-5876
1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

Amber Berry, CPM, LM, MSC

Journey Birth Center
Phone: 832-558-4893
903 E Main St.
Humble, TX77338
Email: admin@journeybirthcenter.com
Website: journeybirthcenter.com

Connie Blokkum RN, MSN, CNM

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Alice Brayer LM
Houston Birth Services
Phone: 281-319-MAMA (6262)
503 North Avenue H
Humble, Texas 77338
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Darlene Dorries-Scrivner CPM
Bio Births, PLLC
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20 Professional Park
Webster, Tx 77598
Website: biobirths.com

Chris Duffy LM
Birth Truth
Phone: 281-732-7816
email: midwife.duffy@gmail.com
Website: birthtruth.com

Jackie Griggs, CNM
Midwife in the Heights
Phone: 713-505-1802
637 W 20th

Houston ,Texas 77008
Website: houston-midwife.com

Birth Center of Beaumont
Phone: 409-730-7076
1357 Broadway Street
Beaumont, Texas 77701
Website: https://birthcenterofbeaumont.com/

Jami Hain, CNM RN, MSN
Nativiti Family Birth Center
Phone: 281-296-233
26614 Oak Ridge Dr.
The Woodlands, TX 77380
Email: birthinfo@nativiti.com
Website: nativiti.com

Malea Hardeman CPM
Heart of Houston Birth Center
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Nolana Jalowy MSN, CNM, WHNP
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Pasadena, 77504
Website: www.Bayareacommunitybirthcenter.com

Frances Jones-Coleman, MPH, LM
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Pasadena, 77504
Website: www.Bayareacommunitybirthcenter.com

Kinara- Midwife Kay CPM LM
The Birthing Place
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2218 Barbee St
Houston, TX 77004
Website: TheBirthingPlace.com

Toni Kimpel, CPM
Jubilee Birth Center
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502 S Coulter
Bryan, Texas 77803
Website: jubileebirthcenter.com

Ashly Kowalski, CPM, LM
Yellow Rose Midwifery Group
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11321 Richmond Ave, Suite M101

Houston Tx 77082
Website: yellowrosemidwives.com

Mary Love APRN, CNM, NP-C
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Houston, TX 77081
Email: info@heartofhoustonbirth.com
Website: heartofhoustonbirth.com

Ashley Musil, LM, CPM
Wellspring Birth center
Phone: 832-777-0291
9489 Fosters Bend
Cleveland, TX 77328
Website: wellspringbirthcenter.com

Diana Nash CPM
Midwife in the Heights
Phone: 713-505-1802
637 W 20th
Houston ,Texas 77008
Website: houston-midwife.com

Birth Center of Beaumont
Phone: 409-730-7076
1357 Broadway Street
Beaumont, Texas 77701
Website: https://birthcenterofbeaumont.com/

Sarah Owens, CNM
Nativiti Family Birth Center
Phone: 281-296-233
26614 Oak Ridge Dr.
The Woodlands, TX 77380

Email: birthinfo@nativiti.com
Website: nativiti.com

Stephanie Palacio, CNM
Bay Area Birth Center
Phone: 713-472-5525
3210 Strawberry Rd.
Pasadena, 77504
Website: www.Bayareacommunitybirthcenter.com

Patricia Perkins, APRN-CNM
Bliss Womens Wellness and Birth Center
Phone: 936-271-4911
14157 Horseshoe Bend
Conroe, TX 77384
Website: blissbirthcenter.com

Sue Potts MSN, CNM, RN
Katy Birth Center
Phone: 832-437-5876
1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

Megan Robinson, RN, CPM, LM
Yellow Rose Midwifery Group
Phone: 346-800-3885
11321 Richmond Ave, Suite M101
Houston Tx 77082
Website: yellowrosemidwives.com

Lynneece Rooney MSN, CNM, RNC-OB
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1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

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Website: katybirthcenter.com

Cathy Rude LM, CPM
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1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

Jaelin Stickles CNM, WHNP
Holistic Heritage Homebirth
Phone: 281-296-3043
Website: hhhomebirth.com

Rowan TwoSisters CPM
Heart of Houston Birth Center
Phone: 832-899-4971
6550 Mapleridge St., Suite 100
Houston, TX 77081
Email: info@heartofhoustonbirth.com
Website: heartofhoustonbirth.com

Kathleen Vande Giessen, Certified Nurse Midwife, MSN, MBA
North Houston Birth Center
Phone: 713-699-4211
3910 N. Shepherd Dr.
Houston, TX 77018
Website: nhbirth.com

Jennifer Vassilas LM, CPM
Katy Birth Center
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Website: katybirthcenter.com

Natalie Wommack RN, LM, CPM
Katy Birth Center
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1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

Andie Wyrick CNM
Holistic Heritage Homebirth
Phone: 281-296-3043
Website: hhhomebirth.com

Milk Bank

Mothers' Milk Bank at Austin 512-494-0800
A non-profit that saves babies' lives by provid- ing prescribed, pasteurized donor human milk. 5925 Dillard Circle, Austin TX 78752 info@milkbank.org, www.milkbank.org
Ask us about how to ensure that fragile babies receive human milk.

Collection sites for the Mother's Milk Bank at Austin:
(for drop-off times visit www.milkbank.org)
The Woman's Hospital of TX 713-383-2895 7600 Fannin, Houston, TX 77054

Southwest WIC Center 832-393-4465
6400 High Star, Houston, TX 77074

The Woman's Place / Sugar Land .....
. 281-242-0767
16552 A SW Freeway, Sugar Land, TX 77479

Cypress Fairbanks Med Ctr 281-897-3334
10655 Steepletop Drive, Houston, TX 77065

Memorial Hermann - Woodlands Hospital ....
. 713-897-5832
9250 Pinecroft, The Woodlands, TX 77380

Memorial Hermann Katy 281-644-7345
23900 Katy Freeway, Katy, TX 77493

Clear Lake Regional Medical Center… .....
. 281-338-3398
500 Medical Center Blvd, Webster, TX 77598

Kingwood Medical Center 281-348-7347 Women and Children's Center- 1st Floor (South Tower entrance)
22999 US Hwy 59N, Kingwood, Texas 77339

Memorial Hermann Memorial City Hospital…
. 713-242-4HER (4437)
Honeysuckle Boutique-2nd Floor Memorial Hermann Tower
929 Gessner Rd., Houston, Texas 77024

Houston Methodist San Jacinto Hospital.....
. 281-420-7321
Maternal Child Unit-3rd Floor East 4401 Garth Rd., Baytown, TX 77521

Texas Children's Hospital Mothers' Milk Bank.....832-824-MILK (6455) 6651 Main St. F875.01, Houston, TX, 77030
Milk donated is provided to premature and ill patients at no charge. Apply to become a milk donor at www.texaschildrens.org/milk
donatemilk@texaschildrens.org

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The Woman's Hospital of Texas713-383-2895 Drop off site for Mothers Milk Bank of Austin Education Dept., 7600 Fannin, Houston 77054 Education, Postpartum Depression, Milk Bank www.womanshospital.com

Natural Medicine (Naturopathy/Thermography)

Health Stewardship with Health & Freedom network
Chris Duffy LM
Phone: 281-732-7816
Email: midwife.duffy@gmail.com
Website: chrisduffylm.com

Heights of Health Team
Tracy Wakefield Southwick
HHP, CNHP, ND (Trad.)
Phone: 713-861-6777
210 E 4th St.
Houston, TX 77007,
Website: heightsofhealth.com

Kamala Center for Radiant Health PLLC
Deborah Doering Austin, RN, DN, CN, CVMT
Phone: 832-818-0186
Email: service@kamalahealth.com
Website: kamalahealth.com

Natural Health Solutions
Susan Salce ND CNC RYI
Phone: 281-221-4336
Rosewood Professional Building
The Atrium, Suite G-500
990 Village Square Dr.
Tomball, Texas 77375
Website: naturalhealthsolutionstx.com

Norwex - Safer Cleaning Products
Megan Pedersen
Phone: 281-450-4229
Website: MeganPedersen.Norwex.biz

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Payel Banik, DO
Phone: 713-527-8499
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Houston, TX 77098
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Website: omtworks.com

Sakura Natural Health
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700 Post Oak Boulevard
2 BLVD Place Suite 600
Houston, TX 77006
Website: sakuranaturalhealth.com

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Rebekah Stump, Owner, FDN-P, CCT
Phone: 281-803-5880
13644 Breton Ridge St Suite E
Houston, TX 77070
Website: thermographyofhouston.com

theVillage
Kimberley Traylor MA
Phone: 281-733-5680
Website: TBRtheVillage.org

Newborn Care Specialist

Birthing Rights Doula & Newborn Care
Keri Davis
Phone: 904-533-6852
Email: help@birthingrights.com
Website: birthingrights.com

Gather and Bloom
Julia Mitchell
Email: julia@gatherandbloom.co
Website: gatherandbloom.co

Mommiez, Daddiezd and Me!
Tawn Matthews
Phone: 281-773-6212
8544 W. Bellfort St, Ste 600
Houston, TX 77071
Email: DoulaTawn@gmail.com
Website: MDMPPDoula.com

Motherhood Center
Phone: 713-963-88880
3701 W Alabama St Suite 230
Houston, TX 77027
Website: motherhoodcenter.com

The Wright Doula Co
Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach
Phone: 346-298-2429
1000 Austin Street, Suite A
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Email: wrightdoula4u@gmail.com
Website: wrightdoula.com

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Website: marianbell.com

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412 W. Clay St.
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Website: patgreerskitchen.com

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Houston, TX 77006
Website: sakuranaturalhealth.com

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2056 Sul Ross St
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Website: omtworks.com

