Warm Hands Birth Services Resource List- 2014-2015

Acupressure:
JB Baranzini (Tracy) – www.[in-balanceacupuncture.com](http://www.in-balanceacupuncture.com/)

Acupuncture:
Nikoo Saleh Kasmai, MS, L.Ac.
Guest House Acupuncture
Chinese Medicine Clinic 110 La Casa Via, Suite 200, Walnut Creek, CA 94598
info@guesthouseacupuncture.com
925-567-3337

Aromatherapy:
Teri Nava-Anderson - [harmonydoula.etsy.com](http://harmonydoula.etsy.com/)

Baby Specific stores-Specialty and consignment

The Nurture Center-606 Ferry St, Martinez, Ca. www.thenurturecenter.com

Eco Chic Baby- http://ecochiclife.net/

Bloom Retreat 1444 S Main St, Walnut Creek, CA 94596
www.[BloomRetreat.com](http://www.bloomretreat.com/)
[facebook.com/BloomRetreat](https://www.facebook.com/BloomRetreat)
(925) 939-6262

****Birth Centers:****
Bay Area Midwifery: A Community Wellness and *Birth Center*- 2800 Park Blvd, *Oakland* Ca 94610 http://bayareamidwifery.org/

**Birthing Classes:**
Thais Carlucci, *Lamaze- (925) 462-0142*

Kathryn Webb, RedTree Birth- 925-787-5116 <http://redtreebirth.com/childbirth-education/>

Teri Anderson- Mountain House-Private, personalized childbirth ed. 408-391-7797

Susan Jessee- Bradley Birth Instructor, Tracy- 209-227-4787

Baby Wearing groups, baby carrier sales-

Babywearing USA- Livermore, Emily Hogan
The Livermore meeting is the fourth Tuesday of the month from 10-12 at Almond Park. All of our meetings throughout the Bay Area are listed here on our website <http://bwibayarea.wix.com/bwiba#!meet-us/csgz>

Cranial Sacral Therapy:
 Kate MacKinnon (Livermore) - [healingbodybalance.com](http://healingbodybalance.com/)

Breastfeeding support (non-lc)

Lisa Meyer-Jones(IBCLC) host a twice monthly Free Drop In Breastfeeding Support Group at the Pleasanton Marriot Café. It meets the second and fourth Thursday of each month from 11am-1pm. 11950 Dublin Canyon Rd, Pleasanton.

La Leche League of Livermore and Mountain House- LLL meets the first Monday in Livermore, at Trinity Baptist church, 557 Olivina Ave in a room to the right of the gym. The 3rd Monday of the month is held in Mountain House at 911 Mascot Drive, in a meeting room at the side of the firehouse. Both meetings are 10am-12pm. Please bring your babies and toys for them to play with!

BFUSA- Sara Thompson is in the process of beginning a Breastfeeding USA meeting for expecting and new breastfeeding moms.

Cesarean/VBAC support-

ICAN-online.org

****Chiropractic:****
Dr Tim Coykendall, Tracy. (Webster technique certified!) Valley Chiropractic. 209-205-9060
Dr. Nicole Vallega- DC,HBCE 390 Diablo Rd. Suite 115
Danville, CA 94526 925-639-6778 www.lifewithharmony.com

Doula Groups-

MDDC- Mt. Diablo Doula Community is a diverse, inclusive group of local doulas. We host a monthly Meet the Doula Night from 7-8pm at Bloom Retreat in Walnut Creek on the first Wednesday. See www.mtdiablodoulacommunity.org

Modesto Doula Group- A lovely group of Modesto-centered doulas, childbirth ed teachers, and prenatal therapy providers. http://modestodoulagroup.com/

Herbalist:
Pam Caldvell – www.[herblore.com](http://www.herblore.com/)

Homeopathy-

[Myra Nissen, CCH, RSHom(NA)](http://mtdiablofamily.com/providers/myra-nissen-cch/) 43 Quail Court Suite 102 Walnut Creek

(925) 826-3858  [www.myranissen.com](http://www.myranissen.com/%22%20%5Ct%20%22_blank) Homeopathy, metabolic balance nutritional program, gemmotherapy, biochemic cell salts. Specializing in parent/child, hormonal balance, anxiety, fear.

Lactation Consultants:
Jaye Simpson- IBCLC, CIIM (Within 1 hour of Sacramento) (916) 613-5210

Lisa Meyer-Jones-IBCLC-San Ramon based. Provides private, in home lactation support, classes, and Breastfeeding Café.

Sharon Economides- IBCLC, LM, CPM-Pacifica based. 415-649-MAMA(6262) Midffwifery and lactation support for the coastal region and Bay Area.

[Paula Santi, IBCLC](http://mtdiablofamily.com/providers/paula-santi-ibclc/) 510-750-2255 [www.paulasanti.com](http://www.paulasanti.com/) Paula Santi IBCLC, is a private practice Lactation Consultant who makes home visits all over the east bay and also teaches breastfeeding classes.

Massage:
Linda Almond- Nichols 3186 Old Tunnel Road Lafayette

(925) 899-0708 lalnichols@gmail.com

Reiki treatment for Pregnancy and Postpartum, as well as group and individual infant massage classes.

