Pregnancy Resources

Childbirth Prep Classes

- Porter Medical Center Expectant Parent Class, (802)382-3413
  - Condensed weekend courses available
  - Classes held in Middlebury
- Alice Norris, (802)434-4438, anorris@mypointexactly.com
  - Hypnobirthing® instructor
  - Classes held in Huntington
- Rachel Alling, (802)434-2212, www.rachelalling.com, info@rachelalling.com
  - Natural childbirth classes
  - Classes held in Richmond
- Julie Lima, (802)897-5259, julielima@live.com
  - Hypnobirthing® instructor
- Carolyn Lewis, (802)872-0089
  - Offers Hypnosis for Childbirth classes
  - Classes held in Essex Junction
- Birth Journeys, (802)872-5746
  - Offering childbirth education classes as well as birth and postpartum doula services.
- Sue Jaynes, Birthways Childbirth Preparation (802)899-4773
  - Private classes only
- Alyson Young, (802) 989-7900, Windancer Healing Arts, alyson@windancervt.com / www.windancerhealingarts.com
- Debbie Hewitt-Rutland – (802)235-2671

Breastfeeding Support

- La Leche League Referral Line 879-3000
  - La Leche League – Rutland
    - Lisa – (802)325-2566
    - Liz – (802)483-6296
    - Diane – (802)483-6820
- Alice Norris, (802)434-4438, anorris@mypointexactly.com
- Promise Lactation Consultants, (802)325-2566n – Rutland, Lisa Velasquez, BS, IBCLC, LLLL
- Electric Breast Pump Rental
  - Lactation Resources of Vermont, (802)878-6181
  - Vicki Kirby, RN, IBCLC, (802)236-4136
- Breastfeeding Basics Classes at Porter Medical Center, (802)382-3413
  - Lead by Vicki Kirby, RN, IBCLC
- Natural Beginnings Breastfeeding Support Group, Vicki Kirby (802)236-4136
- Addison County Home Health-Visiting Nurses (802)388-7259
- Professional Nursing Services, (800)446-8773 or (802)388-4343
- WIC VT Department of Health (802)388-4644
- Lactation Consultants
  - Vicki Kirby, RN IBCLC, (802)236-4136 cell, (802)948-2172 home
  - Alison Wurst, CNM – (802)545-2065
  - Alice Norris, (802)434-4438, anorris@mypointexactly.com
  - Tricia Cassi, BSS, ICCE, IBCLC (802)453-6655
  - Kathleen Bruce, (802)865-0001
Susan Cutting, Certified Lactation Counselor, Breastfeeding Peer Counselor, Crown Point, NY (518) 597-3302, cell (518) 304-3608, suecutting60@gmail.com

- The Breastfeeding Project of Rutland County breastfeedingproject@gmail.com

Pregnancy and Birth Art

- Henna Body Art—Rebecca Freedner, (802)877-2337
- Belly Casts—Bethany Farrell, (802)877-6524, www.bethanyfarrell.com, bethanyfarrell@verizon.net

Yoga/Exercise

- Porter Medical Center, (802)382-3413
  - Offers prenatal and postpartum exercise classes
  - Located in Middlebury
- Katie Bohlin, www.yogarootsvt.com, info@yogarootsvt.com, 802-985-0090
- Evolution Physical Therapy and Yoga, (802)864-9642, www.evolutionvt.com, yoga@evolutionvt.com
  - Located in Burlington
  - Located in Pittsfield
- Emily Abruzzi, (518)420-9129, www.thebreathingbody.com
- Lina Hanson, Studio Bliss, linacloffe@hotmail.com, www.yogapranashakti.com
  - Offers Mom and Baby (Postnatal) Yoga, Yoga PranaShakti