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Phone: 281-496-7094

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Houston, TX 77027
Website: motherhoodcenter.com

theVillage
Kimberley Traylor MA
Phone: 281-733-5680
Website: TBRtheVillage.org

Paternity/Child Support

Texas Attorney General Child Support Division
Phone: 800-252-8014 or 713-787-7147
6161 Savoy Dr., Ste. 420,
Houston, TX 77036
State Agency who assists with the establishment of legal paternity and enforcement of child support.
Website: www.texasattorneygeneral.gov

Pediatricians

Dr. Benjamin Ho **713-526-6443**
3023 Kirby Dr., Ste. 200, Houston, Texas 77098 bsho@texaschildrenshospital.org www.texaschildrenspediatrics.org

Louis E Pottkotter MD **281-265-7800**
3425 Highway 6, Ste. 109 Sugar Land, TX 77478

Dr. Krenie Stowe, MD, JD **713-201-6704**
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sfosterpt@gmail.com www.asanaintelligence.com

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doulamom@comcast.net, www.doula.org www.facebook.com/bundlesandblessings.com www.whatamiracle.photoshelter.com

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. 832-663-5203
Rebel Leaders: Kathleen Wilson and Joli Ammons
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ICAN of HKA (Humble, Kingwood, Atascocita)
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hka.tx@ican-online.org https://www.facebook.com/ICAN-of-HKA-Tex- as-205629943371127/

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E: info@TBRtheVillage.org & birthdoula@ TBRtheVillage.org
W: www.TBRtheVillage.org

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Mobile, we come to you!
www.ohmybabyultrasound.com
Diagnostic and Elective ultrasounds from the comfort of your home. It is the ultimate bonding experience for Houston moms.

Venue Rental

Rebel Birth Education and Resource Haven
Phone: 832-663-5203
315 Main Street, Spring, TX 77373 education@rebelbirth.com www.rebelbirth.com
Teaching space available for rent for all educators and trainings.

Professional Directory

Acupuncture

Alternative Health Center of the Woodlands

Dr.Stephen Clouthier DC
Dr. Sara Riley DC
Phone: 281-419-9104
2829 Technology Forest Blvd.,Ste. 250
Woodlands Tx 77381
Webster and pediatric chiropractor using Activator methods, Acupuncture, Graston technique, Kinesio taping, Active Release Technique, and Webster technique
Website: www.ahcwoodlands.com

Ardent Acupuncture

Michelle Iwama, L.AC., Dipl.O.M. (NCCAOM), MAOM
Phone: 281-460-5042
7915 FM 1960 W., STE 203
Houston, TX 77070
Website: ardentacupuncture.com

Balance Houston Accupuncture

Phone: 832-930-0590
19 Briar Hollow Lane, Suite 240
Houston 77027
4840 W. Panther Creek, Suite 208
The Woodlands, TX 77381
Specializing in fertility, prehanncy ailments, and labor preparations, serving all ages and health needs.
Website: balancehouston.com

Eastern Harmony Acupuncture Clinic

Phone: 713-529-1610
3100 Weslayan st. 225
Houston Tx 77027

929 Gessner ste 2300
Houston Tx 77024
12930 Dairy Ashford Ste, 703
Sugarland Tx 77478
Website: easternharmonyclinic.com

HealthPro Family Chiropractic.
Dr. Alayna Pagnani-Gendron, D.C., CACCP
Dr. Jessica Brubaker, D.C.
Phone: 281-506-0105
4101 Greenbriar Dr.
Houston, TX 77098
Website: http://healthprochiro.com/

Hello Chiropractic
Dr. Ashley Jones, DC
Phone: 281-809-6144
1035 Dairy Ashford Rd, Suite 152
Houston TX 77079
Website: www.spinalcarehouston.com

The Axelrad Clinic
Phone: 713-527-9555
Email: frontdesk@axelradclinic.com
Website: www.axelradclinic.com

West University Wellness
Caroline Long, D.C., C.A.C.C.P.
Ploy Chotiratkul, D.C., C.A.C.C.P.
Hanieh Hosseini, D.C.
Menka Patel, D.C., C.A.C.C.P.
Jill Burk, D.C., C.A.C.C.P., C.C.E.P.
Phone: 713-490-2225
5107 Bellaire Blvd, Suite 210
Bellaire, Texas 77401
Website: westuwellness.com

Birth Centers

Bay Area Birth Center
Stephanie Palacio, CNM
Frances Jones-Coleman, MPH, LM
Kate Jones, LM, CPM
Phone: 713-472-5525
3210 Strawberry Rd.
Pasadena, 77504
Website: www.Bayareacommunitybirthcenter.com

Bio Births, PLLC
Darlene Dorries-Scrivner CPM
Phone: 713-732-4326
20 Professional Park
Webster, Tx 77598
Website: biobirths.com

Birth Center of Beaumont
Diana Nash, CPM
Jackie Griggs, CNM
Phone: 409-730-7076
1357 Broadway Street
Beaumont , Texas 77701
Website: https://birthcenterofbeaumont.com/

Bliss Womens Wellness and Birth Center
Patricia Perkins, APRN-CNM
Phone: 936-271-4911
14157 Horseshoe Bend
Conroe, TX 77384
Website: blissbirthcenter.com

Cy-Fair Birth Center
Phone: 281-469-0093
12850 Jones Road, Suite 105
Houston, TX 77070

Email: magnoliabirthcenter.com
Website: questions@magnoliabirthcenter.com

Galveston Birth Center
Phone: 409-768-0005
712 10th St.
Galveston, TX 77550
Email: GalvestonMidwives@gmail.com
Website: GalvestonBirthCenter.com

Heart of Houston Birth Center
Mary Love APRN, CNM, NP-C
Rowan TwoSisters CPM
Bethany Horton APRN, CNM
Malea Hardeman CPM
Phone: 832-899-4971
6550 Mapleridge St., Suite 100
Houston, TX 77081
Email: info@heartofhoustonbirth.com
Website: heartofhoustonbirth.com

Houston Birth Services
Alice Brayer LM
Phone: 281-319-MAMA (6262)
503 North Avenue H
Humble, Texas 77338
Email: houstonbirthservices@hotmail.com
Website: houstonbirthservices.com

Journey Birth Center
Amber Berry, CPM, LM, MSC
Rachel Crownable, CPM, LM
Phone: 832-558-4893
903 E Main St.
Humble, TX77338
Email: admin@journeybirthcenter.com

Website: journeybirthcenter.com

Jubilee Birth Center

Toni Kimpel, CPM
Phone: 979-739-1030
502 S Coulter
Bryan, Texas 77803
Website: jubileebirthcenter.com

Katy Birth Center

Cathy Rude LM, CPM
Connie Blokkum RN, MSN, CNM
Natalie Wommack RN, LM, CPM
Lynneece Rooney MSN, CNM, RNC-OB
Melissa Bates LM, CPM
Sue Potts MSN, CNM, RN
Nolana Jalowy MSN, CNM, WHNP
Jennifer Vassilas LM, CPM
Tonya Rose LM, CPM
Phone: 832-437-5876
1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

Midwife in the Heights

Jackie Griggs, CNM
Diana Nash CPM
Phone: 713-505-1802
637 W 20th
Houston ,Texas 77008
Website: houston-midwife.com

Nativiti Family Birth Center

Jami Hain, CNM RN, MSN
Sarah Owens, CNM
Phone: 281-296-233

26614 Oak Ridge Dr.
The woodlands, TX 77380
Email: birthinfo@nativiti.com
Website: nativiti.com

North Houston Birth Center

Kathleen Vande Giessen, Certified Nurse Midwife, MSN, MBA
Phone: 713-699-4211
3910 N. Shepherd Dr.
Houston, TX 77018
Website: nhbirth.com

Pristine Birth and Wellness Center

Phone: 281-206-4496
6617 FM 2929 Suite #200,
Spring TX 77379
We believe that conception, pregnancy, labor and birth are normal and natural events
Website: pristinebirth.org

The Addice

Phone: 713-907-0740
8845 Six Pines Dr. Suite #150
The Woodlands ,TX 77380
Website: theaddice.com

The Birthing Place

Kinara- Midwife Kay CPM LM
Phone: 713-MIDWIFE
2218 Barbee St
Houston, TX 77004
Website: TheBirthingPlace.com

Wellspring Birth center

Ashley Musil, LM, CPM
Phone: 832-777-0291
9489 Fosters Bend
Cleveland, TX 77328

Website: wellspringbirthcenter.com

Yellow Rose Midwifery Group
Ashly Kowalski, CPM, LM
Megan Robinson, RN, CPM, LM
Phone: 346-800-3885
11321 Richmond Ave, Suite M101
Houston Tx 77082
Website: yellowrosemidwives.com

Breastfeeding Support / Supplies

AABA (African American Breastfeeding Alliance of Texas)
Phone: 281-733-5680
Monthly Support Groups
Website: info@AABAofTExas.org

BABE- Bay Area Breastfeeding & Education LLC
Leah Jolly, BA, IBCLC, RLC
Heather Armenoff, BS, IBCLC, RLC
Sarah Yarbrough BSN, RN, IBCLC, RLC
Jennifer Alvarez, BSN, RN, IBCLC
Phone: 713-496-2223
Serving houston and greater Houston areas.
Website: bayareabreastfeeding.net

Baby Bistro at Texas Children's Hospital Pavilion for Women
Phone: 832-824-6120
6651 Main St., 3rd floor
Houston TX 77030
Outpatient Lactation Clinic (by appt. only)
Phone support (7 days per week), all visits by Registered Nurses who are IBCLC certified.
Email: breastfeeding@texaschildrens.org
Website: http://women.texaschildrens.org/breastfeeding

