**Birth Doulas:**

Mommy Gaia - CD(DONA), CBE, CLEC, Hypno-Doula:

[mommygaia@gmail.com](mailto:mommygaia@gmail.com)

[www.mommygaia.com](http://www.mommygaia.com)

Phone: 612-470-3721

Sacred Space Birth Services - Jennifer Koenig (BD, Placenta Specialist, CLEC):

[www.sacredspacebirthmn.com](http://www.sacredspacebirthmn.com)

Phone: 952-220-3408

Hannah Eslinger (Doula):

[hannah.eslinger@gmail.com](mailto:hannah.eslinger@gmail.com)

Phone: 952-220-0215

Midwest Doulas:

(Different doulas within their page, all with their own special certifications)

[www.midwestdoulas.com](http://www.midwestdoulas.com)

Phone: 612-234-2208

Enlightened Mama - Liz and Gigi Lull (Lactation Consultants, Doulas, Childbirth Education, Craniosacral Therapy, and Massage Therapist)

[www.enlightenedmama.com](http://www.enlightenedmama.com)

Phone: 651-528-6733

**Birth Centers:**

Health Foundations Birth Center:

www.health-foundations.com

968 Grand Ave

St. Paul, MN 55105

Phone: 651-895-2520

The Minnesota Birth Center :

[www.theminnesotabirthcenter.com](http://www.theminnesotabirthcenter.com)

Phone (St. Paul): 651-689-3988

Phone (Minneapolis): 612-545-5311

**Addiction Services and Support Groups:**

MOFAS (FAS) - Minnesota Organization on Fetal Alcohol Syndrome:

[www.mofas.org](http://www.mofas.org)

Phone: 651-917-2370

**Abused Women Shelters and Support Groups:**

Abused Women - Wisconsin

[www.legalhandle.com/wisconsin-domestic-violence.html](http://www.legalhandle.com/wisconsin-domestic-violence.html)

Website:

[www.wadvocates.org](http://www.wadvocates.org)

Family Support Center familysupportcenter.com

715-723-1138

480 N High St. Chippewa Falls, WI

Domestic Abuse Program

Domesticabuseproject.com

612-728-5874

2430 18th Ave. S Minneapolis, MN

Turning Point for Victims of Domestic & Sexual Violence

24 HOUR Crisis # - 800-345-5104

**Breastfeeding Pump and Equipment Suppliers (Purchase & Rental):**

Medela Breast Pumps and Accessories

[www.medelabreastfeedingus.com](http://www.medelabreastfeedingus.com)

Lansinoh

<https://www.walmart.com/browse/baby/breast-pumps/5427_133283_9618341>

EvenFlo Breast Pumps

<https://www.walmart.com/browse/baby/breast-pumps/5427_133283_9618341>

* Medela\* Pump In Style® Advanced Breast Pump Starter Kit (ML57081)
* Ameda Finesse™ Double Electric Breast Pump (101A01)
* Ameda Purely Yours® Breast Pump (EW17070PMW)
* Ameda Finesse™ Double Electric Breast Pump with Dottie Tote (101A07)
* Freemie Freedom Deluxe Electric Breast Pump with Hands Free and Concealable Freemie Collection Cups (JRFG031)
* Hygeia Enjoye Breast Pump with PAS Personal Accessory Set and Power Supply
* Lansinoh Signature Pro® Double Electric Breast Pump (LAN53016)
* Lansinoh Smartpump™ Double Electric Breast Pump (LAN53116)
* Spectra S2 Hospital Strength Breast Pump by Spectra Baby USA (JHSP06L1)
* Spectra 9 Plus Advanced Portable Breast Pump by Spectra Baby USA (JHSP10L1)
* Tomy Quiet Expressions Plus™ Double Breast Pump (TOMY TFY6228)

Renting a Breast Pump:

<https://www.toysrus.com/baby/advice/why-rent-breast-pump>

*\*\*Your hospital could also be a place that does breast pump rentals - check when you go on your hospital birth tour\*\**

*If not, they sometimes have gently used breast pumps for sale on websites or garage sales, it could be something worth checking)*

**Breastfeeding Support Groups, Clinics, and Classes:**

The Childbirth Collective

[www.childbirthcollective.org](http://www.childbirthcollective.org)