Physical Therapy

- Judy Holmes, Middlebury Physical Therapy, (802)398-2700, MPTJudy@sover.net
  - Pre/postnatal therapy
- Evolution Physical Therapy and Yoga, (802)864-9642, www.evolutionvt.com, pt@evolutionvt.com
- Alison Zimmer, Synergy in Motion, (802) 453 5245, fax(802) 453 2988, 28 C North Street, Bristol VT 05443
- Wells Physical Therapy, Middlebury VT, (802)388-3533
- Phoenix Physical Therapy,PLC, (802)863-6662 – Pelvic Floor Dysfunction
- Pelvic Health, Katie DeCarolis, PT – (802) 863-3323 http://pelvichealthvermont.com/

Therapeutic Massage

- Stephanie Powers, (802) 989-7669, Riverside Natural Health Center, middleburymassage@gmail.com
- Stacey Lee and Jack Dobek, (802) 388-0414
- Erin Benjamin, 349-2787  erinbenjaminvt.com
- Sarah Wylie, ND, Abdominal massage, (802) 349-6598 / (802) 352-9078
- Dynamic Energy Therapy, Chris Adams, (802) 775-0354 - Rutland
- Pyramid Holistic Wellness Center, (802)775-8080, www.pyramidvdt.com
- The Bodywork Studio (802)877-6362
  - Terrie Davis
- Ginger Kipp, (802)578-9007, gmkipp@aol.com
- SomaWork Wellness Center, (802) 388-4882 - Caryn Etherington, Nancy Tellier, Irene Paquin
- Touchstone Healing Arts, Jennifer Harris, www.touchstonehealingarts.com (802)658-7715
- Green Mountain Bodywork, Hanni Guinn, (802)349-7500
- Emily Abruzzi, Middlebury & Westport NY – (518)962-8555
- Annemarie Altadonna, (802)453-4714

Cranio-sacral Therapy

- Karen Kennedy (802)558-4491
- Dynamic Energy Therapy, Chris Adams, (802) 775-0354 - Rutland
- John McPartland, DO, (802)388-8304
- Leila Joseph, (802)453-7088, (508)460-7038, bodicatt@aol.com
- Victoria Hovde (802)453-3846
- Sally Sise (802)877-3100
- Rachel Baird, (802)388-4880
- Nancy Tellier, (802)388-4882 ext 1
- Karen Miller-Lane, (802)388-6250
- Ginger Kipp, (802)578-9007, gmkipp@aol.com Offers treatments for infants, children, & adults
- Kimberly Clark, DPT, Porter Rehabilitation and Orthopedic Services (802)388-4330
- Ascent Wellness, Essex NY, (518) 528-9958 www.ascentwellness.com

Chiropractors

- Win Kelley, (802)388-8404
- Nicholas Cannon, Integrated Medicine, (802)458-0488
- Addison Country Chiropractic Center, Joel and Kim Palmer, (802)877-3567
- Thrive Center, Wallingford, VT, (802)446-2499
- Charles Paolantonio, (802)388-3033
- Jess Sturges, (802)388-2602
- Mark Bradley, (802)864-5150
- McDaniel Chiropractic Services, (802)388-0970
- Network Chiropractic, (802)985-8901
- Thayer Osborne, (802) 453-5588
- John Guerriere, (802) 985-8130
- David Pierson, (802)985-5833
- Fostering Wellness, (802) 247-6464 (802) 773-8306 - Brandon, Rutland
- Synergic Health, Erin J. Sepic (802)434-5437 – Richmond
- Seth Rosenblum, Jay, NY (518) 946-7886 www.chiroinjay.com
- Family First Chiropractic, Dr. Christine Lebiecki, CACCP, (802)860-0382, www.familyfirstchiro.com

Acupuncture

- Nieve Shere, Family Acupuncture, (347) 251-2155 www.sherefamilyacupuncture.com, nieve@sherefamilyacupuncture.com – Middlebury
- Wendy Goodwin (802)385-1900
- Charles Murdock, (802)985-8800 - Shelburne
- Acupuncture Vermont, (802)862-8880
- Elizabeth Scheuerman, (802)985-0718
- Stuart Cohen, (802)862-2273
- Karen Miller-Lane, (802)388-6250
- Eastwest Acupuncture and Physical Therapy, (802) 453-5999
  - Carol Price
- Kelly Kaeding, Acupuncture and Thai Bodywork, (802)951-8815, www.VTacupuncture.com, Kelly@VTacupuncture.com
- Maxine Fidler, Acorn Natural Medicine, www.acorn-natural-medicine.com, (802)349-0440
- Pyramid Holistic Wellness Center, (802)877-8080, www.pyramidvt.com
• Jeanette Moy, (802)363-4545
• Katina Martin, Salisbury Natural Family Health, www.drkatinamartin.com, (802)352-9078
• Victoria Hovde (802)453-3846

