Birth, Baby, and Mama Care Fair Guide

August 7, 2019 at the Athens-Clarke County Library 5-7:30 pm



reBlossom Mama & Baby Center

- Birthing Classes, Prenatal & Mama-Baby Yoga, New Mamas Support, Breastfeeding Support, Maternal Mental Health Support, Infant Massage, Storytimes, Music, Car Seat Safety, Babywearing, Parenting
- Phone: (706) 549-8900, Email: monira@reBlossomAthens.com
- www.reBlossomAthens.com

MIDWIVES

Piedmont Midwifery & Women's Center



- Jackie Sagner, Practice Manager; Susan Fisher, Tanya Owens, Susan Doyle CNMs; Sarah Hamilton, NP; 8 more midwives & 4 physicians
- Helps women through the childbirth of their choice in a supportive environment, gynecological services, deliveries, ultrasound, surgery, birth control & treatment of menopause.
- Phone: (706) 475-5719
- www.piedmont.org/locations/piedmont-athens/midwifery/midwifery



Women's Healthcare Associates

- Certified Nurse Midwives Alexa Clay, Meredith Turner, Hillary Midler, Hannah Turner, Janna Jones Kersh; Dr. Leach, Dr. Allen, Dr. Lowman
 Dr. Millan
- Provides comprehensive prenatal care, attentive labor and satisfying birth experience.
- Email: midwifealexaclay@gmail.com, Phone: (706) 369-0019
- www.womenshealthcareassociates.com



Home Grown Birth

- Missi Burgess, CPM
- Home birth midwifery services in Atlanta and Athens
- Phone: (678) 602-8087, Email: midwife@homegrownbirth.com
- www.homegrownbirth.com

DOULAS & LACTATION

AthensBorn Birth Services

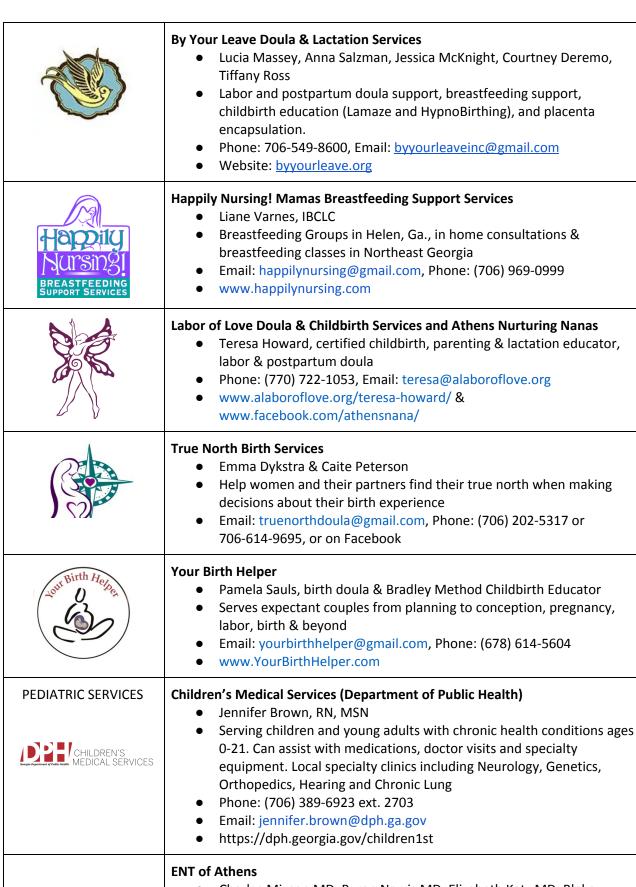


- Becca Crowe, CLD and Kate DeWolf, CLD, IBCLC
- Labor doula services, postpartum packages, placenta encapsulation, belly wrapping, in-home breastfeeding support and clinical lactation services for families in Athens and the surrounding areas.
- Phone: (706) 223-0808, Email: info@beathensborn.com
- www.beathensborn.com



Behold Birth

- Lindsey Hughes, certified doula & apprentices Tracy Sisson & Sara Katherine
- Seeks to empower, educate and encourage women through pregnancy, labor and the postpartum period
- Phone: (770) 365-0030, Email: lindsey@beholdbirth.com,
- www.beholdbirth.com





Charles Mixson MD, Byron Norris MD, Elizabeth Katz MD, Blake Kimbrell MD and Haley Peeples, PA-C.