Bayou City Breastfeeding

Suzanne Juel IBCLC, Founder
A group practice of 28 International Board Certified Lactation Consutlants
Phone: 281-305-0411
Houston Office: 3100 Richmond Ave., Suite 401, Houston, TX 77098
Kingwood Office 1621 Lakeville Dr., Suite 304, Kingwood, TX 77339
Cypress Office: Cypress, TX 77433
Webster Office 780 Clear Lake City Blvd., Suite 1A, Webster, TX 77498
Katy Office 26077 Nelson Way, Unit 601, Katy, TX 77494
Conroe Office 2510 South Loop 336 West, Suite 215-H, Conroe, TX 77304
Jones Road Office 12777 Jones Road, Suite 455, Houston, TX 77070
West Nasa Road Office 333 North Texas Ave., STE 2200, Webster, TX 77498
Offering home, office and virtual consultations. Many insurances accepted.
Email: admin@bayoucitybreastfeeding.com
Website: bayoucitybreastfeeding.com

Bella Luna Boutique at Texas Children's Hospital Pavilion for Women

Phone: 832-826-8000
6651 Main St., 3rd floor
Houston, TX 77030
Hospital grade pump sales and rentals, accessories, nursing bras, certified bra fitting service, and books.
Website: www.women.texaschildrens.org/bellaluna

La Leche League

Website: https://www.llli.org/

Liquid Gold Lactation

Crickett Simmons, RN, IBCLC
Jenna Sundquist, M.Ed, IBCLC
Phone: 281-626-8241
19100 West Lake Houston Pkwy #104
Humble, Tx 77346
Offering home, office and virtual consultations
Website: www.liquidgoldlactationtx.com

Marley & Moo Maternity
Phone: 281-749-1766
Our lactation specialist offers customized in-home education and breastfeeding support
Email: info@marleymoomaternity.com
Website: www.marleymoomaternity.com

Memorial Hermann The Woodlands Hospital The Lactation Center
Phone: 713-897-5832
9250 Pinecroft, 1st Floor
The Woodlands 77380
Outpatient Lactation Consults M-F (appt. only.) Phone support, 7 days/week
Website: www.memorialhermann.org

Milk and Mom
Kellye Skaer, IBCLC
Phone: 936.217.0099
2660 Keith Street
Spring, TX 77373
Website: milkandmom.com

Motherhood Center
Phone: 713-963-8880
3701 W Alabama St Suite 230
Houston, TX 77027
Website: motherhoodcenter.com

Rebel Leaders
Kathleen Wilson
Joli Ammons
Phone: 832-663-5203
2660 Keith Street
Spring, TX 77373
Email: education@rebelbirth.com
Website: rebelbirth.com

Texas Lactation Consultants. Inc
Barbara Miller IBCLC
Faith Marshall IBCLC
Karina Medina BSN RN IBCLC
Phone: 713-884-6204
108 East St.
Houston, TX 77008
Pump rental, scale rental, and IBCLC services
Website: texaslactationconsultants.com

The Parent Prep
Laurie Foster, CPD
Phone: 877-768-6439
Website: theparentprep.com

the Village
Kimberley Traylor, MA
Phone: TBRtheVillage.org
Lactation Consultant, Doula, Childbirth and Helath Educator, CEIM Infant Massage Iinstructor.
Website: 281-733-5680

Car Seat Safety

Brown Girl Birthing
Chauntá Love
Phone: 832-477-7449
Houston, TX 77082
Website: browngirlbirthing.com"

Crazy for Car seats
Megan Rasmussen
child passenger safety tech offering car seat checks/installation instruction at your home
Email: crazycarseatlady@gmail.com
Website: https://www.facebook.com/crazycarseatlady/"

Gather and Bloom

Julia Mitchell
I provide carseat services as part of the overnight services
Email: julia@gatherandbloom.co
Website: gatherandbloom.co

Childbirth Educators

Babys Best Start

Catrice Harris, cd (dona) childbirth educator, ICEA
Phone: 619-721-6762
Birth Doula and breastfeeding and Childbirth Education
Email: catrice.harris@gmail.com
Website: Babysbeststart.org

Birth Boot Camp

Tiera Peters
Phone: 601-325-5479
2000 Craword Street
Houston, TX 77002
Email: tieralpeters15@gmail.com
Website: tieralpeters15.wixsite.com/houstonbbcclass

Birth of a Family

Renee
Phone: 281-832-0188
Website: birthofafamily.net

Birthing with Awe

Mackenzie Droll
Phone: 832-381-7229
TX 242
Conroe, TX 77385
Birth bootcamp Instructor
Email: Inlovesembrace@hotmail.com
Website: birthingwithawe.com

Born Free Birthing
Cliodhna Griffin HBCE, CMT, APPAC
Phone: 281-271-9294
Born free birthing, Hypnobirthing, and placenta services, Hypnobirthing classes and placenta services helping houston moms have amazing birtha dn strong postpartum recoveries.
Email: bornfreebirthing@gmail.com
Website: bornfreebirthing.com

Brave Beautiful Beginnings
Hannah Rojas, CD-L, CD-PIC, C-PPS
Elizabeth Mannella CD-L, CD-PIC
Phone: 832-766-5740
Labor and Postpartum Doula Services, and Placenta Encapsulation Services
Email: info@bravebeautifulbeginnings.com
Website: bravebeautifulbeginnings.com

Briana Garcia- Birth Services
Briana Garcia
Phone: 281-975-8003
Website: https://bradleywithbri.wixsite.com/blissful-birth-doula

Brianna Nichelle Doula Services
Brianna Nichelle
Phone: 281-468-0145
I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor
Website: briannanichelle.com/doula-services

Brown Girl Birthing
Chauntá Love
Phone: 832-477-7449
Houston, TX 77082
Website: browngirlbirthing.com

Calm Holistic Birth
Elisabeth Hobbs-Hubach HBCE, PE
Phone: 713-244-4811
Holistic birth, Hypnobirthing Childbirth and Hypnobirthing Educator Spring Tx, Group/private classes available

Website: calmholisticbirth.com

Darling Birth
Cheryl Amelang, BBCI
Phone: 979-203-6363
Certified Birth BootCamp Instructor and Trainer
Website: darlingbirth.com

DEBBIE HULL, HOUSTON DOULA
Debbie Hull, BS, CLD, CCCE, CAPPA
Phone: 281-599-1381
making families births better since 1999. Group/private/refresher childbirth classes
Email: Debbiehull.doula@gmail.com
Website: debbiehulldoula.com

EverDoula
Stephi Anderson CLD
Phone: 832-498-2418
Website: everdoula.com

First Birth Ministries
Sharon Tilotta Aaron
Phone: 713-502-7028
Bible based Childbirth Preparation Classes. Doula services, LIVE online classes.
Website: firstbirthministries.com

Full Circle Family Services
Frances Jones-Coleman MPH, LM, CPM
Victoria Solis, LM, CPM
Phone: 832-922-3842
Email: info@fullcirclefamilyserviceshtx.com
Website: fullcirclefamilyserviceshtx.com

Full Moon Birth Services
Jessica McWilliams
Phone: 281-305-3185
Website: fullmoondoulahtx.com

Hands of Life
Brittany Sawyer
Phone: 432-312-0806
We are proud to offer private and group CPR training to both medical professionals and lay rescuers in Kingwood and the surrounding aras.
Website: sawyer@handsoflifetx.com

Houston Birth and Baby
Amy Guthrie
Lashonta Edwards
Emily Scott
Reagan Sullivan
Erin Young
Phone: 713-714-7649
childbirth education, birth doulas, postpartum doulas, lactation support, placenta processing, massage therapy, and meal delivery.
Website: houstonbirthandbaby.com
Houston Pregnancy Massage & Doula Care

Patti Heimlich, LMT, CD (DONA)
Phone: 281-513-1030
3139 W. Holcombe Blvd. #505
Houston, TX 77025
doula care, childbirth educator
Website: hpregnancy.com

Journey into Parenthood
Dena Rogge, LCCE
Phone: 832-661-4217
Fischer, TX
Lamaze
Email: dena@journeyintoparenthood.com
Website: journeyintoparenthood.com

Keen Doula Care
Kristi Keen
Phone: 225-229-4130
Email: keendoula@yahoo.com

Website: keendoulacare.com

Marley & Moo
Latina, Founder CD(DONA & ProDoula), CPPS
Phone: 713- 909-5175
Email: info@marleymoomaternity.com
Website: marleymoomaternity.com

Motherhood Center
Phone: 713-963-8880
3701 W Alabama St Suite 230
Houston, TX 77027
Prepared amd natural childbirth classes taught by lamaze certified childbirth educators
Website: motherhoodcenter.com

Promise Birth Services
Lindsey Dugas, Best Certified Doula
Phone: 936-391-4940
Mont Belvieu, TX 77580
Providing flexible fee birth doula services, in addition to postpartum doula care, childbirth education classes, and other pregnancy support.
Email: hello@promisebirthservices.com
Website: promisebirthservices.com

Ready Set Birth
Raina Haruna
Phone: 406-595-1894
Email: rainaharuna@gmail.com
Website: readysetbirth.com

Rebel Birth Childbirth Education
Kathleen Wilson
Joli Ammons
Phone: 832-663-5203
2660 Keith Street
Spring, TX 77373
Don’t lay down to have your baby! Own your birth! Make informed decisions!
Email: education@rebelbirth.com

Website: rebelbirth.com

Sage Beginnings - HoustonDoula.org
Cole Deelah, CLD, CBE
Phone: 281-560-3101
Cell : 616-558-4436
19 years experience. Birth Doula Services, childbirth preparation classes, placenta ser- vices, virtual doula consults, and more.
Email: nicole@houstondoulas.org
Website: houstondoulas.org

