

Pregnancy Resources

Childbirth Education Classes

- Porter Medical Center Expectant Parent Class, portermedical.org/expectant-parent-classes/
802.388.4720 for questions prior to scheduled class – registration required
 - Condensed weekend courses
 - Classes held in Middlebury or by Zoom
- Alice Norris, bloomingbabiesvt.com, norris.alice@gmail.com, 802.488.5153
 - Hypnobirthing® instructor
 - Classes held in Huntington
- Carolyn Lewis, wellspringhypno.com, carolyn@wellspringhypno.com, 802.872.0089
 - Offers Hypnosis for Childbirth classes
 - Classes held in Essex Junction
- Birth Journeys, vtbirthjourneys.com, 802.233.7909, Burlington
 - Offering childbirth education classes and breastfeeding classes
- Debbie Hewitt 802.235.2671
 - vermontvisitingnurses.org/childrens-home-health-services/childbirth-education-class/
for more information or to sign up
 - Classes are held at the VNAHSR office, 7 Albert Cree Dr., Rutland
- Shari Corr CMT, Doula, Childbirth Educator, tenmoonsmassage.com/birth-services/, 802.343.1003, Colchester

Breastfeeding Support

- Breastfeeding Basics Classes at Porter Medical Center
portermedical.org/expectant-parent-classes/breastfeeding-class/
802.388-4720 for questions prior to scheduled class – registration required
 - Lead by Vicki Kirby, RN, IBCLC
- Alice Norris, bloomingbabiesvt.com, norris.alice@gmail.com, 802.488.5153
 - In-home lactation consultation, breastfeeding classes
- Rooted Beginnings, rootedbeginningsvt.com, rootedbeginningsvt@gmail.com, 802.349.8680
 - Brittany Leno, CLC, Doula – Postpartum Doula & Lactation Consultant
 - In-home support: Breastfeeding support from a Certified Lactation Consultant; Physical support with newborn & child care, meal prep, household work, errands, etc. Mental, emotional and educational support as you adapt to your changing family.
- Kate Dewar, Licensed Midwife and IBCLC, katejdewar@gmail.com, 207.491.3783
 - Monthly prenatal lactation classes in Bristol, VT
 - Lactation consultation
- Lactation Resources of Vermont, lactationresourcesvt.com, info@lactationresourcesvt.com, 802.878.6181
 - Home consultations, breastfeeding classes
- Electric Breast Pump Providers
 - Lactation Resources of Vermont, lactationresourcesvt.com, info@lactationresourcesvt.com, 802.878.6181
 - Natural Beginnings, naturalbeginnings.webs.com, naturalkirby@gmail.com, 802.236.4136, Vicki Kirby, RN, IBCLC
- Natural Beginnings, naturalbeginnings.webs.com, naturalkirby@gmail.com, 802.236.4136
 - Vicki Kirby RN, IBCLC offers in-home lactation consultation
 - Breastfeeding Support Group in Middlebury led by Vicki and Elizabeth Curran
- 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
 - Chittenden County, VT 802.863.7323
 - Rutland County, VT 802.786.5811
 - Essex County, NY 518.873.3560
- Tricia Cassi IBCLC, Outpatient Lactation Consultant for UVMHC, State of Vermont Breastfeeding Coordinator for WIC, 802.355.2082
 - Milk supply issues

Doulas

- Riverside Doula Collective, riversidedoulacollective.com, 802.989.7669
 - Works with families through fertility, pregnancy, birth, and postpartum
 - Open house last Thursday of the month 5 Park St., Middlebury
- Rooted Beginnings, rootedbeginningsvt.com, rootedbeginningsvt@gmail.com, 802.349.8680
 - Brittany Leno, CLC, Doula – Postpartum Doula & Lactation Consultant
 - In-home support: Breastfeeding support from a Certified Lactation Consultant; Physical support with newborn & child care, meal prep, household work, errands, etc. Mental, emotional and educational support as you adapt to your changing family.
- Birthing Doula Ministry – Dorcas Plemmons, doulaministrydp@gmail.com, 828.550.3553
 - Serving Rutland County and surrounding areas
- Birth Journeys, vtbirthjourneys.com, 802.233.7909, Burlington
 - Offering birth and postpartum doula services
- Shari Corr CMT, Doula, Childbirth Educator, tenmoonsmassage.com/birth-services/, 802.343.1003, Colchester
- Sunflower Postpartum Care – Jessica Kimball, sunflowerpostpartumcare@gmail.com, 803.431.4852, sunflowerpostpartumcare.com
 - Postpartum doula specializing in overnight care. Also a birth photographer.

