

POSTPARTUM DOULAS	
Deborah Cox	(812) 365-2389 deborah_27499@msn.com
Cindy Lamb	(502) 409-9126 cooldoula@aol.com
Ada Rothrock	(502) 396-7984 a9201@aol.com
Kim Tabler	(502) 412-7693 kimtabler@bellsouth.net

BREASTFEEDING SUPPORT	
Jessie Anderson CLC	(812) 288-9646 jessie.anderson@midwives.org
Ashley Benz CLC	(502) 819-9205 ashleybenz@gmail.com
Andrea Denbow IBCLC	(812) 283-2901 andrea.denbow@clarkmemorial.org
Vicki Sanders IBCLC	(502) 836-4663 vickisanders@bellsouth.net
Cynthea Stair IBCLC	(865) 368-3852 cyntheamae@yahoo.com

PREGNANCY & INFANT MASSAGE	
Elisabeth Arthur Massage Therapist	(502) 409-0600 aperfectbalance@hotmail.com
Erin Brock Massage Therapist	(502) 689-0851 erin@touchofpeace.org
Rachel Gordon Massage Therapist	(859) 351-5947 rachelbluestar@yahoo.com
Abbie Griley Harrison, LMT Pre & Post Natal, Infant	(502) 442-2843 www.shinelouisville.com
Marissa Holden Massage Therapist	(502) 533-9010 findmarissa@massagetherapy.com
Dr. Beatriz Hoyos Pregnancy, Infant, PostPart.	(502) 581-8151 drbea123@bellsouth.net
Jerri Moran Prenatal & Infant Massage	(502) 836-5979
Stacie Walker, NCMT, LMT Pregnancy & Infant Massage	(502) 802-9452 herbodyworks@gmail.com
Elaine Weisberg Infant Massage Instructor	(502) 458-7007 touchababy@bellsouth.net
Angela Young, LMT Massage Therapist	(502) 435-9068 angelayoung@insightbb.com

MIDWIVES	
Jessie Anderson Certified Nurse Midwife	(812) 288-9646 jessie.anderson@midwives.org
Beth Bary Certified Nurse Midwife	(812) 282-6114 midwife@insightbb.com www.woman-care.org
Juliet Dietsch	(502) 327-7266 jldietsch@aol.com
Jennifer Woodmansee	(502) 593-3259 birthrootmidwife@gmail.com

FAMILY SUPPORT PROFESSIONALS	
Abbie Griley-Harrison Craniosacral Therapist	(502) 442-2843 www.shinelouisville.com
Dr. Beatriz Hoyos Chiropractor	(502) 581-8151 drbea123@bellsouth.net
Heartland Music Together Early Childhood Music & Movement Program	(502) 491-3131 info@heartlandmusictogether.com
Holistic Moms Network	(502) 295-0801 hmnloouisville@yahoo.com
ICAN of Louisville International Cesarean Awareness Network	(502) 541-5158 icanoflouisville.com
Donna Miles (Lexington) Belly Casting/Henna Art	(859) 273-1155 queenbeedoula@aol.com
Music Together at Shine Early Childhood Music & Movement Program	(502) 442-2843 www.shinelouisville.com
Denise Romney Wellness Coach	(812) 948-9486 doula_denise@msn.com
Waldorf School of Lou. Birth to Grade 5	(502) 327-0122 waldorflouisville.org
Sheila Ward Psychiatric Nurse Practitioner	(502) 561-8850 sward@louisville.edu
Dr. Leah Wright Chiropractor	(502) 326-9950 louisvillefam301@bellsouth.net
Pam Yenawine Craniosacral Therapist	(502) 386-5341 pyenawine@yahoo.com
Yoga at Shine Pre & Postnatal, Yoga for ages 3 and up	(502) 442-2843 www.shinelouisville.com
Dyna Zehnder Yoga	(502) 377-7562 dynazehn@myway.com

2009 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:
March 10, May 5, July 14, Sept. 15, Nov. 10

Norton Suburban Hospital:
April 1, June 3, Aug. 5, Oct. 7, Dec. 2

Floyd Memorial Hospital:
March 5, May 28, Aug. 27, Dec. 3

EDUCATIONAL MEETINGS

Everyone is welcome to these FREE educational meetings.

THURSDAY, MARCH 26 (6:30-9 P.M.)
Panel Discussion: Meet the Childbirth Educators

THURSDAY, MAY 21 (6:30-9 P.M.)
Homebirth: Myths and Advocacy

THURSDAY, JULY 16 (6:30-9 P.M.)
Postpartum Fitness

THURSDAY, SEPTEMBER 24 (6:30-9 P.M.)
Depression During Pregnancy

THURSDAY, DECEMBER 3 (6:30-9 P.M.)
Annual Holiday Charity Event

BIRTH IN THE BLUEGRASS

SATURDAY, JUNE 13 (10 A.M. - 2 P.M.)
THE CLIFTON CENTER

BCN presents the 7th 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 5th 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 angela@optionsinchildbirth.com or nicole@believeinbirth.com or call our free referral line at (502) 499-4418.

