

RESOURCE LIST

Abused women shelters / support groups

- YWCA Domestic Violence Services – provides non-residential counseling services for survivors of domestic violence; support groups. Contact: Eileen McKeever (616) 459-7062 ext. 119
- YWCA of Grand Rapids Domestic Crisis Center – Provides 24-hour crisis intervention and emergency shelter for battered women and their dependent children. Support services; multi-faceted advocacy services; assessment and counseling. Contact: Eileen McKeever (616) 451-2744
- Safe Haven/Ramoth House – provides services and emergency housing for survivors of domestic violence

Addiction services and support groups

- Arbor Circle Corp.
They offer a variety of services from outpatient counseling to in-home family support. All services are professional and confidential. Most forms of insurance are accepted and a sliding fee scale is available:
www.arborcircle.org
Location: 1101 Ball Avenue NE, Grand Rapids, MI 49505 (616) 456-6571

Birth Centers

- www.smmmc.org/clinicalservices/womens/birthing.shtml
Holistic approach cares for you as a whole person - body, mind, and spirit. Partnering with The Wege Institute for Mind, Body, & Spirit, they include complementary approaches like massage, acupuncture and music therapies that make your care complete.
Location: 200 Jefferson Street, SE, Grand Rapids, MI 49503
(616) 752-6090

Birth Doula

- Lisa Gundry
Souldance Birthing Services and I offer Birth Doula, Blessing Way Planning and Belly and Breast casting services. Contact: souldance@prodigy.net or (616) 913-9280.

Breastfeeding pump and equipment suppliers (purchase and rental)

- baby beloved, inc 2505 Ardmore SE, Grand Rapids 49503 (616) 977-5683
- Women's Boutique: - 5150 Plainfield Ave NE, Grand Rapids, 49525
(616) 364-5431

Breastfeeding support groups, clinics, classes

- baby beloved, inc: 2505 Ardmore SE, Grand Rapids 49506

(616) 977-5683
www.babybelovedinc.com

- Spectrum Health Blodgett Campus
1840 Wealthy St. SE
Grand Rapids, MI
(616) 391-5000

Childcare options

- Kent Regional Community Coordinated Child Care (Kent Regional 4C). Provides child care referrals and information on selecting quality childcare, consultation on financial assistance for parents using child care, workshops for parents, advocacy on behalf of children and families, child care professionals, resource library. (616) 451-8281.
www.4cchildcare.org.

Childbirth Educators

- Spectrum Health – Healthier Communities: This session provides information and techniques appropriate through your second trimester to help you have a more comfortable pregnancy. Topics include adjusting to the physical and emotional changes in pregnancy, nutrition, exercises and comfort measures demonstrated by a physical therapist, relaxation, safety and lifestyle issues. Both mother and her partner/support person are encouraged to attend. Please register early in pregnancy. \$25
Call: (616) 391-5000
- Grand Valley Gynecologists PC
A group of 8 professionals specialize in obstetrics and gynecology. For a small fee you can take childbirth, breastfeeding, and parenting classes. Postpartum support group also available. 2 locations.
Kentwood: 4600 Breton SE, Ste. 202
Downtown: 1900 Wealthy SE Ste. 330
(616) 774-0700
- Expecting A Baby? Pointers from a Pediatrician
A DeVos Children's Hospital pediatrician addresses common concerns, questions, and expectations of parents in the early weeks of baby's life. Offered on various dates from 7 to 9pm. Cost is free.
Location:
Spectrum Health Butterworth Campus
100 Michigan St. NE
Grand Rapids, MI
(616) 391-5000
- Karlye McNeely, RN BSN – HypnoBirthing

Work with your body during childbirth with self-hypnosis. Bring your baby

into the world within a calm and relaxed atmosphere.
Location: Zeeland, MI (616) 886-9873

- Mother Nurture Childbirth Services
Certified childbirth educator through ALACE (Association of Labor Assistants and Childbirth Educators). Her services encompass the entire birth process from pregnancy to labor and delivery to postpartum. She also offers childbirth, early pregnancy, and VBAC classes.
Location: Kalamazoo, MI Lauri Smit (269) 208-8929

Children's Hospital

- DeVos Children's Hospital - 100 Michigan Street NE, Grand Rapids, 49503
(616) 391-9000
ContactUs@spectrum-health.org