Sakinah Birth
Jihan
Hypnobirthing
Website: sakinahbirth.com

The Bradley Method - Tania Nuezca, AAHCC, SpB trained
Tania Nuezca, AAHCC, SpB trained
Phone: (832) 265-9779
TaniaNuezcaTheBradleyMethodTeacher.com
Email: tanianuezca@gmail.com
Website: TaniaNuezcaTheBradleyMethodTeacher.com

The Parent Prep
Laurie Foster, CPD
Phone: 877-768-6439
Website: theparentprep.com

The Wright Spot
Shannon Wright LMT, BBCI, BA
Phone: 832-654-0125
Birth Boot Camp childbirth education classes.I have monthly out-of-hospital and newborn/postpartum classes scheduled at Bliss Women's Wellness & Birth Center and also offer many other options, including private in-home classes.
Email: thewrightspottx@gmail.com
Website: the-wright-spot.abmp.com

Village Birth and Babies
Jessica Gonzales
Phone: 713-253-5959

Full Spectrum doula services, Childbirth education, Placenta Services, support groups, community building
Email: jessica@villagebirthandbabies.com
Website: villagebirthandbabies.com

Your Baby Whispers
Shinequa Gaillard.
Phone: yourbabywhispers@gmail.com
Spring, Texas 77379
Birth and Postpartum Doula Childbirth Education and Belly Binding services
Email: yourbabywhispers@gmail.com
Website: yourbabywhispers.com

Your Labor Neighbor
Holly Mikowski, BBCI, BBCD, SBD
Phone: 281-813-6242
I'm a doula, childbirth educator, and placenta specialist.
Email: yourlaborneighbor@gmail.com
Website: yourlaborneighbor.com

Chiropractic Care

Abound Chiropractic
Dr. Lauren Collins
Phone: 713-730-9410
728 W 20th Street
Houston, TX 77008
Webster Certified prenatal and postpartum and pediatric clients
Website: aboundchiro.com

Alternative Health Center of the Woodlands
Dr.Stephen Clouthier DC
Dr. Sara Riley DC
Phone: 281-419-9104
2829 Technology Forest Blvd.,Ste. 250
Woodlands Tx 77381
Webster and pediatric chiropractor using Activator methods, Acupuncture, Graston technique, Kinesio taping, Active Release Technique, and Webster technique

Website: www.ahcwoodlands.com

Amazing Health Chiropractic
Dr. Christina Brasher DC, BS, BS
Phone: 832-585-5224
32731 Egypt Lane, Ste 404
Magnolia TX 77354
Website: amazinghealthchiro.com

Brittan Health
Dr. Jeff Brittain DC
Phone: 713-527-8844
3730 Kirby Dr., #410
Houston, TX 77098
Website: brittainhealth.com

Connect 2 Health Wellness Center
Dr. Amber Smith, D.C., C.A.C.C.P.
Phone: 281-419-8555
26728 Interstate 45 N
Spring, TX 77386
extensive training in prenatal and pediatric care, helping families live a healthy and drug free life
Email: drsmith@c2hwellness.com
Website: c2hwellness.com

Core Health Chiropractic
Dr. Caitlin Timmons
Phone: 281-364-2673
10845 Kuykendahl Rd., Unit 102
The Woodlands, TX 77382
Webster Certified prenatal and postpartum and pediatric clients
Website: www.corehealthchiropractor.com

Cornelius Chiropractic
Dr. Ashley Cornelius DC
Phone: 281-896-0250
Webster Certified prenatal and postpartum and pediatric clients

Website: corneliuschiropractic.com

Flourish Family Chiropractic
Dr. Lauren Daniels (Martin), DC CACCP
Phone: 832-895-1114
780 Clear Lake City Blvd.
Webster, TX 77598
Webster Certified prenatal and postpartum and pediatric clients
Website: drlaurenmartin.com

Foundation Chiropractic
Dr. Evan Pulver, Doctor of Chiropractic
Phone: 832-458-3004
907 Honea Egypt Rd
Magnolia, Tx. 77354
Website: foundationchirotx@gmail.com

Fount Chiropractic
Dr. Brittany Shannon
Phone: 832-400-9499
4200 Research Forest Dr. Ste 230
The woodlands,TX 77381
Email: fountchiropractic@gmail.com
Website: fountchiropractic.com

HealthPro Family Chiropractic.
Dr. Alayna Pagnani-Gendron, D.C., CACCP
Dr. Jessica Brubaker, D.C.
Phone: 281-506-0105
4101 Greenbriar Dr.
Houston, TX 77098
Website: http://healthprochiro.com/

Holmes Chiropractic
Dr. Randall Holmes
Phone: 713-862-2440
11111 N Loop West, STE. 155

Houston. 77008
Website: drrandallholmes.com

Integrated Chiropractic & Wellness
Dr. Kim Tran, DC, CACCP
Phone: 281-346-8023
29818 FM 1093 Rd. , Ste. 205
Fulshear , Texas 77441
pediatric and webster chiropractor
Website: ichirowellness.com

Momentum Chiropractic
Dr. Megan Watier DC
Dr. Tiffany Pool DC
Phone: 281-770-8057
1526 Katy Gap Road, Suite 602
Katy, TX 77494
pediatric and webster chiropractor
Website: drmeganwatier.com

New Leaf Chiropractic
Dr. Lauren Baker DC
Phone: 281-540-2225
23830 Hwy 59 North
Kingwood, TX 77339
pediatric and webster chiropractor
Website: newleafchiro.com

Ommabe Chiropractic Center
Dr. Julia Havis
Phone: 281-231-8008
350 Nursery Road Unit 1104
Spring, TX 77380
Website: ommabe.com

Pure Chiropractic
Dr. Jade Stolte DC
Phone: 713- 371-7417
26777 Nelson Way STE 601
Katy, TX 77494
pediatric and webster chiropractor
Website: purechiropractic.life

Thrive Family Chiropractic
Dr. Tiffany Coronado
Phone: 409-347-8606
6356 Phelan Blvd
Beaumont, TX 77706
pediatric and webster chiropractors
Website: thrivebeaumont.com

Total Body Work
Dr. Cindy Tovar
Phone: 281-480-7000
17045 El Camino Real, Suite 108
Houstonr, TX 77058
Website: tbodywork.com

Vital Family Chiropractic
Dr. Whitley Jagnanan- Caruso, D.C. CST
Dr. Abbey Bennett DC, CST, SBAP
Dr. Ashley Rooth, DC
Phone: 832-919-8289
pediatric and webster chiropractor
Website: vitalhouston.com

West University Wellness
Caroline Long, D.C., C.A.C.C.P.
Ploy Chotiratkul, D.C., C.A.C.C.P.
Hanieh Hosseini, D.C.
Menka Patel, D.C., C.A.C.C.P.
Jill Burk, D.C., C.A.C.C.P., C.C.E.P.

Phone: 713-490-2225
5107 Bellaire Blvd, Suite 210
Bellaire, Texas 77401
Website: westuwellness.com

Circumcision Resources

Rife Pediatrics

Dr. Bethany Rife
Phone: 281-729-4414
455 School St. #30
Tomball, Tx 77375
Website: rifepediatrics.com"

Intact Houston

Phone: 281-813-6242
Local non-profit chapter of Saving our sons, providing evidence-based education about circumcision.
Website: savingsons.org

National organization of circumcision

Website: nocirc.org

Cleaning Services

UHAVEITMAID LLC

Dolly Otto, Owner
Phone: 713-480-1571
5 S, Tallowberry Dr.
Spring, TX 77381
Website:uhaveitmaidtx.com

Cloth Diapers

The Cloth Option

TCO is a national non-profit that provides free cloth diapers to families in need.
Phone: 413-455-0865
Website: theclothoption.org

The Pure Parenting Shop
Sarah Itz, M.Ed., CPST, CLC, CBWE
Phone: 832-856-1416 or 832-794-1289
2401 Yale St. .
Houston, TX 77008

Inside The Woman's Hospital of Texas
7600 Fannin St.
Houston TX 77054
Website: thepureparentingshop.com!

Clothing and Jewelry

Bella Luna Boutique at Texas Children's Hospital Pavilion for Women
832-826-8000
6651 Main St., 3rd floor,
Houston, TX 77030
Hospital grade pump sales and rentals, accessories, nursing bras, certified bra fitting service, and books.
Website: www.women.texaschildrens.org/bellaluna

Funkie Birdie Amber
Website: funkybirdieamber.com

The Pure Parenting Shop
Sarah Itz, M.Ed., CPST, CLC, CBWE
Phone: 832-856-1416 or 832-794-1289
2401 Yale St. .
Houston, TX 77008
Inside The Woman's Hospital of Texas

7600 Fannin St.
Houston TX 77054
Website: thepureparentingshop.com!

MacRae Naturals
Kimberly MacRae
Phone: 832-266-4229
Pain and Wellness Jewelry
Website: macraenaturals.com/

Dentistry

Alden Bridge Pediatric Dentistry PLLC
Kim Feuquay DDS Board Certified Pediatric Dentist
Phone: 832-521-9024
CO-2 laser, and we have lactation support, over 8 years of Experience
Website: thewoodlandstonguetiecenter.com

Cammarata Pediatric Dentistry
Rita Cammarata, DDS
Adam Shishle,r DDS MSD
Brenden Taylor, DDS MSD
Jennifer Cunningham, DDS
Jennifer Mata, DDS
Rachael Garret,t DDS MSD
Phone: 713-666-7884
Home to the Houston Tongue Tie Center. Laser Frenectomy. Offices in Houston, Katy/Fulshear and League City.
Website: https://www.kids-teeth.com/

