

## 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](mailto:anorris@mypointexactly.com)
  - Hypnobirthing® instructor
  - Classes held in Huntington
- 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
- 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](mailto: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](mailto:anorris@mypointexactly.com)
  - Judy Fayre, (603) 568-8282, [judithfayre.com](mailto:judithfayre.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](mailto:suecutting60@gmail.com)
- The Breastfeeding Project of Rutland County [breastfeedingproject@gmail.com](mailto:breastfeedingproject@gmail.com) |

### Pregnancy and Birth Art

- Belly Casts—Bethany Farrell, (802)877-6524, [www.bethanyfarrell.com](http://www.bethanyfarrell.com), [bethanyfarrell@verizon.net](mailto:bethanyfarrell@verizon.net)

## Yoga/Exercise

- Porter Medical Center, (802)382-3413
  - Offers prenatal and postpartum exercise classes
- Otter Creek Yoga, (802)388-1961, [www.ottercreekyoga.com](http://www.ottercreekyoga.com)
  - Located in Middlebury
- Katie Bohlin, [www.yogarootsvt.com](http://www.yogarootsvt.com), [info@yogarootsvt.com](mailto:info@yogarootsvt.com), 802-985-0090
- Evolution Physical Therapy and Yoga, (802)864-9642, [www.evolutionvt.com](http://www.evolutionvt.com), [yoga@evolutionvt.com](mailto:yoga@evolutionvt.com)
  - Located in Burlington
- Bikram Yoga, (802)282-9880, [www.bikramyogapittsfield.com](http://www.bikramyogapittsfield.com)
  - Located in Pittsfield
- Emily Abruzzi, (518)420-9129, [www.thebreathingbody.com](http://www.thebreathingbody.com)
- Lina Hanson, Studio Bliss, [linacloff@hotmail.com](mailto:linacloff@hotmail.com), [www.yogapranashakti.com](http://www.yogapranashakti.com)
  - Offers Mom and Baby (Postnatal) Yoga, Yoga PranaShakti

## Physical Therapy

- Judy Holmes, Middlebury Physical Therapy, (802)398-2700, [MPTJudy@sover.net](mailto:MPTJudy@sover.net)
  - Pre/postnatal therapy
- Evolution Physical Therapy and Yoga, (802)864-9642, [www.evolutionvt.com](http://www.evolutionvt.com), [pt@evolutionvt.com](mailto: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](mailto:middleburymassage@gmail.com)
- Stacey Lee and Jack Dobek, (802) 388-0414
- Erin Benjamin, 349-2787 [erinbenjaminvt.com](http://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](http://www.thebreathingbody.com) – New York
- Pyramid Holistic Wellness Center, (802)775-8080, [www.pyramidvt.com](http://www.pyramidvt.com)
- The Bodywork Studio (802)877-6362
  - Terrie Davis
- Ginger Kipp, (802)578-9007, [gmkipp@aol.com](mailto:gmkipp@aol.com)
- SomaWork Wellness Center, (802) 388-4882 - Caryn Etherington, Nancy Tellier, Irene Paquin
- Touchstone Healing Arts, Jennifer Harris, [www.touchstonehealingarts.com](http://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](http://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](mailto: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](mailto: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](http://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](http://www.chiroinjay.com)
- Family First Chiropractic, Dr. Christine Lebiecki, CACCP, (802)860-0382, [www.familyfirstchiro.com](http://www.familyfirstchiro.com)

#### Acupuncture

- Middlebury Acupuncture, 802-377-5735 [www.middleburyacupuncture.com](http://www.middleburyacupuncture.com)
- Riverside Natural Health Center, (802) 989-7669 [www.sherefamilyacupuncture.com](http://www.sherefamilyacupuncture.com), [nieve@sherefamilyacupuncture.com](mailto: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](http://www.VTakupuncture.com), [Kelly@VTakupuncture.com](mailto:Kelly@VTakupuncture.com)
- Maxine Fidler, Acorn Natural Medicine, [www.acorn-natural-medicine.com](http://www.acorn-natural-medicine.com), (802)349-0440
- Pyramid Holistic Wellness Center, (802)775-8080, [www.pyramidvt.com](http://www.pyramidvt.com)
- Jeanette Moy, (802)363-4545
- Katina Martin, Salisbury Natural Family Health, [www.drkatnamartin.com](http://www.drkatnamartin.com), (802)352-9078
- Victoria Hovde (802)453-3846

#### Herbalists

- Pyramid Holistic Wellness Center, (802)775-8080. [www.pyramidvt.com](http://www.pyramidvt.com)
- Maxine Fidler, Acorn Natural Medicine, [www.acorn-natural-medicine.com](http://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](http://www.pyramidvt.com)
- Sallie Mack, (802)425-6212

## Naturopaths

- Katina Martin, Salisbury Natural Family Health, [www.drkatnamartin.com](http://www.drkatnamartin.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](http://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](http://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](http://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](http://steenpsychologyvt.com); specializing in women's reproductive mental health (not taking new patients 11/2017)
- Andrew Morton LICSW (802) 377-7127; [mortonpsychotherapy.com](http://mortonpsychotherapy.com); [andrew@mortonpsychotherapy.com](mailto:andrew@mortonpsychotherapy.com)
- Julie Tatkon LCSW (917) 502-0893; [juliert123@aol.com](mailto:juliert123@aol.com)
- Kristin Mitchell LCSW (802) 388-1919; [katchkristin@gmail.com](mailto:katchkristin@gmail.com); couples, individuals, adults, teens, groups
- Donna Belcher MA (802) 388-3362; [donna6105753@yahoo.com](mailto: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](http://www.middleburycenter.com); [dstracht@gmail.com](mailto:dstracht@gmail.com); coaching and consultant for ADHD, Executive Function Disorders, and related issues
- Michael A. Castelli CMHC (802) 324-1383; [michaelcastelli.com](http://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](http://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/>
- 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](mailto:fionagriffincounseling@gmail.com) / [fionagriffincounseling.com](http://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](http://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](http://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](mailto:babykthreads@gmail.com), [facebook.com/babykthreads](https://facebook.com/babykthreads)