Chiropractors, Massage Therapists, Reiki Practitioners

- James J. Heath, D.C. – Chiropractic First: (616) 538-1780.
403-44th Street SE, Wyoming, MI 49548 www.visitchirofirst.com
- Expressions of Grace Yoga and Books
5161 Northland Drive, Grand Rapids, 49525. (616) 361-8580
The studio and store offer many holistic techniques such as: Rolfing, Massage, Healing touch, LaStone Therapy, CranioSacral, and Reiki.
www.expressionsofgraceyoga.com
- From the Heart - Kimberly Stinson - Massage Therapist: Therapeutic Prenatal, Post-Partum, and Infant massage, Original La Stone and Thai Yoga Massage. (616) 336-0027.
- Peak Performance - 4150 East Beltline NE, Grand Rapids, MI 49525.
(616) 447-9888

Community Services/Programs

- Michigan Assistance and Referral Service (MARS)
MARS provides information about programs offered by the State Of Michigan that may help families in need with assistance for medical, nutritional, food, day care, temporary cash or other expenses. MARS will help you determine if your household may be eligible.
www.mfia.state.mi.us/mars
- Bright Beginnings
This parent / playgroup provides parents the opportunity to meet and enhance their parenting knowledge through new insights and shared experiences, common concerns and successes. Group meetings also provide families the opportunity to participate in parent-child activities.

In addition, personal home visits, developmental screening, and a resource network are provided to help assess the learning needs of the children in

Kent County.

Available to ALL families in Kent County with children ages birth to Kindergarten. <http://www.kentisd.org/brightbeginnings/index.htm>

Early intervention for children with special needs

- Ken-o-sha: www.kentisd.org
1353 Van Auken St Se
Grand Rapids, MI 49508
(616) 819-2685
- The Gerber Center for Infant Development and Nutrition – Addresses the follow-up care of infants from birth to age three with nutrition, growth, and developmental challenges. Women and Children’s Center, 330 Barclay Avenue, Suite 203, Grand Rapids, MI 49503. (616) 391-2242

Family doctors/Pediatricians

- Kent Pediatrics - 4735 W River Dr NE, Comstock Park 49321
(616) 784-9400
- MMPC
Grand Rapids: (616) 364-7015
Rockford: (616) 974-4884
- Dr. Robert Mackinder - 3271 Clear Vista Ct. NE, Grand Rapids, MI 49525. (616) 391-7800

Health food stores

- Harvest Health Food
Grand Rapids: 616-245-6268
Cascade: 616-975-7555
Hudsonville: 616-896-6630
- Nutrition Plus
2650 E. Beltline: 616-940-1453
- The Barn – Tammy Andrews - www.andrewsnaturalfoods@comcast.net
- Lakeshore Natural Health
Jyl Balder: 231-798-9922
5294 Grand Haven Rd., Norton Shores
- The Green Life Market
944 East Fulton, Grand Rapids, MI 49503
616-242-0022

- West Michigan Eco-Center LLC, featuring organic and natural products, 447 S. Division Ave., one and a half blocks south of Wealthy St. SE. The new eco-friendly store offers organic & natural cotton, flushable diapers, chemical free deodorant, florescent light bulbs and much more to help the environment.

Hospitals/Minor emergency services

- **Urgent Care Centers:**
Alpine Center, Open 24/7 – (616) 391-6220
3350 Broadmoor Ave – (616) 391-8020
Grandville Center – (616) 391-6210
Plainfield Center – (616) 391-6230
South Pavilion, Open 24/7 (616) 391-8242
Or Call: (616) 391-1774 or toll free (866) 989-7999

Infant massage classes and services

- All in The Touch, LLC – Learn how to massage your baby for a lifetime of benefits. Contact: Sara Binkley-Tow, MA, CIMI, CHBE (616) 485-8964

Lactation Consultants

- baby beloved, inc.: 2505 Ardmore SE, Grand Rapids 49506
(616) 977-5683

Libraries/infant programs

- Kent District Library: www.kdl.org
- Gymboree Play Music - 5258 Plainfield, Grand Rapids, MI 49525. (616) 365-0015

Maternity/Nursing clothes

- baby beloved, inc. Nursing bras and accessories
- Motherhood Maternity – Woodland Shopping Center
3175 28th Street SE, Kentwood 49512 (616) 940-9114
- Motherhood Maternity – 3700 Rivertown Parkway SW, Grandville
(616) 530-9114