Care for Kids Pediatric Dentistry
Dr. Jonathan Patrick, DDS, MS
Dr. Kimberly Borges, DDS
Phone: 281-608-7535
24510 Eastex Fwy Suite 110
Kingwood, TX 77339
Laser Frenectomy
Website: careforkids.dental

Happy Chompers

Dr. Adeel Khan, DMD, MA
Phone: 832-559-2370
23302 W Fernhurst Dr #200
Katy, TX 77494
Pediatric Dentist and laser frenectomy provider
Website: happychomperskaty.com

Holistic Dental Associates

Dr. Teresa M. Scott, DDS, PC
Phone: 281-645-5256
6334 Farm to Market 2920 RD Suite 250
Spring, TX 77379
We provide holistic dental wellness solutions for every age, from newborns through senior citizens
Website: holisticdentalassociates.com

Kidstown Dental

Dr. Catherine Fillmore
Dr. Nicole Siripon
Phone: 281-394-7040
27110 Cinco Ranch Blvd,. Suite 900
Katy, TX 77494
Interdisciplinary clinic, IBCLC, RN, Osteopath, Surgeon, asses/holistically treats restricted infants stuggling with feeding issues
Website: Kidstowndentist.com

The Woodlands Tongue Tie Center At Alden Bridge Pediatric Dentistry

Kim Feuquay DDS Board Certified Pediatric Dentistry
832-521-9024
3759 Farm to Market 1488 Suite 125B
The Woodlands, TX 77384
Website: thewoodlandstonguetiecenter.com

West U Pediatric Dentistry
Piya Trehan Gandhi, DDS
Ghazaleh Peiravani, DDS
Kathleen Vanvorst Incavo, DMD
Phone: 832-767-2227
4130 Bellaire Blvd Suite 214
Houston, TX 77025
Website: westupediatricdentistry.com.

DNA Testing Services

Patern-ology Solutions, LLC
Kiwasi Apeh, MPH, LPN
Phone: 832-308-8503
Website:www.patern-ology.com
Email: info@patern-ology.com
Mobile DNA Testing Services: Gender Reveal, Paternity, Siblingship, Grandparentage, Avuncular, Immigration, and Ancestral

Doulas, Birth

AABA (African American Breastfeeding Alliance of Texas
Phone: 281-733-5680
monthly support groups, Third Thursday- North Houston 6:30 pm
Website: info@AABAofTexas.org

Above the Waves Birth
April Caudillo
Phone: 979-417-2506

Doula Services, Birth, Postpartum and Childbirth Education
Website: www.abovethewavesbirth.com

Aja Divine Healing LLC
Jeanette Johnson
Phone: 346-815-7774
I am a traveling Full spectrum doula and yoga instructor
Website: www.ajadivinehealing.com

Anna Demetra, Of the Earth Wellness
Anna Demetra
Phone: 917-214-8100
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.
Website: www.annademetra.com

Babys Best Start
Catrice Harris, cd (dona) childbirth educator, ,ICEA
Phone: 619-721-6762
Birth Doula and breastfeeding and Childbirth Education
Email: catrice.harris@gmail.com
Website: Babysbeststart.org

Bask Family Wellness
Angel
Phone: 832-857-5962
Email: angel@baskfamilywellness.com
Website: baskfamilywellness.com

Birth of a Family
Renee
Phone: 281-832-0188
Website: birthofafamily.net

Birthing Rights Doula & Newborn Care
Keri Davis
Phone: 904-533-6852
Email: help@birthingrights.com
Website: birthingrights.com

Brave Beautiful Beginnings
Hannah Rojas, CD-L, CD-PIC, C-PPS
Elizabeth Mannella CD-L, CD-PIC
Phone: 832-766-5740
Labor and Postpartum Doula Services, and Placenta Encapsulation Services
Email: info@bravebeautifulbeginnings.com
Website: bravebeautifulbeginnings.com

Breathe by Vero Pertuso
Vero Pertuso
Phone: 713-817-1141
Bilingual birth, Postpartum and Fertility Doula, Fertility, Pregnancy and Postpartum Wellness and Health Coach and a Perinatal Reiki Practitioner.
Email: Breathe.bms@gmail.com
Website: www.breathebodymindspirit.com

Brianna Nichelle Doula Services
Brianna Nichelle
Phone: 281-468-0145
I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor
Website: briannanichelle.com/doula-services

Brown Girl Birthing
Chauntá Love
Phone: 832-477-7449
Houston, TX 77082
Website: browngirlbirthing.com

Debbie Hull, BS, CLD, CCCE, CAPPA
Phone: 281-599-1381
making families births better since 1999. Group/private/refresher childbirth classes. Doula CBE/Training
Email: Debbiehull.doula@gmail.com
Website: debbiehulldoula.com

Denise Bernard
Phone: 832-277-1966
Certified DONA International Birth Doula, Certified Stillbirthday birth and Bereavement Doula, Certified Lamaze Childbirth Educator
Website: douladenise.com

Elizabeth Perrin-Doula Services
Elizabeth Perrin, Doula
Phone: 936-402-7081
Certified birth and postpartum doula, Peer Lactation Couneslor, and Certified VBAC doula.
Website: epdoula@yahoo.com

Full Moon Birth Services
Jessica McWilliams
Phone: 281-305-3185
Website: fullmoondoulahtx.com

Guiding Hands Birth Services (Doula Business)
Debbie Thomas
510-759-8116
guidinghandsbirth@gmail.com
www.guidinghandsbirth.com
From doula services to childbirth education, I'm with you every step of the way.

Harmonious Birthing
DeShaun Desrosiers, LM, CPM
Phone: 281-768-1497
Email: harmoniousbirthing@gmail.com
Website: holisticbirthandhealth.com

Houston Birth and Baby
Erin Young, Owner, Doula, LMT
Phone: 713-714-7649
We provide, antenatal support, birth doulas, postpartum doulas, childbirth education, lactation support, placenta processing, massage therapy, and meal delivery.
Website: houstonbirthandbaby.com

Kathleen Wilson, ALACE, BAI
Phone: 832-444-5630
Houston, Tx 77381
Website: laborenabler.com

Keen Doula Care
Kristi Keen
Phone: 225-229-4130
Email: keendoula@yahoo.com
Website: keendoulacare.com

Mama Khronicles
Carmen Knight, M.A, Postpartum Doula
Website: www.mamakhronicles.com
Email: contact@mamakhronicles.com
About us: Community organization empowering mamas through friendship, social life, and transformative resources.

Marley & Moo
Latina, Founder CD(DONA & ProDoula), CPPS
Phone: 713- 909-5175
Email: info@marleymoomaternity.com
Website: marleymoomaternity.com

Massage and Doula Service with Noliko
Noliko Utsuzawa
Phone: norikobamboo@gmail.com
Doula- Birth and BerevementMassage and Craniosacral Therapy,
Childbirth Education
Website: nlikomassageanddoula.square.site

Maximum Doula Services
Max Burrus
Phone: 206-651-0978
Doula Services
Website: https://maximumdoulaservices.com/

Motherhood Center
Phone: 713-963-8880
3701 W Alabama St Suite 230
Houston, TX 77027
Prepared amd natural childbirth classes taught by lamaze certified childbirth educators
Website: motherhoodcenter.com

Patti Heimlich, LMT, CD (DONA)
Phone: 281-513-1030
Birth doula. Childbirth Education and Postpartum Doula
Website: hpregnancy.com

Promise Birth Services
Lindsey Dugas, Best Certified Doula
Phone: 936-391-4940
Mont Belvieu, TX 77580
Providing flexible fee birth doula services, in addition to postpartum doula care, childbirth education classes, and other pregnancy support.
Email: hello@promisebirthservices.com
Website: promisebirthservices.com

RadLove Doula, Rachel Stonebrook, MA
Rachel Stonebrook, MA
Phone: 614-565-9511
Doula Services, (DTI & BAI), Lactation Support, Belly Binding, Infant Care, Reproductive Health, Sex educator
Website: radlovedoula.com

Ready Set Birth
Raina Haruna
Phone: 406-595-1894
Email: rainaharuna@gmail.com
Website: readysetbirth.com

Rooted Birthkeeping
Birth and Postpartum Doula,
Childbirth Educator
Placenta Encapsulation
7135884677
Helping you have your empowered pregnancy and childbirth experience. Helping you thrive after birth.

