

Pregnancy Resources

Please note these are not recommendations but examples of available resources. Always consult with your provider or care team for guidance on finding the best options for you.

Vermont Birth Network

www.vermontbirthnetwork.com/pregnancy -- Listing of support professionals who care for families across the state of Vermont offering specialized care, guidance, and support throughout the pregnancy journey

Childbirth Education Classes

- Porter Medical Center Childbirth Education: 3 classes offered monthly. See schedule on PMC website or ask at an appointment. Registration required.
 - Classes held in Middlebury
 - Understanding Birth, Comfort Measures, Understanding Breastfeeding
- Beginnings Childbirth – beginningschildbirth.com
 - Offering childbirth preparation, breastfeeding/chestfeeding, and infant care classes in South Burlington or virtually
- GROW Prenatal & Family Center – growfamilyvt.com, 802-448-0288
 - Offers birth doula services, prenatal & postnatal yoga and fitness classes (in-person and live-streamed on Zoom), childbirth education classes
- Carolyn Lewis, wellspringhypno.com, carolyn@wellspringhypno.com, 802.872.0089
 - Offers Hypnosis for Childbirth classes
 - Classes held in Essex Junction
- Vermont Doula Company – vermontdoulacompany.com
 - Offers childbirth, breastfeeding, newborn care, infant CPR classes, birth and postpartum doula services

Lactation Support

- Health Vermont Website: List of In-home and Telehealth Lactation Consultants in Vermont
 - [Lactation Support and Pump Providers](#)
- Porter Medical Center Childbirth Education: 3 classes offered monthly. See schedule on PMC website or ask at an appointment. Registration required.
 - Classes held in Middlebury
 - Understanding Birth, Comfort Measures, Understanding Breastfeeding
- Alice Norris, bloomingbabiesvt.com, norris.alice@gmail.com, 802.488.5153
 - In-home lactation consultation, breastfeeding classes, breast pumps
- Judith Fayre, LLC – Lactation Consultant. www.judithfayre.com, 603.568.8282
 - Home visits, phone consultation, private prenatal breastfeeding class, tongue tie assessment, pumping consultation, back-to-work consult
 - Serving the Shelburne/Charlotte/Middlebury/Burlington area
- Lactation Resources of Vermont, lactationresourcesvt.com, info@lactationresourcesvt.com, 802.878.6181
 - Home consultations, breastfeeding classes, lactation pumps and supplies
 - Lisa Velasquez Kerns, BS, IBCLC, RLC – servicing Rutland County in person and virtually anywhere. lactationresourcesvt.com/promisebreastfeeding
- Natural Beginnings, naturalkirby@gmail.com, 802.236.4136
 - Vicki Kirby RN, IBCLC offers in-home lactation consultation, electric breast pumps
- Susan Cutting, Certified Lactation Counselor, Breastfeeding Peer Counselor, Crown Point, NY suecutting60@gmail.com, 518.597.3302, cell 518.304.3608
- Addison County Home Health - Visiting Nurses, 802.388.7259
- Area WIC Offices – Providing breastfeeding support and pump rentals
 - Addison County, VT 802.388.4644 healthvermont.gov/local/middlebury/wic-middlebury
 - Chittenden Cty, VT 802.863.7323 healthvermont.gov/local/burlington/wic-burlington
 - Rutland County, VT 802.786.5811 healthvermont.gov/local/rutland/wic-rutland
 - Essex County, NY 518.873.3560 essexcountyny.gov/Health/wic/

New York Lactation Resources

- CVPH Lactation Clinic – Monday-Saturday from 9 am-4 pm, 518-562-7142
- MOMS Program – Medicaid eligible, no prescription needed, 518-873-3500
- Saranac Lake Health Department – 518-891-4471
- Nature's Way Baby Café – 518-562-7142, babycafeusa.org
- Lactation Home Visits –
 - Alice T. Gonyar, RN, IBCLC – 802-488-4333
 - Laura Sigel, CLC – 518-534-8773
 - Haley Omrod, RN IBCLC – 802-734-3847, hello@haleyibcl.com
- New York Breast Pump Sales and Rentals
 - Westside Medical Supply – 585-227-8750 x 103
 - Byram Healthcare – 877-902-9726, byramhealthcare.com
 - Edge Park – 888-394-5375, edgepark.com