Yoga/Exercise

- Otter Creek Yoga, ottercreekyoga.com, 802.388.1961, Marble Works, Middlebury
 - Kelly Hickey, Prenatal Yoga instructor
- Lisa Boeckman, yogacommonground@gmail.com, Marble Works, Middlebury
 - Prenatal and Postnatal Yoga
- Evolution Prenatal + Family Yoga Center, evolutionprenatalandfamily.com, 802.899.0339, Burlington and Essex
- ShiftWell, shiftwellstudio.com, 875.891.0197, Shelburne
 - Mama-to-Be and Postnatal Mama strength and conditioning classes
- Mountain Yoga, mountainyoga.com, 802.775.1795, Rutland
 - Prenatal yoga with Margery Anderson by appointment
- True Yoga Vermont, trueyogavermont.com, 802.772.7728, 22 Wales St. Rutland
- Lina Hanson, Studio Bliss, linacloffe@hotmail.com, www.yogapranashakti.com
 - Offers Mom and Baby (Postnatal) Yoga, Yoga PranaShakti

Physical Therapy

- Judy Holmes PT, Middlebury Physical Therapy, MPTJudy@sover.net, 802.398.2700
 - Pre/postnatal therapy

- Artemis Physical Therapy, Dana Taussig PT, DPT, artemisadk.com, 518.212.7402
 - Prenatal & postpartum, orthopedic conditions, bladder & bowel dysfunction, prolapse, pelvic pain, pediatric pelvic health, male pelvic health
- Dr. Davida Murray, PT, DPT, New Moon Physical Therapy & Wellness, davida@newmoonpt.com, 802-851-7707, www.newmoonpt.com
 - Modern physical therapy for the active and busy mother
- Evolution Physical Therapy, www.evolutionvt.com, 802.864.9642, pt@evolutionvt.com, Burlington
- Alison Zimmer, Synergy in Motion, 802.453.5245, North Street, Bristol
- Wells Physical Therapy, 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, Katie DeCarolis PT, pelvichealthvermont.com/ 802.863.3323, South Burlington
 - Prenatal and postnatal PT

Therapeutic Massage

- 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
- Lymph Pathway Therapies, Ginger Kipp, lymphpathwaytherapies.com, 802.578.9007, gmkipp@aol.com, Williston
- SomaWork Wellness Center, 802.388.4882 - Caryn Etherington, Nancy Tellier, Irene Paquin, Middlebury
- Touch VT, Mark Adams, Victoria Irwin, touchvt.com, 802.310.3608, Bristol
- Green Mountain Bodywork, Hanni Guinn, greenmountainbodywork.com, 802.349.7500, Middlebury
- Ten Moons Massage, Shari Corr CMT, tenmoonsmassage.com, 802.343.1003, Colchester
 - Fertility massage, Prenatal massage
- Annemarie Altadonna, Evolution Physical Therapy, evolutionvt.com/massage, 802.989.5286, altasr@gmavt.net, Burlington
 - Prenatal massage, Postnatal integrative massage

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
- Sally Sise, 802.877.3100, Vergennes
- Nancy Tellier, SomaWork Wellness Center, 802.388.4882 ext. 1, Middlebury
- Karen Miller-Lane ND, LAc, naturalmedicineofvermont.com, 802.388.6250, Middlebury
- Lymph Pathway Therapies, Ginger Kipp, lymphpathwaytherapies.com, 802.578.9007, gmkipp@aol.com, Williston
 - Offers treatments for infants, children, & adults
- Vermont Center for Integrative Therapy, vtcit.com, 802.658.9440, South Burlington