Midwives

- Associates in OB/GYN & Infertility PC
Spectrum Health Blodgett Campus
Suite 300
1900 Wealthy SE, Grand Rapids (616) 774-2400
- Birth Song Midwifery Services
Yolanda Visser CM, CPM
1514 Wealthy St. Ste. 238B, Grand Rapids: 616-458-8144
- Home Birthworks, LLC

Susan Wente, CNM, Dr. PH: 231-652-3247
www.homebirthworks.com
Certified Nurse Midwife. Home care for pregnancy, delivery, postpartum
and newborn. Gynecological and Doula services also available

Multiple birth groups/Associations

- Mothers of Multiples – Serving Grand Rapids & Surrounding West Michigan Area (616) 261-3033: www.grmotc.org

Obstetricians

- MMPC - 4829 East Beltline Ave NE, Grand Rapids (616) 363-9069
3800 Lake Michigan Dr NW suite A, Grand Rapids (616) 453-8225
- Michigan Obstetrics and Gynecology, PC – 1945 Boston SE, Suite 302, Grand Rapids (616) 247-3800
- Complete Women's Care – serving Cascade, Wayland, Southeast and Wyoming (616) 247-1700

Playgroups

- MOMS (Moms Offering Moms Support) Club: www.momsclub.org
- Gymboree: Classes for babies and toddlers—Art, music, and movement. 5258 Plainfield NE Grand Rapids, 49525. (616) 365-0015
- First Notes: Music and movement, ages 0-6 years. Julie Sanders, (616) 696-8067
- Kindermusik : (616) 301-3888
- Bright Beginnings
Activities/Playgroups for parents and children in Kent County. Free of charge. Themes change with the season and offer a wide variety of experiences. <http://www.kentisd.org/brightbeginnings/index.htm>
- Mothers & More: www.grmothersandmore.org
Visit www.grandrapids.babyzone.com for complete listing of local chapters

Parenting classes

- All in The Touch, LLC – Happiest Baby Education – Learn how to quiet and soothe your baby. Contact: Sara Binkley-Tow, MA, CIMI, CHBE at: sara@allinthetouch.com or (616) 485-8964
- Babywearing classes
Rediscover the ancient art of baby wearing. Tips, techniques, correct positioning and safety are discussed. www.babywearingmama.com
- Hop Scotch (children's store) 616-233-4008

Location: 962 Lake Drive SE
provide workshops on babies – examples include: cloth diapering, baby wearing and natural toys.

- Baby and Me: Our Morning Out
Spectrum Health Healthier Communities
Tips for making the most of your time with your little one.
Registration required \$30. Call 616-391-5000 for schedule

Parent and women's bookstores

- Schuler's bookstore – www.schulersbooks.com: for locations.
- Barnes and Nobles – www.bn.com: for locations.

Perinatal loss support groups/bereaved families support groups

- S.O.U.L (Sharing Our Untimely Losses) – support for those experiencing miscarriage, ectopic pregnancy, stillbirth, and neonatal death.
www.spectrum-healthy.org
- Garden of Hope Memorial, Restlawn Memorial Park, Eastern Avenue and 36th Street – for those who have suffered the pain of abortion, miscarriage, or the death of a baby. The garden offers a chance to privately mourn and memorialize the child. More info at:
www.gardenofhopememorial.org

Books:

- Losing your Baby in Pregnancy or The First Year by Hannah Lothrop
- Pregnancy after a Loss by Carol Cirulli Lanham

Postpartum exercise classes/mother and baby exercise classes/yoga classes

- From the Heart Yoga Center - 940 E. Fulton Street, Grand Rapids 49503
(616) 336-YOGA (9642)

Postpartum depression resources and support groups

- LAB (Life After Baby) Contact: Jenna Scott
(jscottwordistry@yahoo.com) or Diane Groeneweg
(littlelady721@sbcglobal.net)
Location: Ada
- Healthier Communities – Postpartum Adjustment Support Group
for support, education and sharing. 616-391-1771 or 616-391-5000
When: Evenings: Every 1st and 3rd Tuesday, 8pm – free
Mornings: Every 2nd and 4th Tuesday, 9:39am – free

Where: Spectrum Health Healthier Communities
320 Michigan St. NE, Grand Rapids (free parking on-site)

No registration required – babies and/or support persons are welcome.
For schedule changes around major holidays or inclement weather call
616-391-5000

- Occasionally, a massage therapist joins the group to provide relaxing massages to mothers and shares info about infant massage.