Minneapolis, MN: Monday 7:30-9pm at Blooma (Contact Sarah Rostance at 612-309-2753)

St. Paul, MN: Wednesday 7:00-8:30 pm at the MN Birth Center (Contact Danielle Cincoski at 651-261-1595)

Hudson Hospital and Clinics

(Breastfeeding, Childbirth, Support Groups)

Hudson, Wisconsin 54016

[www.hudsonhospital.org/classes/](http://www.hudsonhospital.org/classes/)

Western Wisconsin Health

(Baby & Me, Childbirth, Breastfeeding, Support Groups)

Baldwin, Wisconsin

[www.wwhealth.org/service/womens-health/](http://www.wwhealth.org/service/womens-health/)

**Child Abuse Protection Agencies:**

Reporting Abuse in Wisconsin -

[www.dcf.wisconsin.gov/cps/reportabuse](http://www.dcf.wisconsin.gov/cps/reportabuse)

Reporting Abuse in Minnesota -

[www.mn.gov/dhs/people-we-serve/children-and-families/services/child-protection/contact-us/](http://www.mn.gov/dhs/people-we-serve/children-and-families/services/child-protection/contact-us/)

St. Croix County Health & Human Services

715-246-6991

St. Croix County Child Protection

715-246-8260

Child Care Partnership

800-782-1880

National Child Abuse & Neglect Hotline

800-422-4453

**Childbirth Educators:**

HypnoBabies

[www.hynobabies.com](http://www.hynobabies.com)

Phone number: 715-952-2229

Liz and Gigi Lull, Enlightened Mama

[www.enlightenedmama.com](http://www.enlightenedmama.com)

Office number: 651-528-6733

**Childcare Options:**

(Keep in mind there could be in-home daycares around you, sometimes they get the word out, otherwise, check your local pages or Facebook, as well as any family or friends that you trust to watch your kids, Care.com is another one)

**Serving Hands Inc.**

**990 Main St. P.O. Box 2089**

**Baldwin, WI 54002**

**715-688-4884**

**YMCA, Hudson WI**

**715-386-1616**

**Ymcatwincities.org**

**The Centre New Richmond, WI**

**715-246-2252**

**Nracenter.com**

**Head Start New Richmond**

**715-246-3232**

**Local School District Phone Numbers**

**Baldwin/Woodville 715-684-3411**

**Glenwood City 715-265-4757**

**Hudson 715-377-3703**

**New Richmond 715-243-7411**

**River Falls 715-425-1800**

**Somerset 715-247-3313**

**St. Croix Central 715-796-5383**

**UW Extension 715-531-1930**

**Wisconsin Statewide Parent Educator Initiative (WSPEI) 612-810-5608**

**Children’s Hospitals:**

Children’s Hospital of Minnesota

[www.childrensmn.org](http://www.childrensmn.org)

St. Jude’s Children Research Hospital

[www.st.jude.com](http://www.st.jude.com)

**Chiropractors, Massage Therapists, Reiki Practitioners:**

Massage By Emily Jo

<https://emilyfristed.amtamembers.com/>

Phone Number:715-690-4912

**Cultural - Multicultural Resources:**

Beginning Journey

<https://resources.beststart.org/product/e33a-beginning-journey-first-nations-pregnancy-book/>

**Early Intervention Programs for Babies with Special Needs:**

Families Are the Foundation: Early Intervention Program (Birth to 3)

[www.dhs.wisconsin.gov/children/birthto3](http://www.dhs.wisconsin.gov/children/birthto3)

Wisconsin Department of Health Services Birth to 3 Program

1 West Wilson Street

P.O. Box 7851

Madison, WI 53707

**Family Doctors and Pediatricians:**

Dr. Marvin Klinger - Pediatrician

Hudson Hospital, Baldwin, and Spooner Hospitals

Dr. Dana Dahl - Family Medicine

Hudson Hospital and Clinics

**Infant Massage Classes and Services:**

Calm A Baby

<https://www.calmababy.com/classes/im-a-parent/baby/baby-massage/>

Enlightened Mama - Liz and Gigi Lull (Lactation Consultants, Doulas, Childbirth Education, Craniosacral Therapy, and Massage Therapist)

[www.enlightenedmama.com](http://www.enlightenedmama.com)

