

NORTHERN NEW JERSEY RESOURCE GUIDE



LOCAL RESOURCE GUIDE

Curated For The Childbearing Years

BY: BLOOM BABY DOULAS



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Acupuncture

Toni Durino Groelly

Montville, NJ
973- 331-0035
www.acupuncturehealingspa.com

Alla Malko

Bloomfield, Livingston, & East Hanover, NJ
973-566-9779
www.drmalkoacupuncture.com

Patti Safian

Montclair, NJ
973-233-1195
www.njfertilityacupuncture.com

Taya Volin

Fair Lawn, NJ
201-916-0509
www.acupuncturenynj.com

Babywearing

Babywearing International

www.babywearinginternational.org

Central NJ Babywearing

Education, Support, & Outreach

www.cnjbabywearing.com

Wrap Your Baby

www.wrapyourbaby.com/grassroots-babywearing/

Birth & Newborn Photography

Maegan Dougherty

201-994-5610

www.maegandougherty.com

Miriam Dubinsky

973-563-1833

www.miriamdubinsky.com

Ingrid K.

Studio in Jersey City, NJ

201-721-5630

www.ingridkstudio.com

Rachel Connolly Kwock

917-676 7177

www.birthvoice.com/photo

Alice Tracy

973-476-2449

www.sweetbirths.com/photography

Childbirth Education

Afshan Abbasi

Gentlebirth Childbirth Classes
917-417-8204

Zazu Cioce - Phoenix Physical Therapy

Pelvic Floor Childbirth Classes - Virtual & In-person Instruction
914-340-4623
www.phoenixpt.info

Helene Darmanin - Mama Bear PT

Childbirth Classes - Virtual & In-person Instruction
917-628-3582
www.mamabearpt.com

Jill Wodnick - Speaking of Birth

Lamaze - FREE Online Childbirth Series
www.jillwodnick.com

Alison Whiting - AMW HypnoBirthing

HypnoBirthing - Virtual & In-person Instruction
914-589-2388
www.AMWhypnosis.com/hypnobirthing-1

Chiropractic Care

Briana Clauss, DC

Washington Twp., NJ
201-497-6266
www.bergenfamilywellness.com

Dr. Christine Jernee - Balance Chiropractic

Wyckoff, NJ
201-904-2800
www.balancechiropractic.net

Michael Magwood, DC - Pure Balance Center

Clifton, NJ
973-773-8244
www.purebalancecenter.com

Jennife Miano, DC

Montvale, NJ
201-746-0640
www.drjennifermiano.com

Dr. Jayne Mizraji

Montclair, NJ
973- 783- 5666
www.familychiropractorsofmontclair.com

Noel Plasker, DC

Ho-Ho-Kus, NJ
201-444-4408
www.plaskerfamilychiropractic.com

Infant Feeding

Breast, Chest, & Bottle Feeding Resources

Breastfeeding Made Simple

www.breastfeedingmadesimple.com

Breastfeeding USA

www.breastfeedingusa.org

Exclusive Pumping

www.exclusivepumping.com

Infant Risk Center - Dr. Hale

www.infantrisk.com

International Breastfeeding Center - Dr. Newman

www.nbci.ca

Kelly Mom

www.kellymom.com

New Jersey Breastfeeding Coalition

www.breastfeedingnj.org

Infant Feeding

International Board Certified Lactation Consultants

Elizabeth Devaney, RN, IBCLC

Morristown, NJ
973-797-9525
www.laidbacklactation.com

Jen Kowal, RLC, IBCLC

Bloomfield, NJ
862-261-2184
www.milkwelllactation.com

Jennifer Lisimachio, IBCLC, RLC

Hoboken, NJ
917-312-5700
www.lovinghandslactation.com

Milkwell Lactation & Feeding Solutions

Various Locations in NJ & PA
Amazing team of IBCLCs providing home & office visits
862-261-2184
www.milkwelllactation.com