Herbalists
• Pyramid Holistic Wellness Center, (802)775-8080. www.pyramidvt.com
• Maxine Fidler, Acorn Natural Medicine, www.acorn-natural-medicine.com, (802)349-0440

Homeopathy
• John Roos, (802) 869-7967
• Liz McFarland, (802)453-4191
• Bill Warnock, (802)985-8250
• Margaret Smiechowski, Pyramid Holistic Wellness Center, (802)775-8080, www.pyramidvt.com
• Sallie Mack, (802)425-6212

Naturopaths
• Katina Martin, Salisbury Natural Family Health, www.drkatinamartin.com, (802)352-9078
• Emily Mahar Cannon, Integrated Medicine, (802)458-0488
• Amy Littlefield, (802)448-3388 or (802)458-0488
• Beverly Roseberry, (802)779-0114
• Karen Miller-Lane, Natural Medicine of Vermont, (802)388-6250
• Lorilee Schoenbeck, (802)860-3366
• Maxine Fidler, Acorn Natural Medicine, www.acorn-natural-medicine.com, (802)349-0440
• Emily Cannon, Integrated Medicine (802)458-0488

Pediatricians
• Middlebury Pediatrics and Adolescent Medicine, (802) 388-7959
• Rainbow Pediatrics, (802)388-1338
• Pediatric Associates of Rutland, (802)773-9131
• Sanctuary Integrative Medicine, (802)775-7848
• David Beguin, MD, Plattsburg, NY (518)5620151

Family Practice Physicians Who Offer Pediatric Care
• Little City Family Practice, (802)877-3466
• Mountain Health Center, (802)453-5028
• Middlebury Family Health, (802)388-1500
• Neshobe Family Medicine, (802)247-3755
• Addison Family Medicine (802)388-7185
• Castleton Family Health, (802)468-5641
• Green Mountain Family Medicine, (802)775-7989
• Peter Hogenkamp, M.D. & Lisa Hogenkamp, M.D., (802)747-3359 – Rutland
• Matthew Kingsbauer, Family Practice – Rutland (802) 773-1321

Dentist
• Red Clover Dentistry, Bristol VT, (802)453-3911

Domestic Violence
• Woman Safe, (802)388-9180  
  o 24-hr hotline (800)388-4205  
• VT Department for Children and Families  
  o Middlebury, (802)388-4660  
  o Rutland, (802)786-5817  
• Victim Advocate  
  o State’s Attorney Office, (802)388-7931  
  o Rutland (802)786-2531  
• Rutland County Women’s Network and Shelter  
  o Hotline (802)775-3232  
  o Sexual Abuse (802)489-7273  
  o Domestic Abuse (802)228-7395

Healthcare Assistance

• WIC/ Children’s Integrated Services  
  o Middlebury (802)388-4644 or (888)253-8804  
  o Rutland (802)786-5811  
  o Lead Hotline 800-439-8550  
• Open Door Clinic  
  o Middlebury/Bristol (802)388-0137  
• Addison County Home Health Agency, (802)388-7259  
• The Screen Door, www.screendoor.vt.gov  
• VT lead safety project, Bristol 453-5617  
• HIV hotline 800-882-2437  
• Teratogen Hotline 802-658-4310 (Fri pm)

Infant CPR Classes

• Barb Wagner, RN, (802) 758-2420

Playgroups/Story Times/Mom Groups

• www.minibury.com – A reliable resource for family-friendly events, activities, camps, and educational opportunities. Click on “Event Calendar” and the “Categories” dropdown box and you will find events by age of child and type.
• Buildingbrightfutures.org  
• Birth Journeys (802) 872-5746  
• Vergennes Play Group at Congregational Church (802) 388-3171