Phone: 651-528-6733

Family Resource Center St. Croix Valley

715-684-4440

St Croix County Birth to 3

715-246-8260

**Lactation Consultants:**

Enlightened Mama - Liz and Gigi Lull (Lactation Consultants, Doulas, Childbirth Education, Craniosacral Therapy, and Massage Therapist)

[www.enlightenedmama.com](http://www.enlightenedmama.com)

Phone: 651-528-6733

**La Leche League:**

La Leche League of Minnesota and the Dakotas

[www.lllofmndas.org](http://www.lllofmndas.org)

Referral Line Phone Number:

612-922-4996

**Libraries - Infant Programs:**

(All libraries listed have infant programs)

Hazel Mackin Community Library

[www.robertspubliclibary.org](http://www.robertspubliclibary.org)

Phone Number: (715) 749-3849

Hudson Area Public Library

[www.hudsonpubliclibrary.org](http://www.hudsonpubliclibrary.org)

Phone Number: (715) 386-3101

Baldwin Area Public Library

[www.baldwinpl.org](http://www.baldwinpl.org)

Phone Number: 715-684-3831

**Maternity - Nursing Clothing:**

(You can buy maternity clothes from big stores such as Target, Walmart, etc. If you are on a budget, second hand stores also have some CUTE maternity clothes such as Goodwill, Treasures from the Heart, etc)

Bellies To Babies

[www.belliestobabies.com](http://www.belliestobabies.com)

Mama Gracie’s Pregnancy Shop

[www.mamagracies.com](http://www.mamagracies.com)

Motherhood Maternity

[www.motherhood.com](http://www.motherhood.com)

**Midwifes:**

Elizabeth Barry-Jensen, CNM

Hudson Hospital and Clinics

**Mother Centers - Parent and Child Centers:**

Parent Child Center Inc.

Appleton, Wisconsin

Phone Number:920-735-5751

West CAP Glenwood City

715-265-4271

**Multiple Birth Groups - Associations:**

**New Mother - Father - Parent Groups:**

International Women’s Support of Multiples:

[www.multiplesofamerica.org](http://www.multiplesofamerica.org)

Wisconsin Support Group for Multiples:

[www.facebook.com/abouttwinsandmultiples](http://www.facebook.com/abouttwinsandmultiples)

**Obstetricians:**

Dr. Dennis Hartung

Western Wisconsin Health

Dr. Morgan Barnum

Hudson Hospital and Clinics

Dr. Emily Linklater

Hudson Hospital and Clinics

Dr. Angela Brandes

Westfields Hospital, New Richmond

**Parents Anonymous - Support Groups:**

Twin Cities Attachment Parenting International

[www.attachmentparenting.org](http://www.attachmentparenting.org)

Facebook:

[www.facebook.com/groups/twincitiesapi/](http://www.facebook.com/groups/twincitiesapi/)

**Parenting Classes:**

(Sometimes the hospitals in your area have parenting classes or birth centers - I highly suggest doing a CPR class as well - talk to your social worker)

Birth ED

[www.birthedmn.com](http://www.birthedmn.com)

FREE Parenting Classes Online at

[www.mentalhealth.openpathcollective.org/parenting/free-class/](http://www.mentalhealth.openpathcollective.org/parenting/free-class/)

**Internet - Online Resources:**

Beautiful Cervix Picture (I recommend checking it out)

www.beautifulcervix.com/resources/

**Parent and Women’s Bookstore:**

(You can also check out Amazon, Ebay, and of course second hand stores sometimes have GREAT deals on books)

Barnes and Noble

[www.barnesandnoble.com](http://www.barnesandnoble.com)

Fox Den Used Bookstore

River Falls, WI

[www.foxdenbooks.com](http://www.foxdenbooks.com)

**Perinatal Loss Support Groups - Bereaved Families Support Groups:**

Stillbirth Books/Resources:

Stillborn and Breathing Book:

[www.stillbornandstillbreathing.com/p/books.html](http://www.stillbornandstillbreathing.com/p/books.html)

Stillbirth Foundation- Support Groups:

[www.stillbirthfoundation.org/au/supportgroups.com](http://www.stillbirthfoundation.org/au/supportgroups.com)

Halos of St. Croix County

207 S Knowles Ave.

New Richmond, WI 54017

715-629-2045

**Postpartum Exercise Classes - Mother and Baby Classes - Yoga Classes:**

Birth Boot Camp (Sandy Rebrovich)