Sanyika Williams
Phone: 832-736-1123
Birth, Postpartum doula and Lactation Advocate
Website: sanyikathedoula.com
Selah Birth Services

Jaci Virgadamo
Birth and Postpartum services
Website: Selahbirthservicestx.com

Sharon Tilotta Aaron
Phone: 713-502-7028
Bible based Childbirth Preparation Classes. Doula services, LIVE online classes.
Website: firstbirthministries.com

Tatiane Siqueira Doula
Phone: 713-410-8098
Website: www.tatianesqueiradoula.com

The Doula Companion
Brittany Sawyer
Phone: 432-312-0806
Website: kingwooddoula.com

The Growing Nest Doula Services
Alexis Downs
Phone: 832-353-9958
Birth doula and Placenta Encapsulation Specialist.
Website: thegrowingnest.com

The Houston Birth Doula
Reagan Sullivan
Phone: 713-962-3343
Birth and Postpartum Doula Services, Birth Photography, and Placenta Services
Website: thehoustonbirithdoula.com

The Painted Doula
Jolie Ammons
Phone: 281-686-2877
Website: thepainteddoula.com

The Parent Prep
Laurie Foster, CPD
Phone: 877-768-6439
Website: theparentprep.com

The Wright Doula Co
Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach
Phone: 346-298-2429
1000 Austin Street, Suite A
Richmond TX 77469
Prenatal Support Services-Birthing Support Services-Postpartum Support Services, Prenatal/ Postpartum Massage Therapy Specialist, Licensed Massage Therapist, Nanny/Sitter Services
Email: wrightdoula4u@gmail.com
Website: wrightdoula.com

The Village
Kimberley Traylor, MA
Phone: 281-733-5680
Lactation Consultant, Doula, Childbirth and Helath Educator, CEIM Infant Massage Iinstructor.
Website: TBRtheVillage.org

Village Birth and Babies
Jessica Gonzales
Phone: 713-253-5959
Full Spectrum doula services, Childbirth education, Placenta Services, support groups, community building
Website: villagebirthandbabies.com

Your Labor Neighbor
Holly Mikowski, BBCI, BBCD, SBD
Phone: 281-813-6242
I'm a doula, childbirth educator, and placenta specialist.
Website: yourlaborneighbor.com

Doulas, Postpartum

Birthing Rights Doula & Newborn Care
Keri Davis
Phone: 904-533-6852
Email: help@birthingrights.com
Website: birthingrights.com

Full Moon Birth Services
Jessica McWilliams
Phone: 281-305-3185
Website: fullmoondoulahtx.com

Marley & Moo
Latina, Founder CD(DONA & ProDoula), CPPS
Phone: 713- 909-5175
Email: info@marleymoomaternity.com
Website: marleymoomaternity.com

Mommiez, Daddiezd and Me!
Tawn Matthews
Phone: 281-773-6212
8544 W. Bellfort St, Ste 600
Houston, TX 77071
Prepared amd natural childbirth classes taught by lamaze certified childbirth educators

Email: DoulaTawn@gmail.com
Website: MDMPPDoula.com

Promise Birth Services

Lindsey Dugas, Best Certified Doula
Phone: 936-391-4940
Mont Belvieu, TX 77580
Providing flexible fee birth doula services, in addition to postpartum doula care, childbirth education classes, and other pregnancy support.
Email: hello@promisebirthservices.com
Website: promisebirthservices.com

The Wright Doula Co

Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach
Phone: 346-298-2429
1000 Austin Street, Suite A
Richmond TX 77469
Prenatal Support Services-Birthing Support Services -Postpartum Support Services, Prenatal/ Postpartum Massage Therapy Specialist, Licensed Massage Therapist, Nanny/Sitter Services
Email: wrightdoula4u@gmail.com
Website: wrightdoula.com

Anna Demetra, Of the Earth Wellness

Anna Demetra
Phone: 917-241-8100
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.
Website: www.annademetra.com

Brave Beautiful Beginnings

Hannah Rojas, CD-L, CD-PIC, C-PPS
Elizabeth Mannella CD-L, CD-PIC
Phone: 832-766-5740
Labor and Postpartum Doula Services, and Placenta Encapsulation Services
Email: info@bravebeautifulbeginnings.com
Website: bravebeautifulbeginnings.com

Breathe by Vero Pertuso

Vero Pertuso
Phone: 713-817-1141
Bilingual birth, Postpartum and Fertility Doula, Fertility, Pregnancy and Postpartum Wellness and Health Coach and a Perinatal Reiki Practitioner.
Email: Breathe.bms@gmail.com
Website: www.breathebodymindspirit.com

Brianna Nichelle Doula Services

Brianna Nichelle
Phone: 281-468-0145
I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor
Website: briannanichelle.com/doula-services

Houston Postpartum Doula

Natalie Sanchez- Postpartum Doula
Phone: 281-701-5998
I am a postpartum doula from Friendswood and serving families from South Houton on down to Galveston.
Email:
Website: houstonpostpartumdoula.com

Michele Marquez

Phone: 832-942-8730
Postpartum Doula services overnights only
Website: letsdouladamnthang@gmail.com

Patti Heimlich

Phone: 281-513-1030
Birth doula. Childbirth Education and Postpartum Doula
Website: hpregnancy.com

Postpartum Beyond

Anndei Gutierrez
Phone: 281-210-4911
Postpartum and Newborn care Specialist located in the medical center.
Website: postpartumbeyond.net

Susan Miller

Phone: 832-368-9669
Serving Houston Postpartum Families
Website: www.houstondoula.com
Tally and Bean
Natalie Block
Phone: 612-425-8175
Details: Postpartum doula support, Custom nursery murals, Holistic nutrition consulting (pregnancy, postpartum, and baby), LGBTQIA+ support, Military family support, Virtual and remote postpartum doula support
Website: tallyandbean.com

Your Baby Whispers

Shinequa G. (Nurse G)
In addition to being a Doula, I am also a Pediatric Nurse with 16 yrs of experience working with Newborns and their parents. I also offer Placenta Encapsulation, Child Birth Education and Belly binding services.
Email: yourbabywhispers@gmail.com
Website: yourbabywhispers.com

Doulas Education

Debbie Hull, BS, CLD, CCCE, CAPPA

Phone: 281-599-1381
making families births better since 1999. Group/private/refresher childbirth classes
Email: Debbiehull.doula@gmail.com
Website: debbiehulldoula.com

Harmonious Birthing

DeShaun Desrosiers
Phone: 281-768-1497
Email: harmoniousbirthing@gmail.com
Website: holisticbirthandhealth.com

TLC Doula Group and Education Resource haven
Kathleen Wilson CD
Phone: 832-444-5630
Lactation, Childbirth education, Dietician, Doula services, and continuing education, sex education.
Website: tlcdoulagroup.com

Essential Oils

Gritman Essential Oils
16202 Creekview court Friendswood Tx 77546
Phone: 281-996-0103
Essential oils are so helpful to mothers and babies after birth. We have formulated the oil blends so they are safe and ready to use.
Website: gritman.com

The Amazing Rose
Rose Carle, LMT
Phone: 713-206-2320
Houston, TX 77018
Massage and Scar Therapy
Email: theamazingrose13@gmail.com
Website: theamazingrose.rocks

Patti Heimlich, LMT, CD(DONA), HCHI, HHD, ICCE
Phone: 281-513-1030
Birth doula. Childbirth Education and Postpartum Doula
Website: hpregnancy.com

Wellspring Birth Center
Ashley Musil, LM, CPM
Phone: 832-777-0291
9489 Fosters Bend
Cleveland, TX 77328
Website: wellspringbirthcenter.com

Family Practice

Paul Dibble, MD
Phone: 281-259-7400
18423 FM 1488 Rd Suite C
Magnolia, TX 77354
Website: Stfhealth.com

The Center for Health & Healing
Nellie Gross, MD. MPH
Miiko Rowley, M.D.
Dr. Eric Grose, Acupuncturist
Phone: 713-660-6620
230 Westcott, #208
Houston, TX 77007
Email: frontoffice@tchhhouston.com
Website: tchh.net

Fertility

Anna Demetra, of the Earth Wellness
Anna Demetra
Phone: 917-241-8100
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.
Website: www.annademetra.com

Momentum Chiropractic
Dr. Megan Watier DC
Dr. Tiffany Pool DC
Phone: 281-770-8057
1526 Katy Gap Road, Suite 602
Katy, TX 77494
Mercier Therapy is a gentle, effective, and supportive hands-on program to promote conception.
Website: drmeganwatier.com

Phoenix Rising
Dr. Lori J. Earley, DACM
Kelly Scmidt
Phone: 713-806-9927
Specializes in integrative reproductive health, focusing on couples desire to have a baby, either naturally or through reproductive assistance, including IVF and IUI.
Website: phoenixrisingacu.com

Rebel Birth Childbirth Education
Kathleen Wilson and Joli Ammons
Phone: 832-444-5630
26602 Keith St
Spring, TX 77373
Infertility and Miscarriage Support Group
Website: rebelbirth.com

Rowan Two Sisters, CPM
Website: preggers.rocks

Homeopathic Care

Homeopathy Center of Houston
Pregnancy, birth & lactation support, wellness, vaccine injury & alternatives. Chronic illness, developmental delay, autism.
Phone: 713-366-8700
1880 S. Dairy Ashford Rd. Ste 230 Bldg 2
Houston, TX 77077
Website: homeopathyhouston.com

Hypnobirthing / Hypnobabies

Born Free Birthing
Cliodhna Griffin HBCE, CMT, APPAC
Phone: 281-217-9294
Group Classes for expectant parents throughout the greater houston area. Practitioner Certification Classes
Email: bornfreebirthing@gmail.com
Website: bornfreebirthing.com

Calm Holistic Birth
Elisabeth Hobbs-Hubach HBCE, PE
Phone: 713-244-4811
Group/private classes available. Houston, the Woodlands, Tomball, Conroe and surrounding areas
Website: calmholisticbirth.com

Patti Heimlich
Phone: 281-513-1030
Birth doula. Childbirth Education and Postpartum Doula
Website: hpregnancy.com

Sakinah Birth
Jihan
Hypnobirthing
Website: sakinahbirth.com

Lactation Consultants

AABA (African American Breastfeeding Alliance of Texas)
Phone: 281-733-5680
Monthly Support Groups
Website: info@AABAofTExas.org

BABE- Bay Area Breastfeeding and Education LLC
Leah Jolly, BA, IBCLC, RLC
Heather Armenoff, BS, IBCLC, RLC
Sarah Yarbrough BSN, RN, IBCLC, RLC
Jennifer Alvarez, BSN, RN, IBCLC
Phone: 713-496-2223
Serving houston and greater Houston areas.
Website: bayareabreastfeeding.net