Counseling Resources

Middlebury

• Julia Steen MA, PAC (802) 989-1836; steenpsychologyvt.com; specializing in women’s reproductive mental health (not taking new patients 11/2017)
• Andrew Morton LICSW (802) 377-7127; mortonpsychotherapy.com; andrew@mortonpsychotherapy.com  
• Julie Tatkon LCSW (917) 502-0893; juliert123@aol.com
- Kristin Mitchell LCSW (802) 388-1919; katchkristin@gmail.com; couples, individuals, adults, teens, groups
- Donna Belcher MA (802) 388-3362; donna6105753@yahoo.com; hypnosis, guided imagery, childbirth education, smoking cessation, abortion/adoption
- Elizabeth McCracken LICSW (802) 233-6338; specializing in adolescents and young adults
- Debbie Tracht MA, CAGS, ACAC (802) 349-7222; www.middleburycenter.com; dstracht@gmail.com; coaching and consultant for ADHD, Executive Function Disorders, and related issues
- Michael A. Castelli CMHC (802) 324-1383; michaelcastelli.com; music therapy
- Peggy Sax (802) 388-1032
- Mary Claire Dehaven (802) 349-7095
- Mary Brevda (802) 388-7435
- Beth Keathley (802) 388-3090
- Grace McGrath (802) 388-6013
- Carolyn Carey (802) 377-2014
- Karen Winston (802) 388-0236
- Anne Goldman (802) 731-0438

Vergennes
- Rebecca Fitton, Vergennes Counseling Center (802) 877-6222
- Sharon Coleman (802) 877-6222

Rutland
- Pyramid Holistic Wellness Center (802) 775-8080, www.pyramidvt.com
- Laurie Coombs LICSW (802) 282-1786

Burlington
- Postpartum Depression Support, Sandra Wood, CNM (802) 847-2785
  First and third Wednesdays starting February
- Nina Miller, 802-349-8839 http://www.essenceinstitute.com/healing-services/nina-miller/
- Vermont Center for Integrative Therapy (802)658-9440 http://www.vtcit.com/
  Gillian Boudreu (802)658-9440 ext. 209
- Eastern View Integrative Medicine http://easternviewvt.com/
  Emily Miller, MA, LCMHC (802) 598-7358 (also offers postpartum support group therapy)
  Carmen Maron Walker, M.A., NCC (802) 793-6655
  Lindsay Jernigan, PhD (802) 229-8270 http://www.drlindsayjernigan.com/
Fiona Griffin, (802)- 448-0698, fionagriffincounseling@gmail.com / fionagriffincounseling.com

Clinton County NY
- Clinton County Mental Health (518) 565-4060
- Behavioral Health Services North (518) 563-8000

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, (802)747-0033
- Rutland County Parent Child Center, (802)747-5039, (800)974-2034
- Childcare Subsidy Program, Jane Reilly, (802)388-4304

Transportation
- Addison County Transit Resources (ACTR), (802)388-1886
- Chittenden County Transportation Agency (CCTA), (802)864-2282, www.cctaride.org

Economic Assistance
- Health Access Eligibility Unit, (800)250-8427
  - To apply for Medicaid only
- Economic Services, (802)388-3146
  - To apply for Food Stamps, Reach-Up, and Medicaid

Placenta Encapsulation
- Tara Carpenter, CPES (802)595-0726 www.happybellies.net

Maternity/Infant Clothes and Supplies Resale Shops
- Junebug Mother and Child (802)388-1055
  - Park Street, Middlebury
- Your Turn Consignment Shop, (802)877-3915
  - Main Street, Vergennes
- Once Upon a Child, (802)878-5435
  - Tafts Corner Shopping Center, Williston
- Trading Post for Little Folks, (802)878-1327
- Baby K Threads, Laura Kaufman, babykthreads@gmail.com, facebook.com/babykthreads