

| DOCTORS | |
|---|-------------------------------------|
| Rebecca Cohen, M.D. <i>Family & Full Service Maternity Care</i> | (812) 288-9646 rtlasky@yahoo.com |

POSTPARTUM DOULAS

| | |
|--------------------|--|
| Judy Berger | (502) 452-9267 iamamomof5@bellsouth.net |
| Deborah Cox | (812) 365-2389 deborah_27499@msn.com |
| Flora Hobbs | (502) 348-0532 |
| Cindy Lamb | (502) 409-9126 cooldoula@aol.com |
| Susan Lusk | (502) 493-3936 lusknails@aol.com |
| Nancy Neutz | (812) 736-1950 nancyneutz@peoplepc.com |
| Kim Tabler | (502) 412-7693 kimtabler@bellsouth.net |

BREASTFEEDING SUPPORT

| | |
|---|---|
| Jessie Anderson <i>CLC</i> | (812) 288-9646 jessie.anderson@midwives.org |
| Cheryl Brown <i>RN, IBCLC</i> | (502) 721-7727 nursingstation@hotmail.com |
| Andrea Denbow <i>IBCLC</i> | (812) 283-2901 andrea.denbow@clarkmemorial.org |
| Sheila Kaelin <i>IBCLC</i> | (502) 458-5613 sfkaelin@yahoo.com |
| Nancy Neutz | (812) 736-1950 nancyneutz@peoplepc.com |
| Vicki Sanders <i>IBCLC</i> | (502) 836-4663 vickisanders@bellsouth.net |
| Charissa Shea <i>RN, IBCLC, RLC</i> | (502) 523-6811 charissa.shea@insightbb.com |

PREGNANCY & INFANT MASSAGE

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|---|---|
| Rachel Gordon <i>Massage Therapist</i> | (859) 351-5947 rachelbluestar@yahoo.com |
| Amy Guyton, LMT <i>Massage Therapist</i> | (502) 897-6300 amy@lotus9studio.com |
| Dr. Beatriz Hoyos <i>Pregnancy, Infant, PostPart.</i> | (502) 581-8151 drbea123@bellsouth.net |
| Jerri Moran <i>Prenatal & Infant Massage</i> | (502) 836-5979 |
| Elaine Weisberg <i>Infant Massage Instructor</i> | (502) 458-7007 touchababy@bellsouth.net |
| Angela Young, LMT <i>Massage Therapist</i> | (502) 435-9068 amothercomf@insightbb.com |

MIDWIVES

| | |
|--|---|
| Jessie Anderson <i>Certified Nurse Midwife</i> | (812) 288-9646 jessie.anderson@midwives.org |
| Beth Bary <i>Certified Nurse Midwife</i> | (812) 282-6114 midwife@insightbb.com www.woman-care.org |
| Juliet Dietsch | (502) 327-7266 jldietsch@aol.com |
| Laura Rekapally <i>CPM</i> | (502) 718-1890 lrekapally@gmail.com |

FAMILY SUPPORT PROFESSIONALS

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| Dr. Amy Greenamy <i>Psychologist</i> | (502) 394-9990 drgreenamy@yahoo.com |
| Mandy Guthrie <i>Mental Health Professional</i> | (502) 558-6995 mguthrie@icsw@yahoo.com |
| Dr. Beatriz Hoyos <i>Chiropractor</i> | (502) 581-8151 drbea123@bellsouth.net |
| ICAN of Louisville <i>International Cesarean Awareness Network</i> | (502) 541-5158 icanoflouisville.com |
| Cristi McAlister <i>Women/Postpartum Support</i> | (502) 426-6380 cmcalister@tenbroeck.com |
| Donna Miles <i>(Lexington) Belly Casting/Henna Art</i> | (859) 273-1155 queenbeedoula@aol.com |
| Denise Romney <i>Wellness Coach</i> | (812) 948-9486 doula_denise@msn.com |
| Waldorf School of Lou. <i>Birth to Grade 5</i> | (502) 327-0122 waldorflouisville.org |
| Sheila Ward <i>Psychiatric Nurse Practitioner</i> | (502) 561-8850 sward@louisville.edu |
| Dr. T.J. White <i>Chiropractor</i> | (502) 326-9950 louisvillefam301@bellsouth.net |
| Dr. Leah Wright <i>Chiropractor</i> | (502) 326-9950 louisvillefam301@bellsouth.net |
| Pam Yenawine <i>Craniosacral Therapist</i> | (502) 386-5341 pyenawine@yahoo.com |