Bayou City Breastfeeding
Megan Abbasi IBCLC
Ariel Brewer IBCLC
Erica Campbell RN IBCLC
Melissa Carerra RN IBCLC

Jessica Deases RN IBCLC
Reyna Diaz RN IBCLC
Theresa Dominquez RN IBCLC
Alexandra Flores RN IBCLC
Tessa Gardin IBCLC
Dana Gillman IBCLC
Britni Gunter RN IBCLC
Mary Herrington RN IBCLC
Tiphany Illyes IBCLC
Suzanne Juel IBCLC
Nicole Kerbow RN IBCLC
Katelyn Kleiber IBCLC
Kathy Lenert RN IBCLC
Brandy Lightfoot RN IBCLC
Melissa Nealy IBCLC
Kyna Patrick IBCLC
Amy Pontius RN IBCLC
Kristin Ramirez IBCLC
Jennifer Robert RN IBCLC
Lisa Smelek RN IBCLC
Karen Swan IBCLC
Donique Trotter RN IBCLC
Amanda Willis Wilson RN IBCLC
Karen Zacharias-Enaz RN IBCLC
Phone: 281-305-0411
Houston Office: 3100 Richmond Ave., Suite 401, Houston, TX 77098
Kingwood Office 1621 Lakeville Dr., Suite 304, Kingwood, TX 77339
Cypress Office: Cypress, TX 77433
Webster Office 780 Clear Lake City Blvd., Suite 1A, Webster, TX 77498
Katy Office 26077 Nelson Way, Unit 601, Katy, TX 77494
Conroe Office 2510 South Loop 336 West, Suite 215-H, Conroe, TX 77304
Jones Road Office 12777 Jones Road, Suite 455, Houston, TX 77070
West Nasa Road Office 333 North Texas Ave., STE 2200, Webster, TX 77498
Offering home, office, and virtual consultations. Many insurances accepted.

Email: admin@bayoucitybreastfeeding.com
Website: bayoucitybreastfeeding.com

Healthy Start Lactation
Sherley Varaghese, RN. BSN, IBCLC
Phone: 832-577-1988
Sugarland, TX
In home breastfeeding assistance
Website: healthystartlactation.com

Jean Hawney CLC
I am a speech pathologist and CLC who has a private practice in the Houston area. I also work at Texas Children's Hospital when I am not conducting home visits.
Website: jeanhawneyslp.com

Lactation Specialist of Houston
Aprille McQueen MSN, RN
Phone: 832-938-0083
Lactation Consultant Agency with a team of certified Lactation Specialists ready to provide breastfeeding education and support to mom, baby, and family.
Website: lactationspecialisthou.com

Liquid Gold
Crickett Simmons, RN, IBCLC
Jenna Sundquist M.ed, IBCLC
Phone: 281-626-8241
19100 West Lake Houston Pkwy. #104
Humble Tx. 77346
Offering home, office and virtual consultations
Website: liquidgoldlactationtx.com

Milk and Mom
Kellye Skaer, IBCLC
Phone: 936.217.0099
2660 Keith Street
Spring, TX 77373
Website: milkandmom.com

Motherhood Center

Phone: 713-963-8880
3701 W Alabama St Suite 230
Houston, TX 77027
We offer group, private, and in-home breastfeeding classes taught by a lactation consultant/nurse.
Website: motherhoodcenter.com

Simply Lactation

Safiya Hafizi, RN, BSN, IBCLC and Dawn Fodeibou B.A. IBCLC
Phone: 281-658-3117
Lactation Consultant services
Website: simplylactation.com

SOS Lactation

Leah Whitley
Phone: 832-452-0815
In home lactation consultations to help mothers and babies with all their breastfeeding needs
Website: soslactation.com

Texas Lactation Consultants. Inc

Barbara Miller IBCLC
Faith Marshall IBCLC
Karina Medina BSN RN IBCLC
Phone: 713-884-6204
108 East St.
Houston, TX 77008
Pump rental, scale rental, and IBCLC services
Website: texaslactationconsultants.com

TheVillage

Kimberley Traylor, MA
Phone: 281-733-5680
Lactation consultant, Doula and childbirth Health Educatator, CEIM
Website: TBRtheVillage.com

LGBTQIA Providers/ Support Services

The Amazing Rose
Rose Carle LMT
Phone: 713-206-2320
Houston, TX 77018
Massage and Scar Therapy
Email: theamazingrose13@gmail.com
Website: theamazingrose.rocks

EverDoula
Stephi Anderson CLD
Family support and birth services for Katy and surrounding areas, specializing in LGBTQ+ support
Phone: 832-498-2418
Website: everdoula.comFamily support and birth services for Katy and surrounding areas, specializing in LGBTQ+ support

Preggers Can Be Choosers
Rowan TwoSisters, Urban Curandera, LMT, MTI
Apprentice Midwife, Doula, Scar Remediation Specialist, Placenta Prep, Punk Rock Hoops Instructor
4th trimester online support group. Join us live or it's recorded for anytime you're flipping your shiz.
Website: www.preggerscanbechoosers.com

Dr. Blythe TwoSisters, PsyD, LPA
214-997-4697 (text)
Fellow, supervised by Dr. Moore Therapist, Emotional Doula, Essential Oils Instructor
www.MamaPsychDoc.com
I see you. I hear you. I believe in YOU. I'm ready to listen.

Magazines

Natural Awakenings-Houston
Phone: 713-927-6540
446 W 18th street #419
Houston, TX 77008
Website: naturalawakenings-houston.com

The Kids Directory
Phone: 713-663-7555
Houston's oldest and most respected family publication, actively serving our community for 28 years
Website: kids-houston.com

Marriage, Family and Postpartum Support Therapy

Dr. Blythe TwoSisters, PsyD, LPA
Fellow Supervised by Dr. Moore
Phone: 214-997-4697
Therapist and Emotional Doula, Essential oils Instructor. I see you I hear you I believe in you. Im ready to listen.
Website: mamapsychdoc.com

Greater Houston Counseling Services
Christina Runnels, MA, LPC-S, LCDC, PMH-C
Phone: 832-717-7166
Greater Houston Counseling Services, PLLC is dedicated to helping you as you take steps towards positive life changes, healing, and a healthy mind.
Website: greaterhoustoncounselingservices.com

Houston Bay Area Counselor
Brandi Tarver, LPC, LMFT
Phone: 281-480-0200
Presenting the Bringing baby home workshop, dedicated to strengthening your relationship when transitioning into parenthood.
Website: houstonbayareacounselor.com

Masculine Medicine
William Green
Phone: 719-480-2587
Certified Wellness Coach offering private sessions supporting men and their initiation and journey in fatherhood.
Website: masculinemedicine.com

Stephanie R. Frey. LPC. LMFT
Phone: 281-953-7474
Licensed Professional Counselor and Licensed Marriage and Family Therapist. Specializing in Womens and couple issues related to prenatal and postpartum support.
Website: stephaniefrey.com

The Center for Postpartum Health

Multiple locations-Central, North and west.
25511 Budde Road Suite 2802
Woodlands, TX 77389
Phone: 713-561-3884
Individual and couple, family therapy, perinatal mental health issues, free weekly support groups. Birth Trauma therapy group.
Website: cpfh.org.

Massage Therapists/ Prenatal Massage

Anna Demetra, of the Earth Wellness

Anna Demetra
Phone: 917-241-8100
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.
Website: www.annademetra.com

Massage and Doula Services with Noliko

Phone: norikobamboo@gmail.com
Massage and Doula services
Website: nolikomassageanddoula.square.site

Massage & Doula Services with Noliko

Noliko
Doula, Birth and Bereavement, Massage & Craniosacral Therapy, Child Educator
Website: https://nolikomassageanddoula.square.site
Email: norikobamboo@gmail.com

The Wright Doula Co

Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach
Phone: 346-298-2429
1000 Austin Street, Suite A
Richmond TX 77469
Prenatal Support Services-Birthing Support Services -Postpartum Support Services, Prenatal/ Postpartum Massage Therapy Specialist, Licensed Massage Therapist, Nanny/Sitter Services
Email: wrightdoula4u@gmail.com
Website: wrightdoula.com

The Wright Spot

Shannon Wright LMT. BBCI, BA
Phone: 832-654-0125
licensed massage therapist specializing in Peri-natal techniques. I offer this at Bliss too.
Website: the-wright-spot.abmp.com

Meal Delivery and Meal Prep

Marian Bell HEALTH HOME & BEYOND
Phone: 713-447-0436
Website: http://www.marianbell.com/
Email: marian@marianbell.com
Nutrition, prepared food to eat each week and organizing

Meditation for Mothers, Parenting and Stress Management

Patti Heimlich, LMT, CD(DONA),HCHI, HHD, ICCE

Phone: 713-661-8796
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Phone: 281-468-0145
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Email: 281-468-0145
Address:211 W Sealy St. Suite 9 Alvin, TX
I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor
Website: briannanichelle.com/doula-services

Luminare Life

Maegan Turner Certified Life and Health Coach
Phone: 346-946-7691
Specializes in helping women with families manage stress.
Website: www.luminarelife.com

Midwives

Melissa Bates LM, CPM
Katy Birth Center
Phone: 832-437-5876
1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

Amber Berry, CPM, LM, MSC
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Phone: 832-558-4893
903 E Main St.
Humble, TX77338
Email: admin@journeybirthcenter.com
Website: journeybirthcenter.com

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503 North Avenue H
Humble, Texas 77338
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Phone: 713-732-4326
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Website: biobirths.com

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Birth Truth
Phone: 281-732-7816
email: midwife.duffy@gmail.com
Website: birthtruth.com