Pauline White-Nardella FNP-BC, MS, MPA, IBCLC

Nanuet, NY
845-680-0385
www.birthingwisdom.com

Infant Feeding

Support Groups

La Leche League of New Jersey

Find Your Local Chapter
www.llli.org/web/newjersey.html

La Leche League of New York

Find Your Local Chapter
www.llli.org/web/newyork.html

Laid Back Lactation

Morristown, NJ
973-797-9525
www.laidbacklactation.com

Loving Hands Lactation

Hoboken, NJ
917-312-5700
www.lovinghandslactation.com

Milkwell Lactation & Feeding Solutions

Various Locations in NJ & PA
862-261-2184
www.milkwelllactation.com

Lip & Tongue Tie Revision

Dr. Ranuka Bijoor

Briarcliff Manor, NY

www.briarcliffpediatricdentistry.com

Dr. Linda Dahl

Manhattan, NY

212-920-3047

www.dolcenter.net

Dr. Lawrence Kotlow

Albany, NY

518-489-2571

www.kiddsteeth.com

Dr. Lewis

Englewood, NJ

www.Englewoodent.com/

Dr. Scott Siegel

Melville & Manhattan, NY

631-465-0300

www.drscottsiegel.com

Dr. Gina M. Tanios-Rafla

East Brunswick, NJ

732-238-1760

www.laserdentistnj.com

Massage Therapy

Body Positive Works

Saddle River, NJ

201-708-8448

www.bodypositiveworks.com

Jess Larsen Brennan, LMT

Bloomfield, NJ

973-780-7759

www.heldmassagetherapy.com

Melissa Duffy LMT, CPMT, CIMT

Various Locations in NJ

201-870-1751

www.caressingcare.co

Life Stage Massage

Hoboken, NJ

201-420-6988

www.lifestagemassage.com

Enya Santiago, LMT, RN

Montclair, NJ

973-985-9529

www.enyasantiago.com/

Midwifery Care

Avalon Midwives

www.avalonmidwives.com

Paola Escobar, MSN, MBA- HCM, CNM

Clifton, NJ

973-747-5217

www.holisticobgyn.com

Midwives of New Jersey

www.midwivesofnj.com

Valerieana Pasqua-Masback

NYC & Chestnut Ridge, NJ

845-426-4686

www.homebirthmidwifery.com

Sage Midwifery

Hackettstown, NJ

www.sagemidwiferynj.com

Carole Shipman, CNM

New Milford & Hillsdale, NJ

201-739- 6803

www.gentleheartmidwifery.com

Donna Tabas

Union City, NJ

845- 639- 3098

www.northjerseymidwiferycare.com

The Childbirth & Women's Wellness Center

www.childbirthcenter.net

Parenting Support

Groups & Classes

CarePoint, Hoboken UMC

New Mom's Support - Wednesdays
More Info: 201-418-1000

Englewood Health

Postpartum Emotional Support - 1st and 3rd Tuesdays
Register: 201-894-3795

Family Equality

www.familyequality.org

Holistic Moms Network

www.holisticmoms.org

Holy Name Hospital

New Mom's Support Group- 1st and 3rd Thursdays
More Info: 201-833-3153

JCC on the Palisades

Classes and Support Groups
www.jccotp.org/parenting-special-programs

Melinated Moms

908-858-2820
www.melinatedmoms.com

Montclair BABY

Classes and Support Groups
www.montclairbaby.com

Parenting Support

Groups & Classes

Morristown Medical Center

New Mom's Support Group - Every other Friday
Register: 972-971-5927

Mothers & More

www.mothersandmore.org

Newton Medical Center

New Mom's Support Group - Thursdays
Register: 973-579-8315

Parents Without Partners

800-637-7974
www.parentswithoutpartners.org

PSI - Queer & Trans Parents Support

www.postpartum.net/get-help/queer-parents

Single Mothers By Choice

212-988-0993
www.singlemothersbychoice.org

Single Parent Resource Center

212-951-7030
www.singleparentusa.com

Women's Holistic Healing

Parenting Circle- 2nd Tuesdays & 2nd Thursdays