Doulas

- Demi Selzer – demidoulaservices@gmail.com
 - Offers labor doula services
- Birth Love Doula Services – Arrity Deakin, birthlovedoula.com
 - Offers labor and overnight postpartum doula services
- Jackie Laitsch – jackielaitsch@gmail.com, 608-215-0264
 - Offers volunteer labor doula services
- Birthing Doula Ministry – Dorcas Plemmons, doulaministrydp@gmail.com, 828-550-3553
 - Offers labor doula services in Rutland County and at Porter
- Meg Bronz Doula Services – megbronz.com
 - Offers labor and postpartum doula services
- Heather Gallagher – heathergallagher.co
 - Offers labor and postpartum doula services and birth & family photography
- GROW Prenatal & Family Center – growfamilyvt.com, 802-448-0288
 - Offers birth doula services, prenatal & postnatal yoga and fitness classes (in-person and live-streamed on Zoom), childbirth education classes
- Emily Piazza – nourishedjourney.co, 802-557-4130
 - Offers full-spectrum doula services
- Greer Sargeant – postmoderndoula.com
 - Offers full-spectrum doula services
- Vermont Doula Company – vermontdoulacompany.com
 - Offers birth and postpartum doula services; childbirth, breastfeeding, newborn care, and infant CPR classes

Yoga/Exercise

- GROW Prenatal & Family Center – growfamilyvt.com, 802-448-0288
 - Offers birth doula services, prenatal & postnatal yoga and fitness classes (in-person and live-streamed on Zoom), childbirth education classes

Physical Therapy

- Judy Holmes PT, Middlebury Physical Therapy, MPTJudy@sover.net, 802.398.2700
 - Pre/postnatal therapy
- VT Moms Physical Therapy & Performance, vtmomspt.com, Vergennes
 - Pelvic Floor PT, Birth Prep, Postpartum Exercise/Running
 - Modern physical therapy for the active and busy mother
- Evolution Physical Therapy & Yoga Studio, 802.864.9642, pt@evolutionvt.com, Burlington
- Synergy in Motion Physical Therapy, Allison Zimmer, 802.453.5245, North Street, Bristol
- Wells Physical Therapy, addisonwellnesspt.com, 802.388.3533, Middlebury
- Phoenix Physical Therapy, PLC, phoenixpt.com, 802.863.6662, South Burlington
 - Pelvic Floor Dysfunction, Prenatal and postnatal PT

- Pelvic Health, A Specialty Physical Therapy office, pelvichealthvermont.com/
802.863.3323, South Burlington
 - Prenatal and postnatal PT
- Vermont Sports Medicine Center, vermontsportsmedicinecenter.com, offices in Brandon, Rutland, Castleton. Makenzie Williams, DPT – pelvic health and conditions related to pregnancy

Therapeutic Massage

- Vermont Birth Journeys, vtbirthjourneys.com
 - Prenatal massage and massage for new parents
- Stephanie Powers, Riverside Natural Health Center, middleburymassage@gmail.com, 802.989.7669, Middlebury
- Stacey Lee Dobek and Jack Dobek, centerforintegrativebodywork.massagetherapy.com, 802.388.0414, Middlebury
- Sarah Wylie ND, redblossommedicine.com, 802.349.6598 / 802.352.9078, Middlebury
 - Abdominal massage
- Pyramid Holistic Wellness Center, www.pyramidvt.com, 802.775.8080, Rutland
- The Bodywork Studio, Terrie Davis, bodyworkstudio.biz/, 518.543.6176 main office, 802.877.6362 (c)
 - Prenatal massage, Middlebury VT and Hague NY
- Annemarie Altadonna, altasr@gmavt.net, 802.989.5286, offices in Bristol and Burlington, home visits
- Touch VT, Mark Adams, Victoria Irwin, touchvt.com, 802.310.3608, Bristol
- Green Mountain Bodywork, Hanni Guinn, greenmountainbodywork.com, 802.349.7500, Middlebury
- Waterfalls Day Spa, middleburyspa.com, 802.388.0311, Middlebury
 - Offers prenatal massage after 16 weeks

