

Pregnancy Resource List

Childbirth Education

Downtown Women OB/GYN

Anne Ramos, RN
Group Childbirth Education
*Schedule with our appointment staff

Emory Ship, CNM, NP

Private In-Home Childbirth Education
eship@downtownwomen.com

Labor & Postpartum Doulas

London King, H.H.C., CD

Labor and postpartum doula and
placenta encapsulation
(917) 496-8119
www.pushlove.com

Sasha Slocombe, CD

Labor doula and prenatal yoga
(718) 887-6290
sasha@yogajunk.com

Sarah Lewin, LMSW, CD, CLC

Labor and postpartum doula
(917) 442-3151
sarahmichellelewin@gmail.com

Kerri Evers, CD

Labor Doula
(718) 926-8015
www.kerrieversdoula.com

Megan Davidson, PhD, CD, CLC, CCE

Labor and postpartum doula
www.brooklyn-doula.com
brooklyndoula@gmail.com

Stephanie Poplika Schiavenato, CD, CLC

Labor and postpartum doula
(646) 715-9623
www.raisingrootsdoula.com

Shara Frederick, CM, CD, LCCE

Labor doula
(718) 637-1170
www.sharafrederick.com

Sasha Weigel, RN, CD, CLC

Labor doula
(978) 985-8418
www.YourBirthYourWay.net

Mary Esther Malloy, CD, CLC, AAHCC

Labor doula
www.mindfulbirthny.com

Cori Pleune, CD, CLC

Labor and postpartum doula
(917) 612-5927
cori@dosedoulas.com

Siobhan Whalen, CTRS, CD

Labor doula
www.doulalumina.com
doula.lumina@gmail.com

Deborah Badran, CD

Labor doula
(212) 753-8160
www.doulamatch.net

Terry Richmond, CD & Catherine Stewart- Lindley, CD

Labor doulas
www.laborlove.org
www.laborlove@gmail.com

Chantal Traub, CD, CCE

Labor doula and prenatal yoga
(917) 202-8053
www.chantaldoula.com

Prenatal Massage

Acupuncture

Lara Rosenthal, L.Ac.

(212) 807-6769
39 West 14th St., NY, NY 10011
660 1st Ave, NY, NY 10016
www.lararosenthal.com

Patricia Cassidy, L.Ac.

(917) 202-7418
250 W. 57th St, NY, NY 10019
426 10th St, Brooklyn, NY 11215
www.patriciacassidy.com

Deborah Valentin, MS, L.Ac.

(917) 763-8560
139 Fulton St, NY NY 10038

Jessica Sowards, L.Ac.

(917) 721-3963
42 West 27th St., NY, NY 10001
www.thepeoplespractice.com

Yinova Center

(212) 533-2255

74 E 11th St, NY, NY 10005

www.yinovacenter.com

Garden Acupuncture

(646) 234-3643
790A Union St, Brooklyn, NY 11215
www.gardenacu.com

Brooklyn Acupuncture Project

*group acupuncture for 3rd trimester
(718) 369-0123

Lactation Counseling

*We recommend New York Lactation Consultant Association (www.nylca.org) for referrals in the tri-state area

NYU Langone Breastfeeding Warm Line

Support Group, Supplies & Telephone Support
(212) 263-BABY

Flannery Fontinell, RN, IBCLC, LCCE

Home lactation visits
(917) 495-1950

La Leche League of NY

Breastfeeding Support, Information and Education
www.lllly.org

Kate Sharp, IBCLC

Home lactation visits and weekly support groups
www.katesharpiibcl.com

Pregnancy Resource List

Andrea Syms-Brown, IBCLC

Home lactation visits

(917) 864-7457

andreathelc@gmail.com

Opal Horvat, IBCLC, RLC

Home Visits & Office in Bergen County, NJ

(201) 981-8924

www.breastfeedingnj.com

Margo Mann, IBCLC

Home lactation visits

(917) 371-1948

margotmann@gmail.com

Freda Rosenfeld, IBCLC

Home lactation visits

(718) 469-5990

www.fredaibclc.com

Perinatal Support/Groups & Parent Education

**Postpartum Support International (www.postpartum.net) - Support for new moms and their families*

Golzar Selbe Naghshineh

Director of Perinatal Support at Downtown Women

(212) 966-7500 x408

gselbe@downtownwomenobgyn.com

Seleni Well-Being for Women

Individual counseling, support groups

(212) 939-7200

207 East 94th Street, New York, NY 10128

www.seleni.org

Ellen Chuse

Counseling and support groups for new mothers

(718) 789-1981

www.ellenchusechildbirth.com

Bend and Bloom

Yoga classes, postpartum groups, parenting education and workshops

www.bendandbloom.com

NYU Langone

New Mom Support Groups/Infant Care Tutorials

www.nyubaby.org

The Postpartum Resource Center of New York, Inc.

Referrals for Counselors & Support Groups

(855) 631-0001

www.postpartumny.org

Breast Pumps & Supplies

**Breast pumps are now covered by insurance, please ask for prescription*

Upper Breast Side

(212) 873-2653

510 Amsterdam Avenue, NY, NY 10024

www.upperbreastside.com

Yummy Mummy

(212) 879-8669

1201 Lexington Ave, New York, NY 10028

www.yummymummystore.com

Worldwide Surgical Equipment

(877) 605-6005

www.worldwidesurgical.com

Kings Pharmacy

Carroll Gardens: (718) 858-8299

525 Court St. Brooklyn NY 11231

Hudson Square: (212) 989-1400

345 Hudson St. NY, NY 10014

Tribeca: (212) 791-3100

5 Hudson St. NY, NY 10013

www.KingsPharmacy.org