

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
 - Kate Dewar, (207) 491-3783, kate@jumellesvt.com
 - Tricia Cassi, BSS, ICCE, IBCLC (802)453-6655
 - Kathleen Bruce, (802)865-0001

- o 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
 - o Offers prenatal and postpartum exercise classes
- Otter Creek Yoga, (802)388-1961, www.ottercreekyoga.com
 - o 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
 - o Located in Burlington
- Bikram Yoga, (802)282-9880, www.bikramyogapittsfield.com
 - o Located in Pittsfield
- Emily Abruzzi, (518)420-9129, www.thebreathingbody.com
- Lina Hanson, Studio Bliss, linacloff@hotmail.com, www.yogapranashakti.com
 - o Offers Mom and Baby (Postnatal) Yoga, Yoga PranaShakti

Physical Therapy

- Judy Holmes, Middlebury Physical Therapy, (802)398-2700, MPTJudy@sover.net
 - o 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 DeCarolus, 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
- Emily Abruzzi, (518)420-9129, www.thebreathingbody.com - New York
- Pyramid Holistic Wellness Center, (802)775-8080, www.pyramidvt.com
- The Bodywork Studio (802)877-6362
 - o 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
- Ten Moons Massage, Shari Corr, CMT, Colchester - www.tenmoonsmassage.com (802)343-1003
- 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.VTakupuncture.com, Kelly@VTakupuncture.com
- Maxine Fidler, Acorn Natural Medicine, www.acorn-natural-medicine.com, (802)349-0440
- Pyramid Holistic Wellness Center, (802)775-8080, 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
 - 24-hr hotline (800)388-4205
- VT Department for Children and Families
 - Middlebury, (802)388-4660
 - Rutland, (802)786-5817
- Victim Advocate
 - State's Attorney Office, (802)388-7931
 - Rutland (802)786-2531
- Rutland County Women's Network and Shelter
 - Hotline (802)775-3232
 - Sexual Abuse (802)489-7273
 - Domestic Abuse (802)228-7395

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
 - 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

- Donna Belcher MA (802) 388-3362; donna6105753@yahoo.com; hypnosis, guided imagery, childbirth education, smoking cessation, abortion/adoption
- Mary Brevda (802) 388-7435
- Carolyn Carey (802) 377-2014

- Michael A. Castelli CMHC (802) 324-1383; michaelcastelli.com; music therapy
- Mary Claire Dehaven (802) 349-7095
- Anne Goldman (802) 731-0438
- Beth Keathley (802) 388-3090
- Elizabeth McCracken LICSW (802) 233-6338; specializing in adolescents and young adults
- Grace McGrath (802) 388-6013
- Kristin Mitchell LCSW (802) 388-1919; katchkristin@gmail.com; couples, individuals, adults, teens, groups
- Julie Tatkon LCSW (917) 502-0893; juliert123@aol.com
- 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
- Peggy Sax (802) 388-1032
- Karen Winston (802) 388-0236

Whiting

- Irene M. Wawrzyniak-Schacht APRN (802) 458-2122; I am a psychiatric nurse practitioner with 40 years' experience in individual therapy, medication management, crisis intervention, family therapy and couples therapy. I can take BCBS and CIGNA and MVP at this time.

Vergennes

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

Rutland

- Laurie Coombs LICSW (802) 282-1786
- Andrew Morton LICSW (802) 377-7127; mortonpsychotherapy.com; andrew@mortonpsychotherapy.com
- Pyramid Holistic Wellness Center (802) 775-8080, www.pyramidvt.com

Burlington

- Health coach - Jackie Budgor HHC, AADP, (802)369-0248, <http://www.theempoweredpantry.com/>
- Vermont Center for Integrative Therapy (802)658-9440 <http://www.vtcit.com/>
Gillian Boudreau (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.drindsayjernigan.com/>
- Fiona Griffin, (802)- 448-0698, fionagriffincounseling@gmail.com / fionagriffincounseling.com

- Nina Miller, 802-349-8839 <http://www.essenceinstitute.com/healing-services/nina-miller/>
- Postpartum Depression Support, Sandra Wood, CNM (802) 847-2785
First and third Wednesdays starting February

Clinton County NY

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

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
 - Red Mall, Susie Wilson Rd, Essex Jct.
- Baby K Threads, Laura Kaufman, babykthreads@gmail.com, facebook.com/babykthreads