2016 Pregnancy + Postpartum Resource List

ACUPUNCTURE:

* **Deborahlise Mota** | [www.eastwestwhcenter.com](http://www.eastwestwhcenter.com/) | 575.495.2475
* **Kate Blalack** | <www.chinesemedicinedoc.com> **|** 303.545.5792 **x107**
* **Erin Pass |** <www.acupunctureclinicofboulder.com/our-team/erin-pass/> **| 303.665.5515**

CHIROPRACTOR:

* **Dr. Amber Thompson** | [www.wellspinefamilychiropractic](http://www.wellspinefamilychiropractic) | 720.403.8255
* **Dr. Berchann Paffenbarger** | [www.myboulderchiropractor.com](www.myboulderchiropractor.com%20) | 720.445.6709
* **Dr. Christine Illman** | [www.longmontcoloradochiropractor.com](www.longmontcoloradochiropractor.com%20) | 303.625.6393
* **Dr. Beth Hoffman** | <www.belliesbabiesandbeyondboulder.com> | 303.710.5136

MASSAGE:

* **Michele Kolakowski** |<www.sanctuaryhealingartsllc.com> | 303.570.7942
* **Amy Colo** | <www.amycolo.com> | 303.554.0808
* **Karey Baker** | [www.newmoonbodywork.com](%20www.newmoonbodywork.com) | 303.859.1056
* **Faith Davis** | <www.yogiinmotion.com> | 303.578.2181

YOGA:

* **Mama Love** @ The Birth Center of Boulder | <www.mamaloveboulder.com>
* **the mama'hood** Boulder | <www.themamahood.com>
* **Quiet Monkey with De West** | [www.studiobeyoga.com/schedule/weekly-schedule/](http://www.studiobeyoga.com/schedule/weekly-schedule/)

PRENATAL/POSTPARTUM FITNESS:

* **Brooke Cates** | <www.bloomingbelliesfitness.com> | 303.775.2746

PELVIC FLOOR THERAPY:

* **Lynn Schulte-Leech** | <www.intuitivehandspt.com> | 303.845.0604

BREASTFEEDING CLASSES + SUPPORT

* **Amanda Ogden** @ the mama'hood | [www.themamahood.com](www.themamahood.com%20) | 303.887.9161 (Boob Hotline)
* **Stephanie Moore** | [www.becomingmothers.com](www.becomingmothers.com%20) | 720.297.6312
* **La Leche League International** | [http://www.llli.org](http://www.llli.org/) for locations & meeting times

BIRTH DOULAS:

* **Sarah Mills** (Birth Assistants of Boulder | [www.birthmojo.com](http://www.birthmojo.com) | 720.515.3504
* **Kyla Berry** (Birth Assistants of Boulder) | <www.kylaberry.com> | 303.249.7635
* **Michele Kolakowski** (Birth Assistants of Boulder) | <www.sanctuaryhealingartsllc.com> | 303.570.7942
* **Bonnie Diener** ( Birth Assistants of Boulder) | <www.barefootbabies.com> | 303.550.6290
* **Ranelle Williams** (Birth Assistants of Boulder) | <www.lifeontheinside.biz> | 303.684.8074
* **Kerry Stokes** | [www.fullcircledoulacooperative.com](file:///C%3A%5CUsers%5CSarah%5CDesktop%5CBirth%20Mojo%5CHandouts%5Cwww.fullcircledoulacooperative.com) | 303.859.6785
* **Lisa Waldo** (Balanced Beginning Doulas) | <www.balancedbeginningsdoulas.com> | 303.641.7989

POSTPARTUM DOULAS:

* **Sanctuary Postpartum Doulas** | [www.sanctuaryhealingartsllc.com](http://www.sanctuaryhealingartsllc.com/postpartum-doula-boulder/) | 303.570.7942
* **Becky Pfaff** | [www.afterbabycaredoula.com](http://afterbabycaredoula.com/) | 970.391.8338
* **Sonya Bastow** | 303.619.5326
* **Erin Witbeck** | erin.witbeck@gmail.com|303.547.5882

PLACENTA SERVICES:

* **Tamara Guida and Kate Kemp** | <www.placentapills.com> | 720.427.9757
* **Kerry Stokes** | <www.fullcircledoulacooperative.com> | 303.859.6785

BIRTH & FAMILY PHOTOGRAPHY:

* **Kyla Berry Photography** | [www.kylaberry.com](file:///C%3A%5CUsers%5CSarah%5CDesktop%5Cwww.kylaberry.com)
* **Sarah Boccolucci Photography** | <www.coloradobirthphotos.com>
* **Monet Nicole** | http://www.monetnicole.com/

MENTAL HEALTH RESOURCES:

* **Selena Shelley**, When Survivors Give Birth | <www.selenashelley.com>
* **Kate Kripke**, Therapist (Postpartum Wellness Center) | [www.pwcboulder.com](%20www.pwcboulder.com%20)
* **Shelly King**, Therapist | <www.shellykingtherapy.com>

OTHER CLASSES:

* **Sacred Pregnancy** | <www.sacred-pregnancy.com> | email: erin.witbeck@gmail.com
* **Preventing Postpartum Depression and Anxiety** | <www.pwcboulder.com/events>
* **Dancing for Birth** | [www.themamahood.com/dancing-for-birth/](http://www.themamahood.com/dancing-for-birth/)