www.womensholistichealing.com

Parenting Support

Special Needs

Advancing Opportunities

888-322-1918

www.cpofnj.org

Billy's Buddies

Outreach for children with Down Syndrome & their families

www.wyckoffymca.org/programs-services/special-needs/billys-buddies

The Arc of Bergen and Passaic Counties

201-343-0322

www.arcbp.com

The Valley Hospital

Support Group for Families of Babies with Special Needs

201-447-8270

Parenting Support

State & County Resources

NJ Department of Family Services

Hotlines & Helplines Directory

www.nj.gov/dcf/families/hotlines/

NJ Family Success Centers

Directory by County

www.nj.gov/dcf/families/support/success/

NJ Parent Link

www.nj.gov/njparentlink/

Statewide Parent Advocacy Network (SPAN)

Directory by County

www.spanadvocacy.org/programs/start/county/

Pediatricians

Kevin Holder, MD

Montclair & South Orange, NJ
973-762-6077
www.drkevinholder.com

Milestones Pediatrics

Oakland, NJ
201-485-7557
www.milestonespediatrics.com

Orangetown Pediatric Associates

Tappan, NY
845-359-0010
www.orangetownpeds.com

Howard Schlacter, MD

Essex Fells, NJ
973-226-8393

The Whole Child Center

Oradell, NJ
201-634-1600
www.wholechildcenter.org

Maria Yerovi, MD

Bloomfield, NJ
973-429-2120

Kenneth Zatz, MD

Nyack, NY
845-353-7360
www.zatzpediatrics.com

Pelvic Floor Therapy

Dr. Zazu Cioce, DPT - Phoenix Physical Therapy

Orangeburg NY, & Woodcliff Lake NJ & Mobile Visits Offered

914-340-4623

www.phoenixpt.info

Helene Darmanin - Mama Bear PT

Virtual and Home Visits within 30 min of Paramus, NJ

917-628-3582

www.mamabearpt.com

Debra Goldman,PT, MA, PPRC

Montclair, NJ

973-845-2592

www.fourcornersphysicaltherapy.com

Niva Herzig, MS, PT

Englewood, NJ

201-568-5060

www.coredynamicspt.com

Luba Starostiak, PT, OCS

Nyack, NY & New Paltz, NY

845-517-5100

www.lotusptny.com

Perinatal Health & Fitness

Danielle Batista - Namaste Well Woman

Personal Training
732-215-5071
www.namastewell.org

Melanie Betancur

Prenatal Health Education & Community Health Advocate
973-970-3586
www.reverencebirth.com

Dr. Zazu Cioco, DPT - Phoenix Physical Therapy

Pelvic Floor & Orthopedic PT -Pregnancy, Birth & Postpartum
914-340-4623
www.phoenixpt.info

Helene Darmanin - Mama Bear PT

Virtual and Home Visits within 30 min of Paramus, NJ
917-628-3582
www.mamabearpt.com

Pure Balance Center

Various Classes & Services
973-773-8244
www.purebalancecenter.com

Amanda Willson

Postpartum Healing
973-800-4431
www.amandawillson.com

Perinatal Mental Health

Licensed Practitioners

Amy Brightman LCSW LLC

Virtual Visits for NY & NJ Residents
707-400-5231
www.amybrightman.com

Anne Marie Hinrichs LCSW

Morristown, NJ
973-556-4048
www.postpartumpathways.com

Alexis Menken, PhD

Upper Montclair, NJ
973-783-7681

Robin Muskal, PhD

Florham Park, NJ
973-407-0685
www.postpartumwellnesscounseling.com

Sallie Norquist, PhD

Hoboken, NJ
201-659-3060, ext 15
www.chaitanyacounseling.com

Laura Winters, LCSW

Chatham, NJ
862-200-7218
www.postpartumhh.com

Perinatal Mental Health

Resources & Treatment

Monmouth Medical Center, PMAD Program

24-hour Crisis Hotline: 732-923-6999

www.rwjbh.org/monmouth-medical-center/treatment-care/womens-health/center-for-perinatal-mood-and-anxiety-disorders