Craniosacral Therapy

- Stacey Lee Dobek and Jack Dobek, centerforintegrativebodywork.massagetherapy.com, 802.388.0414, Middlebury
- Karen Kennedy, kkm5@comcast.net, 802.558.4491, remote healing, treats babies (colic, latch)
- John McPartland DO, 802.388.8304, Middlebury
- Karen Miller-Lane ND, LAc, natmedvt.com, 802.388.6250, Middlebury
- Vermont Center for Integrative Therapy, vtcit.com, 802.658.9440, South Burlington
- Waterfalls Day Spa, middleburyspa.com, 802.388.0311, Middlebury
 - Offers pre/post natal CST

Chiropractors

- Middlebury Sport and Spine, middleburysportandspine.com, 802.388.0970
 - Webster technique, pelvic floor therapy
- Nicholas Cannon DC, Integrated Medicine, integratedmed.net, 802.458.0488, Middlebury
- Addison Country Chiropractic Center, Joel and Kim Palmer, 802.877.3567, Vergennes
- Charles Paolantonio DC, 802.388.3033, N. Ferrisburgh
- Julia (Jes) Sturges DC, 802.388.2602, Middlebury
- Mark Bradley, Bradley Chiropractic Group, bradleychiropracticgroup.com, 802.864.5150, Burlington
- Thayer Osborne DC, 802.453.5588, Chiropractic Health & Wellness, Bristol
- John Guerriere DC, Shelburne Chiropractic, 802.985.8130, Shelburne
- Fostering Wellness, fosteringwellness.net, 802.247.6464 Brandon, 802.773.8306 Rutland
- Erin J. Sepic DC, Synergic Health, synergichealth.com, 802.404.2138, Richmond
 - Prenatal chiropractic
- Dr. Christine Lebiecki CACCP, Family First Chiropractic, familyfirstchiro.com, 802.860.0382, Colchester
 - Certified pediatric and prenatal by ICPA (CACCP)

Acupuncture

- Nieve Shere MS, LAc, Shere Family Acupuncture, sherefamilyacupuncture.com, 802.989.7669, Middlebury
- Dalite Sancic DACM, L.Ac, Moon Brook Medicine, moonbrookmedicine.com, 802.855.8547, Rutland
- Karen Miller-Lane ND, LAc, naturalmedicineofvermont.com, 802.388.6250, Middlebury
- Wendy Goodwin, 802.385.1900, Middlebury
- Carol Price PT, LAc, Eastwest Acupuncture and PT, 802.453.5999, Bristol
- Charles Murdock LAc, Toyohari Vermont, toyoharivermont.com, 802.985.8800, S. Burlington
- Robert Davis MS, LAc, Acupuncture Vermont, acupuncturevermont.com, 802.862.8880, S. Burlington
- Elizabeth Scheuerman LAc, NE Center for Acupuncture and Herbology, 802.985.0718, Shelburne
- Stuart Cohen LAc, 802.862.2273, S. Burlington
- Amy Littlefield ND, MSOM, LAc, 802.989.7882, Middlebury
- Kelly Kaeding MS, LAc, vermontacupuncture.com, Kelly@vtacupuncture.com, 802.951.8815, Burlington
 - Acupuncture and Chinese herbal medicine offering support throughout pregnancy and assistance in postpartum issues
- Jeanette Moy BSME, MS, LAc, jwmoyacupuncture.com, 802.363.4545, S. Burlington
 - Specializes in treatment of infertility, pregnancy, and women's health conditions
- Katina Martin ND, LAc, MSOM, midwife, Vermont Natural Family Health, Middlebury vermontnaturalfamilyhealth.com, 802.352.9078
- Victoria Hovde, 802.233.3456, Middlebury

Herbalists

Many of the acupuncturists also work with Chinese herbal medicine. See websites above.

