

Pregnancy Resources

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

Breastfeeding 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/

Doulas

- Birth Love Doula Services – Arrity Deakin, birthlovedoula.com
 - Offers labor and overnight postpartum 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
- 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