2008 CALENDAR OF EVENTS

DOULA NIGHTS

If you are an expectant parent, come join in the opportunity to meet doulas from Louisville and Southern Indiana. This FREE program is open to ALL expectant parents. Time: 7-9 p.m.

Clark Memorial Hospital:

Jan. 15, March 11, May 6, July 15, Sept. 16, Nov. 11

Norton Suburban Hospital:

Feb. 6, April 2, June 4, Aug. 6, Oct. 1, Dec. 3

Floyd Memorial Hospital:

Feb. 28, May 29, Aug. 28, Dec. 4

EDUCATIONAL MEETINGS

Everyone is welcome to these FREE educational meetings.

THURSDAY, JANUARY 17 (6:30-9 P.M.)

"Cesarean and VBAC Awareness"

Presented by ICAN of Louisville

THURSDAY, MARCH 20 (6:30-9 P.M.)

Join us for a screening of the movie "The Business of Being Born"

THURSDAY, MAY 15 (6:30-9 P.M.)

Topic and Speaker TBA

THURSDAY, JULY 17 (6:30-9 P.M.)

"Transparency in Maternity Care"

Panel discussion/forum

THURSDAY, SEPTEMBER 18 (6:30-9 P.M.)

Topic TBA

Presented by Eve Hiatt, PhD, MSN, ARNP-C

THURSDAY, NOVEMBER 20 (6:30-9 P.M.)

"Annual Holiday Charity Event"

Charity & Speaker TBA

BIRTH IN THE BLUEGRASS

SATURDAY, MARCH 8 (10 A.M. - 2 P.M.)

UNIVERSITY OF LOUISVILLE SHELBY CAMPUS

FOUNDERS UNION BUILDING, 9001 SHELBYVILLE RD.

BCN presents the 6th Annual "Birth in the Bluegrass" Childbirth Conference & Expo. Come meet birthing professionals and learn about your options. As always, this is a FREE event.

Vendors • Silent Auction • Door Prizes & More!

DOULAPALOOZA

TIME & PLACE TBA

BCN presents the 4th Annual *DoulaPalooza* Music Festival. Music, food and fun for the whole family. Be sure to visit www.birthcarenetwork.com for more information.

Speakers and times are subject to change. Please check www.birthcarenetwork.com for more information, updates and locations for these events.



MISSION STATEMENT

Birth Care Network is an organization of pregnancy, childbirth and postpartum professionals who are dedicated to providing resources for positive, informed childbirth in the Kentucky/Indiana area.

We support and encourage the practice of doulas, midwives, childbirth educators, breastfeeding support professionals and other family support professionals.

REFERRAL LIST INFORMATION

BCN believes that the mother chooses a doula, childbirth educator or other birth professional based on many factors including, but not limited to, personality, experience, philosophy, fee and scope of services provided and more. For assistance in what questions to ask when interviewing a doula, see dona.org and click on *Locating a Doula*.

BCN lists certified and trained doulas, childbirth educators and other birth professionals. Some have many years of experience, while others are just starting their practices. This is usually evident in the fees they charge. Everyone listed has, to the best of our knowledge, received training in their stated profession.

BCN does not guarantee the care provided by any birth professional listed in this brochure, nor does BCN in any way employ any of the members listed. All members are, to the best of our knowledge, independent contractors who make their own agreements and schedules and set their own fees. It is the responsibility of the consumer to interview and check references, accreditation and training of the birth professionals they hire.

