Wonderfully Woven Doula Services

Local Resources

**Choosing Your Birthplace**

Parent Trust Washington

www.parenttrust.org

🙠 *The Great Starts Guide*, a free PDF available in the book section of their web store.

Midwives’ Association of Washington State

www.washingtonmidwives.org

Exploring Homebirth

www.seattlebirthnet.com/homebirth.html

🙠 Local Birth Centers

Puget Sound Midwives and Birth Center

www.birthcenter.com

Rainy City Midwifery

www.rainycitymidwiferyandacupuncture.com

Center for Birth

centerforbirth.com

The Birthing Inn

www.thebirthinginn.com

Family Beginnings Birth Center – Group Health

www.ghc.org/provider/WomensHealth/familyBeginnings.jhtml

**Breastfeeding Support**

Birth and Beyond

www.birthandbeyond.com

(206) 324-4831

(206) 458-8782 – Free Breastfeeding Services Line

🙠 Madison Valley store offering classes, pump rental, and free breastfeeding support by phone.

La Leche League Local Group Listings

www.llli.org/web/washington.html­­

**VBAC Support**

International Cesarean Awareness Network – Seattle Chapter

icanseattle.wordpress.com

New Moon Birth – VBAC Classes

www.newmoonbirth.com

Hospital Statistics and Policy Regarding VBACS

www.transitiontoparenthood.com/ttp/resources/VBACinSeattle.htm

Big Belly Services – VBAC Preparation Class

www.bigbellyservices.com/VBAC.htm

**Postpartum and Parenting Resources**

Northwest Association for Postpartum Support

www.napsdoulas.com

Parent Trust Washington

www.parenttrust.org

 PEPS – Program for Early Parent Support­

www.peps.org

First Weeks Drop-In Classes at Birth and Beyond

www.birthandbeyond.com/firstweeks.html



Listening Mothers – Eight-week educational program

www.communityofmindfulparents.com/listening-mothers

Parenting Classes Resource List

www.seattlecentral.edu/parentchildcenter/links.htm

Seattle Family Center Listings

www.familyworksseattle.org/resource-center/other-family-centers

**Government Resources**

WIC - Women, Infants and Children supplemental nutrition program

www.kingcounty.gov/healthservices/health/personal/WIC.aspx

Within Reach – Information and Referral Call Center

www.withinreachwa.org/hotlines

Teen Parent Support Program

www.seattle.gov/humanservices/children\_families/support/teen\_parent.htm



**Baby Wellness**

Sea Mar Community Health Center

www.seamar.org

Children's Hospital Nurse Line
Basic health questions and information. 987-2500

**Mama Wellness**

Seattle Holistic Center - Prenatal Yoga and Meet-ups

www.seattleholisticcenter.com/classes/pregnancy

Seattle Pregnancy & Postpartum Counseling

www.seattlepregnancy.com

**Unplanned Pregnancy and Special Circumstances**

🙠 Unplanned Pregnancy

Amara – Unplanned Pregnancy Counseling

www.amaraparenting.org/our-services/pregnancy-counseling/pregnancy-counceling

Birthright International – Free testing and one-on-one guidance with making informed decisions.

www.birthright.org

Care Net - Educational Resources for Informed Decision-Making

www.optionline.org

[carenetps.org](http://carenetps.org/)

🙠 Teen Pregnancy

The Country Doctor – Free Healthcare for Homeless Youth (including pregnancy testing and shelter referral)

depts.washington.edu/adolmed/services.htm

Teen Parent Support Program

www.seattle.gov/humanservices/children\_families/support/teen\_parent.htm

Teen Parent Programs, Play dates, and More

www.familyworksseattle.org/resource-center/teen-parent-programs

Teen Parent GED Program

swyfs.org/education\_center/#1\_2

🙠 Children with Special Needs

Family Guide to Early Intervention In Washington State www.del.wa.gov/publications/esit/docs/FamilyGuide\_English.pdf

Arc of King County - Parenting children with Special Needs

www.arcofkingcounty.org

🙠 Shelters and Resources for Unsafe Circumstances

Pregnancy Care Shelters in Washington State

http://www.covenantnews.com/pregnant/#wa

Lifecall – Crisis Pregnancy Shelters

www.lifecall.org/cpc/washington.html

🙠 Substance Abuse

Chemical Dependency/Abuse Resource Guide for Pregnant Women

www.dshs.wa.gov/pdf/dbhr/PPWResourceGuide2010.pdf

Support for addiction recovery during pregnancy

www.swedish.org/Services/Addiction-Recovery/Treatment-for-Pregnant-or-Postpartum-Women

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