Postpartum Progress

Directory by State

www.postpartumprogress.com/womens-mental-health-treatment-programs-specialists-us-canada-australia

Postpartum Support International

Online Support Groups, Resources, & More

www.postpartum.net

Saint Claire's, Emergency Psychiatric Services

24-hour Hotline 973-625-6160

www.saintclares.com/Our-Services/Psychiatric-Emergency.aspx

The Motherhood Center of New York

212-335-0034

www.themotherhoodcenter.com/

The Postpartum Stress Center

Directory by Region

www.postpartumstress.com/get-help/professional-referrals/location/new-jersey/

Valley Health: PMAD Support Group

Tuesdays 2nd & 4th evenings, 1st & 3rd afternoons

Contact Trudy Heerema, MSW, at 201-447-8539 before attending

Perinatal Nutrition

Helene Darmanin - Mama Bear PT

Virtual and Home Visits within 30 min of Paramus, NJ

917-628-3582

www.mamabearpt.com

Freshly Moms

413- 337-7459

www.freshlymoms.com

Caitlin Kiarie, RD

973-932-0644

www.momntotnutrition.com

Amanda Willson

973-800-4431

www.amandawillson.com

Pregnancy & Infant Loss

Vincent Dopulos, LPC, RDT, SEP

Montclair, NJ

www.counselingloss.com

Good Samaritan Bereavement Programs

www.charity.bonsecours.com/our-services-perinatal-bereavement-program.html

Hearts & Crafts Counseling

Hillsdale, NJ

heartsandcraftscounseling.org

Now I Lay Me Down To Sleep

Remembrance Portraits

www.nowilaymedowntosleep.org

Pockets of Light

www.pocketsoflight.org

PSI - Pregnancy & Infant Loss Support

www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/

SIDS Center of New Jersey

www.rwjms.rutgers.edu/departments/pediatrics/divisions/sids-center/about-the-center/overview

Still Birth Day

Resources, Support & Bereavement Doulas

www.stillbirthday.com

The Hudson Shea Foundation

www.thehudsonsheafoundation.com/

Safety Information

American Academy of Pediatrics Parenting Website

Information & Resources

www.healthychildren.org

American Red Cross Classes

Classes for Parents & Caregivers

www.redcross.org

American SIDS Institute

Information & Resources

www.sids.org

Consumer Product Safety Commission

Safety & Recall Information

www.cpsc.gov/en/Safety-Education/Safety-Guides/Kids-and-Babies

National Highway Traffic & Safety

Carseat Inspection Station Locator

www.nhtsa.gov

NJ Regional Child Safety Seat Checkpoints

Directory & Information

www.nj.gov/njsp/information/child-safety-seat.shtml

The Carseat Lady

Information & Resources

www.thecarseatlady.com

Sleep Education & Coaching

Sandra Ochoa

347-656-6522

www.happynestcenter.com

Jillian Rossitto

347-915-5277

www.bestrestbaby.com

Caitlyn Undreiner

973-616-2673

www.cpcdoula.com

Vaginal Birth After Cesarean Information & Support

International Cesarean Awareness Network

Find Your Local Chapter
www.ican-online.org

The VBAC Link

www.thevbaclink.com

Understanding Cesarean Rates

www.cesareanrates.org

VBAC Facts

www.vbacfacts.com

Vaginal Birth After Cesarean

VBAC Supportive Care Providers

Michelle Aristizabal MD

www.wombkeepers.com

David A. Garfinkel, MD, FACOG

www.1to1femalecare.com

Charles G. Haddad, MD, FACOG

www.holisticobgyn.com

Winsome Parchment MD

www.metroobgynnj.com