[www.birthbootcamp.com](http://www.birthbootcamp.com)

Phone Number: 763-234-9664

Online Classes at:

[srebrovich@birthbootcamp.com](mailto:srebrovich@birthbootcamp.com)

One Strong Momma

[www.onestrongmomma.com](http://www.onestrongmomma.com)

[www.facebook.com/groups/onestrongmomma](http://www.facebook.com/groups/onestrongmomma)

Fit4Moms Twin Cities

[www.twincities.fit4mom.com](http://www.twincities.fit4mom.com)

[kayleenbeccard@fit4mom.com](mailto:kayleenbeccard@fit4mom.com)

**Postpartum Depression Resources - Support Groups:**

The Postpartum Counseling Center

HELP LINE: 612-787-7776

www.ppsupportmn.org

[www.postpartumcounselingcenter.com](http://www.postpartumcounselingcenter.com)

3100 West Lake Street, Suite 405

Minneapolis, MN 55416

Phone Number: 612-296-3800

**Postpartum Doulas:**

Everyday Miracles

[www.everyday-miracles.org/our-doulas/](http://www.everyday-miracles.org/our-doulas/)

**Support Groups for Parents of Children with Special Needs:**

Bayada (A link to a website with all the different support groups for parents of children with special needs)

<https://blog.bayada.com/be-healthy/eight-support-groups-for-parents-raising-children-with-special-needs>

Directors of Special Education/Pupil Services (Local Schools):

Baldwin-Woodville

Leah Johnson-Freer, 684-3411 ext. 1109

[lfreer@bwsd.k12.wi.us](mailto:lfreer@bwsd.k12.wi.us)

Glenwood City

Nicole Brite, 265-4757

[britenic@gcsd.k12.wi.us](mailto:britenic@gcsd.k12.wi.us)

Hudson

Erin Schiltgen, 377-3703

[schiltee@hudsonraiders.org](mailto:schiltee@hudsonraiders.org)

New Richmond

Kathy Rogers, 243-7426

[krogers@newrichmond.k12.wi.us](mailto:krogers@newrichmond.k12.wi.us)

River Falls

Jackie Steinhoff, 425-1800 ext. 1115

[jackie.steinhoff@rfsd.k12.wi.us](mailto:jackie.steinhoff@rfsd.k12.wi.us)

Somerset

Abbiegail Bohatta, 247-4848 ext. 575

[abohatta@somerset.k12.wi.us](mailto:abohatta@somerset.k12.wi.us)

St. Croix Central

Pat Basche, 749-3119

pbasche@scc.k12.wi.us

**Teen Parent Support Groups - Educational Services:**

Teen Outreach Pregnancy Services

[www.teenoutreachaz.org](http://www.teenoutreachaz.org)

Teen Parent Connection(Parenting, Prevention, Progress)

www.teenparentconnection.org/what-we-do/group-services/

**VBAC/CA Support Groups:**

ICAN (International Cesarean Awareness Network)

[www.ican-online.org](http://www.ican-online.org)

[www.ican-online.org/twincities](http://www.ican-online.org/twincities)

[twincities.mn@ican-online.org](mailto:twincities.mn@ican-online.org)

FACEBOOK GROUP:

[www.facebook.com/icantwincities](http://www.facebook.com/icantwincities)

**Well - Baby Clinics:**

Pediatric Primary Care - Children’s MN

<https://www.childrensmn.org/services/primary-care/>

**Miscellaneous Important Information:**

The Diaper Bank of Minnesota

790 University Ave. West

St. Paul, MN 55104

Phone Number: 651-505-3597

[www.diaperbankmn.org](http://www.diaperbankmn.org)

[info@diaperbankmn.org](mailto:info@diaperbankmn.org)

Suzanne Wynveen Photography:

[www.suzannewynveenphotography.com](http://www.suzannewynveenphotography.com)

Phone Number: 715-684-4678

Free Clinic of Pierce & St. Croix Counties

715-307-3948

Grace Place 715-246-1222

St. Croix County Public Health

715-246-8263

St. Croix Valley Red Cross 651-439-0031

The Salvation Army 715-246-1222

United Way St. Croix Valley

715-377-0203