Jackie Griggs, CNM
Midwife in the Heights
Phone: 713-505-1802
637 W 20th
Houston ,Texas 77008
Website: houston-midwife.com

Birth Center of Beaumont
Phone: 409-730-7076
1357 Broadway Street
Beaumont, Texas 77701
Website: https://birthcenterofbeaumont.com/

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Nativiti Family Birth Center
Phone: 281-296-233
26614 Oak Ridge Dr.
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Email: birthinfo@nativiti.com
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2218 Barbee St
Houston, TX 77004
Website: TheBirthingPlace.com

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Jubilee Birth Center
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502 S Coulter
Bryan, Texas 77803
Website: jubileebirthcenter.com

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11321 Richmond Ave, Suite M101
Houston Tx 77082
Website: yellowrosemidwives.com

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9489 Fosters Bend
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Diana Nash CPM

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Website: https://birthcenterofbeaumont.com/

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Website: hhhomebirth.com

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6550 Mapleridge St., Suite 100
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Email: info@heartofhoustonbirth.com
Website: heartofhoustonbirth.com

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3910 N. Shepherd Dr.
Houston, TX 77018
Website: nhbirth.com

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1002 Avenue A
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Website: katybirthcenter.com

Andie Wyrick CNM
Holistic Heritage Homebirth
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Website: hhhomebirth.com

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Southwest WIC Center 832-393-4465
6400 High Star, Houston, TX 77074

The Woman's Place / Sugar Land .....
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Kingwood Medical Center 281-348-7347 Women and Children's Center- 1st Floor (South Tower entrance)
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Memorial Hermann Memorial City Hospital…
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Houston Methodist San Jacinto Hospital.....
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Maternal Child Unit-3rd Floor East 4401 Garth Rd., Baytown, TX 77521

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Email: midwife.duffy@gmail.com
Website: chrisduffylm.com

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Tracy Wakefield Southwick
HHP, CNHP, ND (Trad.)
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210 E 4th St.
Houston, TX 77007,
Website: heightsofhealth.com

Kamala Center for Radiant Health PLLC
Deborah Doering Austin, RN, DN, CN, CVMT
Phone: 832-818-0186
Email: service@kamalahealth.com
Website: kamalahealth.com

Natural Health Solutions
Susan Salce ND CNC RYI
Phone: 281-221-4336
Rosewood Professional Building
The Atrium, Suite G-500
990 Village Square Dr.
Tomball, Texas 77375
Website: naturalhealthsolutionstx.com

Norwex - Safer Cleaning Products
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Phone: 281-803-5880
13644 Breton Ridge St Suite E
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Website: thermographyofhouston.com

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Kimberley Traylor MA
Phone: 281-733-5680
Website: TBRtheVillage.org

Newborn Care Specialist

Birthing Rights Doula & Newborn Care
Keri Davis
Phone: 904-533-6852
Email: help@birthingrights.com
Website: birthingrights.com

Gather and Bloom
Julia Mitchell
Email: julia@gatherandbloom.co
Website: gatherandbloom.co

Mommiez, Daddiezd and Me!
Tawn Matthews
Phone: 281-773-6212
8544 W. Bellfort St, Ste 600
Houston, TX 77071
Email: DoulaTawn@gmail.com
Website: MDMPPDoula.com

Motherhood Center
Phone: 713-963-88880
3701 W Alabama St Suite 230
Houston, TX 77027
Website: motherhoodcenter.com

The Wright Doula Co
Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach
Phone: 346-298-2429
1000 Austin Street, Suite A
Richmond TX 77469
Email: wrightdoula4u@gmail.com
Website: wrightdoula.com

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Website: patgreerskitchen.com

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700 Post Oak Boulevard
2 BLVD Place Suite 600
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Website: sakuranaturalhealth.com

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3701 W Alabama St Suite 230
Houston, TX 77027
Website: motherhoodcenter.com

theVillage
Kimberley Traylor MA
Phone: 281-733-5680
Website: TBRtheVillage.org

Paternity/Child Support

Texas Attorney General Child Support Division
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6161 Savoy Dr., Ste. 420,
Houston, TX 77036
State Agency who assists with the establishment of legal paternity and enforcement of child support.
Website: www.texasattorneygeneral.gov

Pediatricians

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3023 Kirby Dr., Ste. 200, Houston, Texas 77098 bsho@texaschildrenshospital.org www.texaschildrenspediatrics.org

Louis E Pottkotter MD **281-265-7800**
3425 Highway 6, Ste. 109 Sugar Land, TX 77478

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sfosterpt@gmail.com www.asanaintelligence.com

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. **832-663-5203**
Rebel Leaders: Kathleen Wilson and Joli Ammons
315 Main Street, Spring, TX 77373 education@rebelbirth.com www.rebelbirth.com

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Sherry J. Duson, M.A. 713-506-2522
Texas Lactation Family Health
Counseling and Support For New Mother's and Their Families. Individual, couples and family therapy for pregnancy and postpartum related mental health issues and adjustment.
LMFT, LPC.
3418 Mercer, Suite 201, Houston, 77030 sherryduson@yahoo.com www.sherryduson.com

Patti Heimlich, LMT, CD(DONA), HCHI, HHD, ICCE 713-661-8796
Houston Pregnancy Massage & Doula Care patti@hpregnancy.com www.hpregnancy.com

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Susan Powell 713-677-9550
Parenting Resources: Strategies for Depression, Anxiety and Addictions; Birth Preparation and Bonding. Child-Centered Parenting groups.
SusanPowellTexas@gmail.com

Preggers Can Be Choosers
4th trimester online support group. Join us live or it's recorded for anytime you're flipping your shiz. www.preggerscanbechoosers.com

Dr. Blythe TwoSisters, PsyD, LPA .....
..... 214-997-4697 (text)
Fellow, supervised by Dr. Moore Therapist, Emotional Doula, Essential Oils Instructor
www.MamaPsychDoc.com
I see you. I hear you. I believe in YOU. I'm ready to listen.

Support Groups

AABA (African American Breastfeeding Alliance of Texas) 281.733.5680
Monthly Support Groups
Third Thursday - North Houston - 6:30pm info@AABAofTexas.org facebook.com/AABAofTexas @AABAofTexas

ICAN of HKA (Humble, Kingwood, Atascocita)
.....1-800 686-ICAN (4226) Ext 327
Tiffany Venekamp
Providing mother to mother support for cesar- ean recovery and promoting Vaginal Birth After Cesarean (VBAC).
hka.tx@ican-online.org https://www.facebook.com/ICAN-of-HKA-Tex- as-205629943371127/

ICAN of Houston/Galveston .....
.....1-800-686-ICAN (4226) Ext.231
Carie Dietz
Providing mother to mother support for cesar- ean recovery and promoting Vaginal Birth After Cesarean (VBAC).
houstongalveston.tx@ican-online.org ican-online.org/houston-galveston Find us on Facebook!

ICAN of North Houston .....
. ..1-800-686-ICAN (4226) Ext. 243
PJ Barnett

Providing mother to mother support for cesarean recovery and promoting Vaginal Birth After Cesarean (VBAC).
northhouston.tx@ican-online.org ican-online.org

Motherhood Center **713-963-8880**
3701 W Alabama, Ste 230, Houston TX 77027 info@motherhoodcenter.com www.motherhoodcenter.com
"Life after the NICU"- monthly support group and "Mom's talk" – weekly support group.

Preggers Can Be Choosers
4th trimester online support group. Join us live or it's recorded for anytime you're flipping your shiz. www.preggerscanbechoosers.com

Rebel Birth Education and Resource Haven
. **832-663-5203**
315 Main Street, Spring, TX 77373 education@rebelbirth.com www.rebelbirth.com
Free support groups, open to the public. Apply by email to hold your group here.

theVillage **281-733-5680**
Kimberley Traylor, MA
Lactation Consultant, Doula, Childbirth and Health Educator, CEIM (Infant Massage Instructor)
F: facebook.com/tbrthevillage T: @tbrthevillage
E: info@TBRtheVillage.org & birthdoula@ TBRtheVillage.org
W: www.TBRtheVillage.org

Therapy (Occupational, Speech, Physical)

Kids Developmental Therapy **713-668-6690** 6109 Maple, Houston, Texas 77074 www.kidsdevelopmentaltherapy.com
Providing in-home pediatric Speech, Occupational, and Physical Therapy in Houston and the surrounding communities

Kids Developmental Clinic **713-774-5437**
4 outpatient locations in Houston
Pasadena, 45-North, Spring Branch and SW Houston
www.kidsdevelopmentalclinic.com
Providing pediatric Speech, Occupational, and Physical Therapy. Clinic locations: Southwest Houston, West Houston, and Pasadena.

Yulene Broussard, MS OTR RYT .....
. **832-727-3771**
Solaris Pediatric Therapy www.solariaspediatrictherapy.com office@solarispediatrictherapy.com
Yoga for moms and babies to enhance baby's development and calm and energize mom.

Ultrasound Imaging

Pregnancy Specialty Center of Texas
Nima Goharkhay, MD, PhD, FACOG.....
. 281-707-0939
Clear Lake Office: 711 West Bay Area Blvd.,
Suite 405, Webster, TX 77598
East Houston Office: 1140 Westmont Dr.,
Houston, TX 77015
Pasadena Office: 3351 Plainview St., Suite A-7,
Pasadena, TX 77504 info@psctx.org www.pregnancyspecialtycenter.com
Ultrasound imaging in normal and high-risk pregnancies, management of pregnancy complications, genetic counseling and testing.

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Venue Rental

Rebel Birth Education and Resource Haven
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315 Main Street, Spring, TX 77373 education@rebelbirth.com www.rebelbirth.com
Teaching space available for rent for all educators and trainings.