Stephen Katz, San Ramon By appointment only
925.413.8812

2817 Crow Canyon Road, Suite 205

San Ramon, CA 94583

Midwives- Homebirth:
Lucinda Johnston-Chiszar - Modesto- [BigValleyMidwives.com](http://www.bigvalleymidwives.com/)
209-521-7981

 Jessica Johnson- Modesto - http://www.ileabiamo.com/

209-482-8682

Heather Groves- Tracy- [www.ninemonthsmidwifery.com](http://www.ninemonthsmidwifery.com)

209-597-2845

Treesa McLean-Bay Area based- [www.birthwithTreesa.com](http://www.birthwithTreesa.com) 510-581-1012

Kirstin Soares-Bay Area based-925-577-1268 www.kirstinsoares.moonfruit.com

East Bay Home Birth Midwifery- 510-655-BABY Berkeley/Walnut Creek offices

Nova Midwifery(Mason, Leisl)Oakland, Danville, Brentwood-510-333-8911 www.nova.publishpath.com

Sharon Economides- Coastal/Bay area 415-649-6262 http://coastalmaternity.com/

Midwives- Hospital:
 Modesto Medical Arts Group
Kaiser Modesto
Kaiser WC
Alta Bates

Naturopaths:
 [Tara Levy, ND](http://mtdiablofamily.com/tara-levy-nd/) 3186 Old Tunnel Road, Lafayette, 6536 Telegraph Ave, #C201, Oakland (925) 940-8604 [www.taranaturalmedicine.com](http://www.taranaturalmedicine.com/) Licensed naturopathic doctor providing family medicine for men, women, and children, including well-woman and well-baby care, pre-natal and postpartum support, vaccination consultations, and bio-identical hormones.

 Parenting classes, support-

TriValley natural families-Natural parenting support, playdates, advice, community. www.trivallleynaturalfamilies.com

Pleasanton mothers club- www.pleasantonmothersclub.org

Twin Valley Mothers of Twins Club- Tri-Valley/Diablo Valley based parents of multiples support group. www.tvmotc.org

Lamorinda moms- Support for moms in Lafayette, Orinda, Moraga area. www.lamorindamoms.org

Tri City Mothers of Multiples- Fremont/Newark/Union City support. www.tricitymoms.org

[Kimberly Kerlin, MFT](http://mtdiablofamily.com/providers/kimberly-kerlin-mft/)

3468 Mt. Diablo Blvd. Suite B-201, Lafayette 510-459-9246 [Psychology Today Profile](http://therapists.psychologytoday.com/rms/147540) Trained at the Infant Parent Program at UCSF, providing specialized support to parents and their children, ages birth to 5, helping families and young children to overcome a variety of relational, developmental, and behavioral challenges.

[Gena McCarthy, RN, MFT](http://mtdiablofamily.com/gena-mccarthy-rn-mft/)

Albany, Berkeley and Lafayette

(510) 685-6827 [www.genamccarthy.com](http://www.genamccarthy.com/)Perinatal psychotherapist , EMDR certified, sees individuals and couples, offers ongoing Healing Birth – Mother Renewal workshops, specializes in prevention and treatment of birth trauma.

[Tosha Schore, M.A.](http://mtdiablofamily.com/providers/tosha-schore-m-a/) Walnut Creek (925) 388-6742 [www.toshaschore.com](http://www.toshaschore.com/) Partners with parents to help them care for themselves, build healthy relationships with their children, and handle hard parenting moments.

Photography (Maternity & Newborn):
Kelly Orum- Birth, babies, families. www.kellymphotography.com

Casey Henshaw-bellies, birth, babies, families, grads, boudoir. http://theblog.littleraephotography.com/

Martina Smolova, CPD (CBI) [MartinaSmolovaPhotography.com](http://www.martinasmolovaphotography.com/)
Blog: [martinasmolovaphotography.wordpress.com](http://martinasmolovaphotography.wordpress.com/)

Physical Therapy-
Giorgia Hoyer-Fisher, B.S., P.T.
Dynamic Changes Physical Therapy 390 Diablo Road, Suite 115
Danville, CA 94526 [dynamicchangesphysicaltherapy.com](http://www.dynamicchangesphysicaltherapy.com/)
(925)899-2121 I specialize in Advanced Manual and Women’s Health Physical Therapy. I provide comprehensive and gentle treatment for pain during pregnancy. Faster and complete recovery of inner and outer strength of the whole body postpartum is my passion and specialty.

Postpartum Depression help-
<http://postpartum.net/Get-Help.aspx>

Kimberly Kerlin, MA, LMFT
Shoshanna Bennett (Danville) - [empowher.com/dr.shosh](http://www.empowher.com/dr.shosh)
(see also [drshosh.com](http://www.drshosh.com/)) 3468 Mt Diablo Blvd, Suite B-201
Lafayette, California 94549 <http://therapists.psychologytoday.com/rms/prof_detail.php?profid=147540>
kdkerlin@yahoo.com
(510) 246-3494

Postpartum Doulas:

Catherine Lamm- Nights only, multiples, medical needs. East Bay http://www.doulacatherine.com/

Andrea Berkey- Days, nights. East Bay+. www.threephasesdoula.com

Megan Mata-South Bay, East Bay-510-676-0304

Yoga-

Michaela Kissinger [AbundantZestForLife.com](http://www.abundantzestforlife.com/)
AbundantZestForLife@gmail.com

Lainie Pascall- Cannon Fitness Studio, Livermore