This brochure was updated on June 8, 2009

CHILDBIRTH EDUCATORS

CLASS INFORMATION	CONTACT INFO
Nicole Aldridge, AAHCC <i>The Bradley Method</i> Sundays, 3-5 p.m.	(502) 387-0449 nicole@believeinbirth.net believeinbirth.net
Kim Avera <i>Birth Joy Lamaze</i> Sundays, 6-8:30 p.m.	(502) 222-6645 kavera@bellsouth.net
Bethany Collins, AAHCC <i>The Bradley Method</i> Tuesdays, 6:30-8:30 p.m.	(502) 314-2260 beginningnaturally@insightbb.com beginningnaturally.com
Allison Baker <i>The Bradley Method</i> Fridays, 7-9 p.m.	(502) 345-1216 jairandallison@yahoo.com
Vanessa Cox <i>The Bradley Method</i> Call for information	(502) 640-6513 vanessa@childbirthchoices.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@wonderbirth.com wonderbirth.com
Angela Garvin, AAHCC <i>The Bradley Method</i> Call for information	(502) 724-1051 angela@optionsinchildbirth.com optionsinchildbirth.com
Amy Goforth <i>Lamaze</i> Call for information	(812) 786-0471 hoosierdoula@gmail.com hoosierdoula.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@insightbb.com
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) 802-2238 doriraye@yahoo.com learntobirthenaturally.com
Vicki Sanders <i>Lamaze, ICEA</i> Call for information	(502) 836-4663 vickisanders@bellsouth.net trulyprepared.com
Stacie Walker <i>Lamaze</i> Call for information	(502) 802-9452 herbodyworks@gmail.com
Robin Weiss <i>Lamaze, ICEA</i> Call for information	(502) 426-8228 robineweiss@hotmail.com robineliseweiss.com

CERTIFIED BIRTH DOULAS

Nicole Zirnheld Aldridge <i>CD(DONA)</i>	(502) 387-0449 nicole@believeinbirth.net
Allison Baker <i>CD(DONA)</i>	(502) 345-1216 jairandallison@yahoo.com
Mary DeWitt <i>CD(DONA)</i>	(502) 637-5952 mldewitt01@yahoo.com
Susan Kute <i>CD(DONA)</i>	(502) 451-7016 susanscorner1@hotmail.com
Susan Linville <i>CD(DONA)</i>	(502) 454-4370 susanlinville@yahoo.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
Bobbie Morgan <i>CD(DONA)</i>	(812) 786-0394 morgans@wrcrc.net
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
Cynthea Stair <i>CD(DONA)</i> (Elizabethtown)	(865) 368-3852 cyntheamae@yahoo.com
Kim Tabler <i>CD(DONA)</i>	(502) 412-7693 kimtabler@bellsouth.net
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

Elisabeth Arthur	(502) 409-0600 aperfectbalance@hotmail.com
Lorie Baltes	(502) 454-7251 loriebaltes@yahoo.com
Rebecca Miller Banner	(859) 489-5124 felides@yahoo.com
Melissa Barksdale	(859) 907-1290 melissa_b@mac.com
Nina Berry	(502) 548-9915 earthlovinmomma@yahoo.com
Ashley Benz	(502) 819-9205 ashleybenz@gmail.com
Erin Brock	(502) 689-0851 erin@touchofpeace.org
Deborah Bruns	(502) 541-1081 debruns74@gmail.com
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
Susan Daniels	(270) 427-4238 susan@micah68.org
Angela Garvin	(502) 724-1051 angela@optionsinchildbirth.com
Amy Goforth	(812) 786-0471 hoosierdoula@gmail.com
Rachel Gordon	(859) 351-5947 rachelbluestar@yahoo.com
Sherri Lowe Hughes	(502) 412-3103 balanceinmotion@balanceinmotion.org
Jenny Claire Kragel	(502) 396-7500 know.more@live.com
Cindy Lamb	(502) 409-6560 cooldoula@aol.com
Margaret Martin	(502) 452-6772 mbeginning@insightbb.com
Kristin Munro-Leighton	(502) 468-6219 krismurong@yahoo.com
Faith Murphy	(630) 291-0184 faith@feetwashers.org
Aundria Radmacher	(502) 418-1528 maggiefey@riseup.net
Dori Ross	(502) 802-2238 doriraye@yahoo.com
Ada Rothrock	(502) 396-7984 a9201@aol.com
Stacie Walker	(502) 802-9452 herbodyworks@gmail.com
Dr. Leah Wright	(502) 326-9950 louisvillefam301@bellsouth.net
Dyna Zehnder	(502) 377-7562 dynazehn@myway.com