

Pregnancy and Birth

Well Baby Center

Low fee, sliding scale groups and counseling services for expecting and new mothers, fathers, and families including our popular Mindful Parenting Groups for MOMS AND BABIES — newborns, infants and toddlers, as well as Loving Discipline – mindfulness-based parenting classes, and parent and me Swell Baby Music class.

12316 Venice Blvd, Mar Vista, CA 90066

310.402.2229

www.wellbabycenter.org

Birth and Beyond

Offers classes for pregnant women and new mothers including labor and doula services, breastfeeding support.

1750 Ocean Park Blvd., Suite 206 Santa Monica, CA 90405

310.837.5686

www.birthandbeyond.net

Birthplace at Santa Monica/UCLA Medical Center

The hospital has an educational program for prenatal and postpartum issues including: breastfeeding, childbirth preparation, Infant CPR and Safety, Sibling Preparation, Baby Care, and Mother-Infant Support Groups.

310.319.4947

1250 16th St. Santa Monica, CA 90404

<http://www.uclahealth.org>

Campion Counseling Center

Under the umbrella of the Ocean Park Community Center, this counseling center offers mental health services including assessment and counseling for children and families and expecting parents. Programs include Playroom Therapy for children 4 years and older where they learn to express themselves and increase their self-esteem.

310.828.6007

1453 16th St. Santa Monica, CA 90404

www.opcc.net

Cedars-Sinai Hospital, Prenatal Education

This department of Cedars-Sinai Hospital offers prenatal and parenting classes ranging from infant care to breastfeeding. Open to the community — you do not have to be delivering at Cedars to take these classes.

310.423.5168

8700 Beverly Blvd., Rm 3623, Los Angeles, CA 90048

www.cedars-sinai.com/prenatal

Doulas of North America

Doulas of North America is an international non-profit organization for birth and postpartum doulas. On their contact page, DONA offers a comprehensive search tool to locate a doula for your birth.

888.788.DONA(3662)

P.O. Box 626, Jasper, IN 47547

www.dona.org

La Leche League of Los Angeles

Non-profit organization that provides education, information, support and encouragement to women who want to breastfeed. Offers support groups and services led by experienced mothers who have breastfed. The warmline is for questions regarding lactation.

310.454.2251 Warm Line: 310.285.9393.

Mindful Pregnancy and Childbirth Support Group

Transitioning to parenthood, partner support. In utero child development, attachment & bonding, emotional development. Childbirth preparation, preparing a birth plan, doulas, midwives, and hospitals. Baby blues, postpartum depression and breastfeeding.

Our House

Grief support groups for adults and children who have experienced the death of a loved one.
310.475.0299

1663 Sawtelle Blvd., Suite 300 Los Angeles, CA 90025

www.ourhouse-grief.org

Recall Center

Educates women about the latest health news and medical updates.

888.646.1884

Educational articles outlining prescription drug use and safety risks during pregnancy:

www.recallcenter.com/Safe-Medications-During-Pregnancy

www.recallcenter.com/pregnant-nursing-heres-need-know-medication

The Sanctuary Birth and Family Wellness Center

Midwifery services, lactation consultation, and support groups.

310.566.7690

11965 Venice Blvd, Suite 307

Los Angeles, CA 90066

www.birthsanctuary.com

The Pump Station

Resource center for breastfeeding mothers including breast pump rentals, parenting classes, and lactation support services.

310.998.1981

2415 Wilshire Blvd. Santa Monica, CA 90403

www.pumpstation.com

Two Doulas Birth

Two Doulas Birth provides childbirth education classes taught by practicing doulas, doula matchmaking services, and community events to new and expecting families.

www.twodoulasbirth.com

Santa Monica Yoga

Yoga studio offering pre and postnatal classes.

310.396.4040

1640 Ocean Park Blvd. Santa Monica, CA 90405

www.santamonicayoga.com

Sojourn

Hotline and shelter for battered women and their children.

310.264.6644

1453 16th St. Santa Monica, CA 90404

www.opcc.net

Tao of Wellness

2825 Santa Monica Blvd, #300, Santa Monica, CA 90404

310-917-2200

Thrive Infant-Family Program

This program consists of psychoanalysts and psychotherapists who provide education for expectant families, prenatal groups, and support groups for parents of premature or critically ill infants. 310.464.0864

www.thriveprogram.org

UCLA Nurse Midwifery Associates

This organization provides nurse midwives for prenatal care, labor/delivery, and postpartum care for low-risk pregnancies.

310.825.5172 or 310.794.4434

200 UCLA Medical Plaza, Suite 430 LA, CA 90095

www.uclahealth.org

Venice Family Clinic/Venice Family Health Center/Venice Family Clinic Wellness Center

Clinic provides mental health, parent-child groups, and childcare services to low-income families. Programs include: Women's Health, Children First, and Pediatric Child Development. Women's Health focuses on prenatal care, while Children First is a comprehensive child development program and the Pediatric Child Development program offers tailored case management to children and families in need.

310.392.8636

604 Rose Ave. Venice, CA 90291

www.venicefamilyclinic.org

Vista Del Mar's Family Services of Santa Monica

Includes counseling for children and families as well as parenting education classes and placement services. Medi-Cal accepted.

310.836.1223

3200 Motor Ave. Los Angeles, CA 90034

www.vistadelmar.org

Clariss Health Pregnancy Clinic

A resource center for men and women in unplanned pregnancy situations. Offers parenting support, pregnancy workshops, and a fatherhood program.

310.820.2560

11500 W. Olympic Blvd., Suite 570 Los Angeles, CA 90064

www.wpclinic.org

Women's Physical Therapy

Physical therapy center for prenatal and postpartum women. Hypnobirthing groups, lactation

instruction and baby care. Also offers a wide range of perinatal services including: massage, pool exercise, and prenatal and postpartum pilates and yoga. Insurance accepted.

310.273.0877

900 Wilshire Blvd. Suite 315 Santa Monica, CA 90401

www.womensphysicaltherapy.com

Whole Body Momma

Providing nurturing massage experiences designed to pamper the expectant mother and baby. Their massages are specifically tailored to relieve the strains and stresses unique to a pregnant woman's body. They provide prenatal and postpartum massages and also provide in-home treatments.

310.405.3874

15219 Sunset Blvd. Suite #203, Pacific Palisades, CA 90272

<http://wholebodymomma.com/>

Yoga West

Kundalini yoga studio offering prenatal yoga classes and Mommy and Me yoga.

310.552.4647

1535 South Robertson Blvd. Los Angeles, CA 90035

www.yogawestla.com

Yoga Works

Westside yoga studio with multiple locations offering prenatal classes and Mommy and Me yoga classes.

310.393.5150

2215 Main St. Santa Monica, CA 90405

1426 Montana Ave. Santa Monica, CA 90403

15327 Sunset Blvd. Pacific Palisades, CA 90272

www.yogaworks.com

Yo San University Clinic

Yo San University Clinic provides effective, low-cost treatment for a wide variety of ailments that may occur during pregnancy and postpartum using acupuncture and other healing properties of Traditional Chinese Medicine (TCM).

13315 West Washington Boulevard, Los Angeles, California 90066

For more information call 310.577.3000 or TOLL FREE 1.877.YOSAN4U

www.yosan.edu/community-clinic/

*If there is a service you'd like to have included, please
email: webmaster@wellbabycenter.org*

If any information is incorrect, please let our webmaster know! Thank you!