FREE REFERRAL LINE:

(502) 499-4418 or 1-877-799-4418

1009-B DUPONT SQ N • LOUISVILLE, KY 40207

WWW.BIRTHCARENETWORK.COM

PROUD MEMBER: CENTER FOR NON PROFIT EXCELLENCE

WHAT IS A BIRTH DOULA?

The word “doula” comes from an ancient Greek word meaning “to serve” and is now used to refer to “a woman experienced in childbirth who provides continuous physical, emotional and informational support to the mother before, during and just after childbirth.”

Research shows that the presence of a doula can:

- Decrease the cesarean rate by 51%
- Decrease the length of labor by 25%
- Decrease pitocin use by 71%
- Decrease the need for pain medication by 35%
- Decrease the use of forceps by 57%
- Decrease the use of epidurals by 60%
- Enhance maternal/infant bonding

Source: *Mothering the Mother* by Klaus, Kennel & Klaus

WHAT IS A POSTPARTUM DOULA?

A postpartum doula is a woman who assists the new mother, baby and the rest of her family within the first few weeks after the birth of the baby. Services she may offer include:

- Breastfeeding support
- Advice on newborn care
- Household help
- Sibling care
- Errand running
- Meal preparation
- Other requested tasks

NEW MOMS' SUPPORT GROUP

BCN sponsors a New Moms' Support Group. It meets on the 4th Monday of each month from 10:30 a.m. to 12:30 p.m. at the Bon Air Library. For more information, contact kentuckianamoms@hotmail.com or call our free referral line at (502) 499-4418.

This brochure was updated on January 14, 2008

CHILDBIRTH EDUCATORS

| CLASS INFORMATION | CONTACT INFO |
|--|--|
| Nicole Aldridge, AAHCC <i>The Bradley Method</i> Sundays, 3-5 p.m. | (502) 387-0449 nicole@naturalbirthchoices.com naturalbirthchoices.com |
| Kim Avera <i>Birth Joy Lamaze</i> Sundays, 6-8:30 p.m. | (502) 222-6645 kavera@bellsouth.net |
| Lisa Bache <i>Lamaze, ICEA</i> Weekend Classes | (502) 326-3020 lisa@womb-service.com womb-service.com |
| Bethany Collins, AAHCC <i>The Bradley Method</i> Call for information | (502) 314-2260 beginningnaturally@insightbb.com beginningnaturally.com |
| Vanessa Cox <i>The Bradley Method</i> Call for information | (502) 225-9674 vanessacox1@bellsouth.net childbirthchoices.net |
| Andrea Denbow <i>ICEA</i> Call for information | (812) 283-2901 andrea.denbow@clarkmemorial.org |
| Jessica Farquhar <i>Birth from Within</i> Call for information | (502) 386-8837 jessica.farquhar@gmail.com wonderbirth.com |
| Angela Garvin, AAHCC <i>The Bradley Method</i> Call for information | (502) 290-1687 angela@optionsinchildbirth.com optionsinchildbirth.com |
| Amy Goforth <i>Lamaze</i> Call for information | (812) 786-0471 hoosierdoula@insightbb.com hoosierdoula.com |
| Ann Hemdahl-Owen <i>Hypnobirthing</i> Call for information | (502) 599-6258 iamiam@netpointe.com |
| Kathy Markham <i>Lamaze, Hypnobirthing</i> Sundays, 6-8:30 p.m. | (502) 326-9379 busykymom@aol.com louisvillechildbirth.com |
| Margaret Martin, RN <i>Lamaze</i> Call for information | (502) 452-6772 mbeginning@bellsouth.net |
| Kristin Munro-Leighton <i>ICEA</i> Call for information | (502) 468-6219 krismurong@yahoo.com |
| Denise Romney <i>Christian, LDS Classes</i> Call for information | (812) 948-9486 doula_denise@msn.com |
| Dori Ross <i>The Bradley Method</i> Call for information | (502) 384-8885 doriraye@yahoo.com learntobirthnaturally.com |
| Vicki Sanders <i>Lamaze, ICEA</i> Call for information | (502) 836-4663 vickisanders@bellsouth.net trulyprepared.com |
| Robin Weiss <i>Lamaze, ICEA</i> Call for information | (502) 426-8228 robineweiss@hotmail.com robineliseweiss.com |