- Ear, Nose & Throat specialists, including lip & tongue tie issues
- Office location: 150 Nacoochee Ave, Athens, GA 30601
- Phone: (706) 510-0486

www.entofathens.com



RightStart Therapy Services

- Ashley Galletta, Speech Language Pathologist
- Offers speech language therapy, feeding therapy, occupational therapy, home visits, & screenings at reBlossom
- Phone: (770) 609-6295,
- Email: rightstarttherapykids.athens@gmail.com
- www.rightstarttherapykids.com

Sunshine PEDIATRICS

Sunshine Pediatrics

- Dr. Dana Hogan
- Sunshine Pediatrics is a comprehensive pediatric practice for ages 20 and under, focusing on preventative care by using vaccines, good nutrition, herbal therapy, and allergen avoidance.
- Phone: (706) 769-9410
- www.sunshine-pediatrics.com

MENTAL HEALTH

Athens Center for Counseling & Play Therapy

- Bethany Rogers, LPC & Registered Play Therapist
- ACCPT caters to children, teens, and families' needs.
- Phone: (706) 363-3352
- email: rogersptcs@gmail.com
- www.athenscenterforcounselingandplaytherapy.com



Counseling Associates for Well-Being

- Aline Robolin, LPC
- She values connection, growth and authenticity, as well as respect, safety and acceptance through non-violent communication inspired methods & healing in a compassionate environment.
- Phone: , Email: Aline@ca4wellbeing.com
- https://ca4wellbeing.com/



Family Counseling Service of Athens, Inc.

- Tiffany George LMSW, Associate Director
- Provides professional and affordable individual, couples, and family counseling to Clarke and surrounding counties.
- Sliding fee scale available
- Phone: (706) 549-7755
- Email: contactus@fcsathens.com
- www.fcsathens.com



Grace Counseling

- Stephanie Atkinson, MS, APC & Academic Life Coach
- She has a passion for walking with women through miscarriage, infertility, postpartum, hormonal changes, life circumstance changes and other challenges women may face.
- Phone: (706) 705-7005
- https://gracecounselingathens.com/



Infant & Early Childhood Mental Health of Georgia

- Trasie Topple, PhD, LCSW
- Social emotional development and parent-child relationship support, therapeutic parenting groups, and reflective supervision and training for professionals working with children ages birth to five years old.
- Email: tatopple@uga.edu



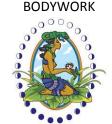
Lotus Counseling Services of Athens

- Caty Bell, LPC
- An integrative facility focused on mental health and well-being providing counseling and therapy for individuals and couples
- Phone: (706) 206-5291
- Email: catybell.lpc@gmail.com
- www.lotuscounselingofathens.com



Maternal Movement

- Olga Pyshnyak-Lawrence, Certified Life Coach, Author
- Empowering & inspiring mothers to follow dreams
- Email: maternalmovementinfo@gmail.com
- Phone: (706) 810-6262
- www.maternalmovement.com



Arvigo Massage

- Diana Calano, Certified Nurse Midwife
- Maya Abdominal Therapy is an external noninvasive manipulation using the hands to help with fertility enhancement, breech babies, postpartum recovery, gastrointestinal issues and more!
- Email: Diana@athensarvigo.com
- www.athensarvigo.com



Energy Spirals Healing Touch

- Rebecca Horne, RN & Healing Touch Practitioner
- Pediatric/ Labor & Delivery Registered Nurse of 42 years
- Healing Touch is an evidence-based & nationally-accredited Energy Medicine therapy, which activates a person's natural energy flow to support physical, mental, emotional & spiritual health
- Phone: (706) 255-8352, Email: rebeccah0@yahoo.com



Flock Wellness & Infant Massage

- Regina Oglesby, Certified Educator of Infant Massage by Infant Massage USA
- For love of child and kin leads parents & infants in group gatherings & nest visits, connection through healing touch & art therapies
- Email: umizflock@gmail.com, Phone: (706) 424-1909
- Instagram: @forloveofchild.kin