Chiropractors

- Win Kelley DC, Kelley Chiropractic, kelleychiropracticvt.com, 802.349.9296, Middlebury and Bristol
- Nicholas Cannon DC, Integrated Medicine, integratedmed.net, 802.458.0488, Middlebury
- Addison Country Chiropractic Center, Joel and Kim Palmer, 802.877.3567, Vergennes
- Thrive Center, thriveinvermont.com, 802.446.2499, Wallingford
- 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
- McDaniel Chiropractic Center, mcdanielchiro.com, 802.388.0970, Middlebury
- Network Chiropractic of Vermont, 802.985.8901, Shelburne
- Thayer Osborne DC, 802.453.5588, Bristol
- John Guerriere DC, Shelburne Chiropractic, shelburnechiropractic.com, 802.985.8130, Shelburne
- David Pierson DC, 802.985.5833, Shelburne
- Fostering Wellness, fosteringwellness.net, 802.247.6464 Brandon, 802.773.8306 Rutland
- Erin J. Sepic DC, Synergic Health, synergichealth.com, 802.434.5437, Richmond
 - Prenatal chiropractic
- Seth Rosenblum DC, Rosenblum Chiropractic, chiroinjay.com, 518.946.7886, Jay NY
- 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
- Karen Miller-Lane ND, LAc, naturalmedicineofvermont.com, 802.388.6250, Middlebury
- Wendy Goodwin, wendygoodwinacupuncture.com, 802.385.1900, Middlebury
- Carol Price PT, LAc, Eastwest Acupuncture, eastwestvt.com, 802.453.5315, 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, Integrated Medicine, integratedmed.net, 802.458.0488, Middlebury
- Kelly Kaeding MS, LAc, vtacupuncture.com, Kelly@vtacupuncture.com, 802.951.8815, Burlington
- 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, vermontnaturalfamilyhealth.com, 802.352.9078
- Victoria Hovde, victoriahovdeacupuncture.com, 802.233.3456, Middlebury

Herbalists

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

Homeopathy

- Sallie Mack, vermonthomeopathy.com, 802.425.6212, Middlebury and Charlotte

Naturopaths

- Katina Martin ND, LAc, MSOM, midwife, Vermont Natural Family Health, Salisbury
vermontnaturalfamilyhealth.com, 802.352.9078
- Integrated Medicine, integratedmed.net, 802.458.0488, Middlebury
 - Emily Mahar Cannon ND
 - Amy Littlefield ND, MSOM, LAc
- Rutland Integrative Health, rutlandintegrativehealth.com, 802.776.4901, Rutland
- Karen Miller-Lane ND, LAc, naturalmedicineofvermont.com, 802.388.6250, Middlebury
- Lorilee Schoenbeck ND, Mountain View Natural Medicine, mountainviewnaturalmedicine.com, 802.860.3366, South Burlington
- Bill Warnock ND, Champlain Center for Natural Medicine 802.985.8250, Shelburne

Pediatricians

- UVM Health Network, Porter Medical Center, Pediatric Primary Care 802.388.7959, Middlebury
- Rainbow Pediatrics, rainbowvt.com, 802.388.1338, Middlebury
- Community Health Pediatrics, 802.773.9131, Rutland
- Sanctuary Integrative Medicine, 802.775.7848, Rutland
- David Beguin MD, 518.562.0151, Plattsburgh

Family Practice Physicians Who Offer Pediatric Care

- UVM Health Network, Porter Medical Center, Primary Care Vergennes, 802.877.3466
- UVM Health Network, Porter Medical Center, Primary Care Brandon, 802.247.3755
- Mountain Health Center, mountainhealthcenter.com, 802.453.5028, Bristol
- Middlebury Family Health, middleburyfamilyhealth.com, 802.388.1500
- Community Health Castleton, 802.468.5641
- Green Mountain Family Medicine, 802.775.7798, Rutland
- Peter Hogenkamp MD & Lisa Hogenkamp MD, drshogenkamp.com, 802.747.3359, Rutland

Dentist

- Red Clover Family Dentistry, redcloverfamilydentistry.org, 802.453.3911, Bristol
- Middlebury Pediatric Dentistry, middleburypediatricdentistry.com, 802.388.0909, Middlebury

Domestic Violence

- WomenSafe, womensafe.net, info@womensafe.net
 - 24-hr hotline 802.388.4205 or 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/support-for-victims/victim-assistance-program/states-attorney-victim-advocates
 - 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, opendoormidd.org
 - Middlebury/Bristol 802.388.0137
- Addison County Home Health Agency, 802.388.7259

Infant CPR Classes

- American Red Cross, redcross.org
- 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

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

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/Medicaid; 802.388.3146 for Middlebury office

Placenta Encapsulation

- Tara Carpenter CPES, happybellies.net, 802.595.0726

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, 802.878.5435, Williston
- Trading Post for Little Folks, 802.878.1327, Essex Jct