

2021 Pregnancy + Postpartum Resource List

ACUPUNCTURE:

- **Kate Blalack** | www.acupunctureinboulder.com | 720.507.5748
- **Erin Pass** | www.acupunctureclinicofboulder.com/our-team/erin-pass/ | 303.665.5515
- **Tuesday Wasserman** | www.birthcenterofboulder.com | 303.443.3993

CHIROPRACTOR:

- **Dr. Amber Thompson** | www.wellspinefamilychiropractic | 720.403.8255
- **Dr. Berchann Paffenbarger** | www.myboulderchiropractor.com | 720.445.6709
- **Dr. Nichelle Gurule** | www.gaiawomenshealth.com | 303-717-6323
- **Dr. Hillary Rowenhorst** | www.hilltopchiro.com (North Office) | 720.249.4120

MASSAGE:

- **Michele Kolakowski** | www.sanctuaryhealingartsllc.com | 303.570.7942
- **Amy Colo** | www.amycolo.com | 303.554.0808
- **Faith Davis** | www.yogiiinmotion.com | 303.578.2181

YOGA & PRENATAL/POSTPARTUM FITNESS:

- **Mama Love @ The Birth Center of Boulder** | www.mamaloveboulder.com
- **Quiet Monkey with De West** | www.studiobeyoga.com/schedule/weekly-schedule/
- **The Bloom Method** | www.thebloommethode.com 303.775.2746

PELVIC FLOOR THERAPY:

- **Lynn Schulte-Leech** | www.intuitivehandspt.com | 303.845.0604
- **N2 Physical Therapy** | www.n2physicaltherapy.com | 303-954-8423
- **Dr. Amanda Gotschall** | www.anewupt.com | 970.480.7118

PLACENTA SERVICES:

- **Tamara Guida and Kate Kemp** | www.placentapills.com | 720.427.9757
- **Dakota Hindman** | www.matrescencedoula.com

MENTAL HEALTH RESOURCES:

- **Postpartum Wellness Center** | www.pwcboulder.com
- **Shelly King, Therapist** | www.shellykingtherapy.com



BIRTH DOULAS:

- **Kyla Berry** (Birth Assistants of Boulder) | www.kylaberry.com | 303.249.7635
- **Michele Kolakowski** (Birth Assistants of Boulder) | www.sanctuaryhealingartsllc.com | 303.570.7942
- **Ranelle Williams** (Birth Assistants of Boulder) | www.lifeontheinside.biz | 303.684.8074
- **Lisa Waldo** (Balanced Beginning Doulas) | www.balancedbeginningsdoulas.com | 303.641.7989
- **Janine Mason** | www.rootedinlovedoula.com | 920.224.5391
- **Haley Brodsky** | www.soulbabybirthing.com | 651.271.0429
- **Alyssa Mageath** | www.alysamdoula.com | 857.249.1224

POSTPARTUM DOULAS:

- **Sanctuary Postpartum Doulas** | www.sanctuaryhealingartsllc.com | 303.570.7942
- **Danielle Donaldson** | www.douladeelight.com | 720.646.2150
- **Becky Pfaff**, Postpartum Doula and Overnight Newborn Specialist | www.afterbabycaredoula.com
- **Amanda Marshall** | www.birthblessingdoula.com | 720.839.8108

INFANT AND TODDLER SLEEP SUPPORT:

- **Jessica Shaffer** | www.pwcboulder.com/jessica-schaffer-ma | 303.579.3841
- **Rachel Weddle** | www.cocouplestherapy.com/child-sleep/ | 720. 504. 8489

BIRTH & FAMILY PHOTOGRAPHY:

- **Kyla Berry Photography** | www.kylaberry.com
- **Sarah Boccolucci Photography** | www.coloradobirthphotos.com
- **Monet Nicole** | www.monetnicole.com

BREASTFEEDING CLASSES + SUPPORT

- **Amanda Ogden @ the mama'hood** | www.themamahood.com | 303.887.9161 (Boob Hotline)
- **Stephanie Moore** | www.becomingmothers.com | 720.297.6312
- **Diane Michel** | www.nourishlactation.com | 303.587.3326
- **La Leche League International** | <http://www.llli.org> for locations & meeting times

OTHER CLASSES:

- **Strategies for Preventing Postpartum Depression and Anxiety** | www.pwcboulder.com/events
- **Infant CPR** | Haley McNabb Brodsky | www.soulbabybirthing.com