KayaKalp Acupuncture, LLC

- Dr. Deborah Hipp, PhD, LAc
- Health and rejuvenation for the body, mind and spirit. Specialities are in Women's Health & Baby-Making
- Email: drdeb@kayakalpacupuncture.com, Phone: (678) 570-3730
- www.kayakalpacupuncture.com



Mindful Massage

- Melissa Yonce-Hayes
- Massage Therapist, specializing in prenatal massage & new moms
- Email: melissa.a.yonce@gmail.com, Phone: (404) 317-5775
- https://melissayoncehayes.amtamembers.com



Rinse Beauty Massage

- Amber Yash, LMT
- Massage Therapist, pregnancy & postpartum massage
- Email: amberyash@yahoo.com, Phone: (678) 559-6952
- www.rinsebeauty.com



Thrive Integrative Medicine

- Jana Galis, DACM, Tony Galis, L.Ac., Ashley Kissinger, L.Ac. Allison Kennamer, D.C., & Janet Cheng, D.C., Leah McKellop, Anna McNeil, LMT
- Acupuncture, Chiropractic Care, Rolfing, Massage
- Phone: (706) 850-2000, Email: office@thrivespace.net
- www.thrivespace.net





Classic City Rehab

- Nidhi Patel, PT, DPT
- Certified Postnatal Fitness Specialist
- In-home concierge physical therapy, evenings & weekends, orthopedic and pelvic floor rehabilitation
- Phone: (706) 248-8706, Email: classiccityrehab@gmail.com
- instagram @thepelvictherapist



Emmett Concierge Physical Therapy

- Kayla Wood-Emmett, DPT
- In-home physical therapy specializing in women's health & orthopedics
- Phone: (678) 350-6392, Email: emmettconciergept@gmail.com
- At Athens Orthopedic Clinic kemmett@athensorthopedicclinic.com
- Phone: (706) 286-7634

Piedmont Athens Regional Physical Therapy



- Pam Anderson PT; Beth Jones, PT, DPT; Kelly Poole PT, MPT, CPT; Lone Howell PT, WCS, MTC, PRPC
- Antepartum, intrapartum and postpartum care, pelvic floor, diastasis recti, low back/hip/pelvic girdle pain, incontinence, painful sex
- beth.jones@piedmont.org, pamela.anderson@piedmont.org, kelly.poole@piedmont.org, lone.howell@piedmont.org
- https://www.piedmont.org/rehabilitation/rehab-pelvic-floor-dysfunction-services
- Phone: (706) 552-1920

MOVEMENT



Athens Movement Practice

- Jessica Groves-Chapman MS, PhD & Marvin Chapman MS, LMT
- Authentic movement, beautiful & effortless strength, & confidence through physical competency
- Email: jessica@athensmovementpractice.com & marvin@athensmovementpractice.com
- Phone: (478) 390-5983, www.athensmovementpractice.com



BabyBellyYoga

- Krista Martin Jones
- Prenatal Yoga to prepare mind & body for labor, birth & motherhood
- 3-Hour weekend Childbirth Workshops with Kate Hodges of Two Bee
 Birth Services that include comfort measures & breathing at Thrive
- Email: kristamartinjones@gmail.com, Phone: (205) 532-6383
- www.babybellyyoga.com fb & insta @BabyBellyYoga



BirthFit

- Laura Mattison, MS, CSCS, BIRTHFIT Coach, CFL2
- Prenatal fitness and postpartum rehabilitation
- Become educated and empowered throughout the Motherhood Transition and train for birth and recover postpartum through fitness, nutrition, mindset, and connection
- Phone: (470) 238-8612, Email: laura@birthfitatlanta.com
- birthfitatlanta.com



Ericksen PND (Performance, Nutrition & Development)

- Alexis Ericksen, MS CSCS & Co-Owner of Georgia Strength Gym
- Moms Who Move fitness class for prenatal & postpartum women
- Play Wisely cognitive & physical developmental play class for 4-26 m.
- Phone: (706) 207-6850, Email: ayoculan@gmail.com
- https://ericksenpnd.com/
- http://georgiastrength.com/