CERTIFIED BIRTH DOULAS

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| Nicole Zirnheld Aldridge <i>CD(DONA)</i> | (502) 387-0449 nicole@naturalbirthchoices.com |
| Lisa Bache <i>CD(DONA)</i> | (502) 326-3020 lisa@womb-service.com |
| Allison Baker <i>CD(DONA)</i> | (502) 345-1216 jairandallison@yahoo.com |
| Ann Denner <i>CD(DONA)</i> | (270) 422-4517 anniepooh40146@yahoo.com |
| Mary DeWitt <i>CD(DONA)</i> | (502) 637-5952 mldewitt01@yahoo.com |
| Laura Holt <i>CD(DONA)</i> | (502) 836-9633 lauraeholt@hotmail.com |
| Susan Kute <i>CD(DONA)</i> | (502) 459-5670 susanscorner1@hotmail.com |
| Kathy Markham <i>CD(DONA)</i> | (502) 326-9379 busykymom@aol.com |
| Donna Miles <i>CD(DONA)</i> (Lexington) | (859) 273-1155 queenbeedoula@aol.com |
| Denise Romney <i>CD(DONA)</i> | (812) 948-9486 doula_denise@msn.com |
| Vicki Sanders <i>CD(DONA)</i> | (502) 836-4663 vickisanders@bellsouth.net |
| Marie Simpson <i>CD(DONA)</i> (Elizabethtown) | (270) 737-3132 mariesimpson76@hotmail.com |
| Robin Weiss <i>CD(DONA)</i> | (502) 426-8228 robineweiss@hotmail.com |
| Brenda Whyland <i>CD(DONA)</i> | (502) 649-0779 jandb654@aol.com |

TRAINED BIRTH DOULAS

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|-------------------------------------|--|
| Bonnie Anton | (502) 239-3990 bonnieanton@msn.com |
| Lorie Baltes | (502) 541-8975 loriebaltes@yahoo.com |
| Rebecca Miller Banner | (859) 489-5124 felides@yahoo.com |
| Melissa Barksdale | (859) 907-1290 melissa_b@mac.com |
| Renee Campbell | renee.nellis@midwives.org |
| Elizabeth Cody | (502) 435-9204 lizzie.cody@gmail.com |
| Bethany Collins | (502) 314-2260 beginningnaturally@insightbb.com |
| Deborah Cox | (812) 365-2389 deborah_27499@msn.com |
| Angela Garvin | (502) 290-1687 angela@optionsinchildbirth.com |
| Amy Goforth | (812) 786-0471 hoosierdoula@insightbb.com |
| Mary Hoffmann (Lexington) | (859) 229-8434 birth-junkie@hotmail.com |
| Cindy Lamb | (502) 409-9126 cooldoula@aol.com |
| Patricia Lawson | (502) 439-3204 pllrr@insightbb.com |
| Susan Linville | (502) 454-4370 susanlinville@yahoo.com |
| Mandy Mcllwan | (502) 432-7518 resistanceisfertile@riseup.net |
| Kristin Munro-Leighton | (502) 468-6219 krismurong@yahoo.com |
| Dori Ross | (502) 384-8885 doriraye@yahoo.com |
| Rhonda Smith | (812) 738-7392 izzysmoonymama@aol.com |
| Kim Tabler | (502) 412-7693 kimtabler@bellsouth.net |
| Stacie Walker | (502) 802-9452 stacie.walker@earthlink.net |
| Dr. Leah Wright | (502) 326-9950 louisvillefam301@bellsouth.net |
| Leslie Wright | (502) 368-5645 motherearthy@gmail.com |
| Pamela Yenawine | (502) 386-5341 pyenawine@yahoo.com |