Homeopathy

- Sallie Mack, 802.425.6212, Middlebury and Charlotte

Naturopaths

- Katina Martin ND, LAc, MSOM, midwife, Vermont Natural Family Health, Middlebury vermontnaturalfamilyhealth.com, 802.352.9078
- Integrated Medicine, integratedmed.net, 802.458.0488, Middlebury
 - Emily Mahar Cannon ND
- Amy Littlefield ND, MSOM, LAc, 802.989.7882, Middlebury
- Rutland Integrative Health, 802.776.4901, Rutland
- Rutland Naturopathic Clinic, rutlandnaturopathic.com, 802.772.7117, Rutland
- Karen Miller-Lane ND, LAc, naturalmedicineofvermont.com, 802.388.6250, Middlebury
- Mountain View Natural Medicine, mountainviewnaturalmedicine.com, 802.860.3366, Colchester
- Bill Warnock ND, Champlain Center for Natural Medicine, vtnaturalmed.com, 802.985.8250, Shelburne

Pediatricians and Dentists

See your Prenatal folder for lists of pediatricians, family doctors, and dentists.

Domestic Violence

- Atria Collective, atriavt.org,
 - Free, confidential 24-hr hotline 800.388.4205
- VT Department for Children and Families, dcf.vermont.gov
 - Child Abuse Hotline, 800.649.5285
 - Middlebury 802.388.4660
 - Rutland, 802.786.5817

- Victim's Advocate, ccvs.vermont.gov
 - Addison County State's Attorney Office 802.388.7931
 - Rutland County State's Attorney Office 802.786.2531
- Rutland County Women's Network and Shelter
 - Hotline 802.775.3232

Healthcare Assistance

- WIC / Children's Integrated Services
 - Middlebury 802.388.4644 or 888.253.8804
 - Rutland 802.786.5811
 - Lead Hotline 800.439.8550
- Open Door Clinic, opendoormidd.org
 - Middlebury/Bristol 802.388.0137
- Addison County Home Health Agency, achhh.org, 802.388.7259
- Baby Steps to Bright Futures Program, essexcountyny.gov/Health/familyhealth/new-mom-babe-care/, 518.873.3500
 - Essex County NY's voluntary universal newborn home visiting program

Infant CPR Classes

- Middlebury Regional EMS, middlebury911.org, 802.388.3286, ext 103
- Vermont Doula Company, vermontdoulacompany.com/learn
- American Red Cross, redcross.org

Playgroups/Story Times/Mom Groups

- www.minibury.com – A reliable resource for family-friendly events, activities, camps, and educational opportunities.
- The Blooming Circle – A mom-to-mom support group in Bristol offering mothers a space to share their experiences, learn from one another, make connections. Organized by Kelly Bessette, kbessette09@gmail.com or join the Facebook group (The Blooming Circle) or visit the Instagram page (@thebloomingcircle.802)
- Buildingbrightfutures.org

Children's Services

- Addison County Parent/Child Center, 802.388.3171
- Children's Integrated Services
 - Middlebury 802.388.4644 or 888.253.8804
 - Rutland 802.786.5811 or 888.253.8802
- Addison County Child Services Center, 802.388.4304
- Champlain Valley Office of Economic Opportunity (Head Start), 802.388.9881
- Parent-to-Parent of Vermont (Winooski), 802.655.5290, 800.800.4005
- Rutland Head Start, 802.775.8225
- VT Achievement Center—Childcare Support Services, vacvt.org, 802.747.0033
- Rutland County Parent Child Center, 802.747.5039, 800.974.2034
- Childcare Subsidy Program, Mary Johnson Children's Center, mjccvt.org/paying, 802.388.4304
- Essex County NY Health Department, essexcountyny.gov/Health, 518.873.3500
 - Public Health, Home Health, Children's Services, WIC

Transportation

- Addison County Transit Resources (ACTR), actr-vt.org, 802.388.1886
- Marble Valley Regional Transit District, thebus.com, 802.773.3244
- Green Mountain Transit (CCTA), ridegmt.com, 802.864.2282

Economic Assistance

- Department for Children and Families – Economic Services Division, dcf.vermont.gov/esd, Use their online application to apply for 3SquaresVT, Essential Person, Fuel Assistance & Reach Up; 802.388.3146 for Middlebury office
- Vermont Medicaid and Dr. Dynasaur – Vermont Health Connect Help Center, info.healthconnect.vermont.gov; 802.388.3146 for Middlebury office

Maternity/Infant Clothes and Supplies Resale Shops

- Junebug Mother and Child, junebugvt.org, 802.388.1055, Middlebury
- Your Turn Resale Shoppe, 802.877.3915, Vergennes
- Once Upon a Child, onceuponachildwilliston.com, 802.878.5434, Williston

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