Keep It Simple Yoga

- Charlotte Johnston
- Yoga certified teacher who teaches at the Athens YWCO and offers workshops & retreats
- Her simple style improves strength, balance & flexibility
- Phone: (678) 425-5089, Email: emchels@yahoo.com
- www.kisyoga.com





Amerigroup Community Care

- Sarah S. Pedraza, Marketing Account Manager
- One of the 4 Care Managed Organizations to provide Health coverage to children & families determined eligible for Medicaid, PeachCare for Kids and/or Planning 4 Healthy Babies.
- Email: Sarah.pedraza@anthem.com, Phone: (404) 548-1589
- https://www.myamerigroup.com/ga/georgia-home.html





- Denise Chase, Sr Member Outreach Coordinator
- One of the 4 Care Managed Organizations to provide Health coverage to children & families determined eligible for Medicaid, PeachCare for Kids and/or Planning 4 Healthy Babies.
- Email: denise.chase@wellcare.com, Phone: (404) 725-8946
- https://www.wellcare.com/georgia



WIC Breastfeeding Peer Counselors

- Chelsea Freeman, RD, LD, CLEC, Iris Hernandez, CMA, CLC
- Serving counties within the Northeast Health District by offering prenatal and breastfeeding classes/support groups, clinic visits, home & hospital visits, phone/text consultations & support
- Phone: (706) 583-2860 (Clarke County Health Department)
- Phone: (770) 307-3011 ext. 232 (Barrow County Health Depart)

NON-PROFITS

Athens Area Diaper Bank



- Erin Campbell
- We collect diapers from generous organizations and friends to provide diapers for families in the Athens area.
- Phone: (919) 593-0853 Email: athensareadiapers@gmail.com
- www.athensareadiaperbank.com



Bright Paths First Steps/Healthy Families

- Jennifer Henderson
- Non-profit dedicated to promoting healthy families in Clarke, Jackson, Madison, Oglethorpe & Oconee, hospital & home visits
- Phone: (706) 546-9713, Email: jhenderson@pcaathens.org
- www.pcaathens.org

PHOTOGRAPHY

Silving Silvin

Bitsy Baby Photography

- Thea Ellenberg
- Specializes in maternity, newborn baby & family photography
- Phone: (706) 202-2702, Email: bitsybabyportraits@gmail.com
- www.bitsybabyportraits.com



Christina Mize Photography

- Christina Mize
- Specializes in maternity to newborn and beyond, relaxed sessions that result in portraits with authentic connections, joy & love.
- Phone: (706) 254-7399
- Email: info@christinamizephotography.com
- Website: www.christinamizephotography.com

MUSIC

ALLEGRO Sively Music For

Allegro: Lively Music for Children

- Cathy Rumfelt & Marian Welch-Quigley
- Allegro offers music classes for ages infant through 4 years using singing, dancing, movement & instrument play
- Phone: (706) 510-6995, Email: cathyrumfelt@gmail.com
- http://allegroathens.com
- Classes at Center City Ballet & YMCA



Music with Natalie

- Natalie Smith
- Music with Natalie offers music classes for 1 to 5-year-olds, piano lessons 3 y+, musical discoveries classroom experience
- Phone: (706) 424-1331, Email: info@musicwithnatalie.com
- www.musicwithnatalie.com
- Classes @ reBlossom Mama & Baby & East Educational Dance Center



Oconee Music

- Kristin Humbard, director; Savana Cameron, instructor
- Oconee Music offers Kiddy Keys preK music classes, KidzRock band classes 4-7 y, lessons for piano, voice, guitar, ukulele, violin
- Phone: (706) 705-2759, Email: director@oconeemusic.com
- www.oconeemusic.com
- 1410 Greensboro Highway, Suite C-D, Watkinsville

Macaron ***

Athens Macaroni Kid

- Lacie Dooley, Publisher
- An Athens-area online family event calendar, e-newsletter, & blog
- Email: lacied@macaronikid.com
- https://athens.macaronikid.com/