Naturopathic/homeopathic services/stores and clinics

- Ellen Costantino: Holistic Care Approach -
www.holisticcareapproach.com
- Fit 4 Life – Holistic Health Counselor
Heather S. Winia: 616-403-3636
www.fit4lifeonline.com
- Jacquelyn Lehman – CranioSacral Therapy 616-677-9907

Online Resources:

- www.kellymom.com – breastfeeding and parenting resource.
- www.dona.org
- www.lalecheleague.org – breastfeeding support
- kidshealth.org and medlineplus.gov – Reliable websites for learning about children’s health.
- www.grandrapids.babyzone.com – Family resources
- Twin Services Inc. www.twinsfoundation.com
- www.grfamilyconnections.com – Unique family businesses
- www.nationalshareoffice.com – Support for grieving families.
- <http://www.ican-online.org> – International Cesarean Awareness Network

Postpartum exercise classes/mother and baby exercise/yoga classes

- From the Heart Yoga Center – 940 E. Fulton Street Grand Rapids, MI (616) 336-YOGA (9642)

Support groups for parents of children with special needs

- Ken-O-Sha Diagnostic Center
Provides a quality comprehensive educational evaluation for children suspected of having an impairment that may interfere with their educational success or impact learning:
www.grps.k12.mi.us/sped/kenosha/default.html
Location: 1353 Van Auken SE, Grand Rapids, MI 49508 (616) 819-2685
- Early On
This group services children ages 0-36 months in Kent County. There are no income requirements and the program is free to children that qualify.

Visit Website: <http://www.kentisd.org/earlyon/eo.htm>

Location: 1800 Leffingwell NE, Grand Rapids, MI 49525 (616) 365-231

- **CAUSE Special Education**

A statewide non-profit coalition providing free information, referral, support, advocacy, and workshops to parents and professionals working with children with disabilities and special needs:

www.causeonline.org

Location: 6945 Madison, SE, Grand Rapids, MI 49548 (616) 455-8719

- **Children's Therapy Center**

The Children's Therapy Center offers a number of programs to treat a variety of pediatric diagnoses. The various therapies include; Aquatic Therapy, Blooming Babes, Individual Therapy, Interactive Metronome, Social Skills Classes, and Therapeutic Listening. Because parents and siblings can contribute immensely to the success of the program, involvement is not only encouraged, it's imperative. Children diagnosed with ADD, cerebral palsy, Autism, Asperger's Syndrome, pervasive developmental disorder, apraxia, hypotonia, can all benefit from various therapies. Call today for an evaluation: www.helpingyourchild.com

Location: 395 South Shore Dr., Suite # 101, Battle Creek, MI 49015 (269) 963-7979

- **BRAINS (Behavioral Resources and Institute for Neuropsychological Services)** – Offers a wide range of services: Neuropsychology,

Occupational Therapy, Physical Therapy, Counseling, Speech and Language Therapy, Support Groups, and more. 3351 Eagle Run Drive NE, Grand Rapids, MI 49525. (616) 365-8920

www.brainspotential.com

Teen parent support groups/educational services

- **Preparing for Childbirth - Teen Class**

Designed to help teens prepare for the baby's birth. Content is similar to the *Preparing for Childbirth* classes but is directed to the special needs and concerns of teens. Support person or partner is encouraged to attend. A tour of the Family Birthplace is included. \$90

Pre-registration is necessary.

Call: Spectrum Health Healthier Communities (616) 391-5000

VBAC/CA support groups

- **Vaginal Birth After Cesarean (VBAC)**

If you had a previous Cesarean birth and are planning on a vaginal delivery with a subsequent pregnancy, this session will share information on a VBAC, considerations, and a video to help prepare for this type of delivery.

In addition, enrollment in a *Refresher Class* or the *Preparing for Childbirth* series is strongly recommended. \$25 Pre-registration is necessary.

Location:

Spectrum Health Healthier Communities
Grand Rapids, MI
(616) 391-5000