



acupuncturekitchen

RESOURCES FOR PREGNANCY AND BIRTH:

CLASSES AND SUPPLIES:

Laurie Agee, MFT

(415) 455-5885

"Bringing Baby Home" a course to prepare you for acclimating with your new addition. This is a research-based workshop that we especially recommend if you have gone through fertility treatments.

Day One Center

3490 California St., Ste. 203 (Entrance on Locust St.)

San Francisco

Phone: 415-440-3291

<http://www.dayonecenter.com>

At Day One Center you'll find:

- Baby-friendly environment with places to nurse, weigh and change baby
- Weekly support group for new parents
- Classes for new and expectant parents
- Expert advice from registered nurses, dieticians, nutritionists, CPR educators and lactation consultants
- Yoga and massage classes
- Lending library and Internet access
- Relaxing patio with healthy juices and snacks
- Baby gear and more for sale

OBGYN:

Golden Gate Obstetrics & Gynecology, Inc. 3838 California Street Suites, 801, 808, 812 and 816 San Francisco, California 94118 (415) 666-1250 (415) 668-6970 (FAX) http://www.goldengateobgyn.medem.com/	
Julie Huh Rebecca Yee 2100 Webster St., Ste 319 San Francisco, CA 94115 (415) 923-3123	
Ricki Pollycove 2100 Webster St Ste 320 (between Clay St & Sacramento St) San Francisco, CA 94115 (415) 923-3390 www.drricki.com	Gynecology only

PRENATAL/POSTNATAL EXERCISE and MASSAGE:

Julia Weinberg 415-577-3492 extendpilates@gmail.com	Pilates
Kate Rodes http://www.itsyoga.com/kids/aboutyogaforkid.html	Pre-Natal Yoga
Stephanie Forester 1452 Valencia St. between 25th & 26th St. SF, CA 94110	Preggo Pilates
Third Street Pilates 2325 3rd Street, Suite 318 (between 20th St & 22nd St) San Francisco, CA 94107 (415) 503-0200 www.thirdstreetpilates.com	Certified pre and post natal pilates

MIDWIVES/DOULAS:

At Home Fertility Michelle Edgar (415) 262-0442	Midwife At Home IUIs
MANA www.mana.org/memberlist.html	Midwives Alliance of North America
www.maternitywise.org/mw/topics/caregiver/tips.html	Tips/Tools for choosing a Maternity Caregiver
Sara Cohen 415-595-5779 sleepsf@gmail.com www.sleepyfamily.com	Post-partum doula Night doula care and sleep consulting.

GUIDED IMAGERY

Martin Rossman, M.D. 1341 South Eliseo Dr., Suite 350 Greenbrae, CA, 94904 415.389.8941 http://www.thehealingmind.org	CD-Preparing for Childbirth
Bellaruth Naparstek http://www.healthjourneys.com/	CD-Healthy Pregnancy and Successful Childbirth
Caylie See, L.Ac.	CD-Pre and post embryo transfer guided imagery

BIRTH SUPPLIES

Just Balls www.justballs.com	Exercise/Birth Balls
Natural Resources (415) 550-2611	Birth Tubs for rental or purchase
Woman Born (510) 834-8822 www.birthtub.com	Birth Tubs for rental or purchase

POSTPARTUM DEPRESSION & SUPPORT

www.postpartum.net	Postpartum Support
www.depressionafterdelivery.com	Postpartum Support
(408) 993-8336 or (650) 327-3333	Postpartum Support Hotline
Solace for Mothers http://www.solaceformothers.org 877-SOLACE4	Postpartum support after difficult childbirth. <i>Talking by phone to a trained and sympathetic peer counselor can help a mother to come to terms with the feelings and thoughts she is afraid to say aloud to anyone else. Calls are free and confidential. Monthly in-person facilitated support meetings allow women to come together to cry and to laugh.</i>

PSYCHOTHERAPY

<p>Susanne Babbel, PhD www.bodyconversations.com susanne@bodyconversations.com 2918 Webster/Union (Cow Hollow), San Francisco, CA 94123 (415) 373-5625</p>	<p>Somatic Therapy</p>
<p>Joy Farina, MFT (415) 337-4347</p>	<p>Couples Counseling EMDR</p>

NUTRITION

<p>Three Stone Hearth info@threestonehearth.com (510) 647-8216 (Larry - customer service) http://www.threestonehearth.com <i>** contact Planet Organics to arrange delivery of Three Stone Hearth meals:</i> (800) 956-5855</p>	<p>Nutritious, pre-made meals</p>
<p>Renee Rivera http://www.chittahappens.com (415) 994-8704 Prana Urban Healing Lounge 4200 18th Street Suite 204 (18th and Collingwood in the Castro)</p>	
<p>Renee Rivera http://www.chittahappens.com (415) 994-8704 Prana Urban Healing Lounge 4200 18th Street Suite 204 (18th and Collingwood in the Castro)</p>	<p>Ayurvedic nutrition</p>

CHIROPRACTIC

<p>Deb Longaker (415) 265-1980</p>	<p>Emphasizes pre-natal support</p>
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