



Support Directory

For over a decade Birth Unlimited has offered Calgary families resources and referrals on a call-in basis. We are now pleased to offer excerpts from our directory of birth support options here, alphabetically. For even more resources on topics related to pregnancy, birth, post partum or early parenting, call Birth Unlimited at 403-237-8839.

Attachment Parenting

Attachment Parenting Canada;
403-714-6766
www.attachmentparenting.ca; Parent Effectiveness Training, workshops, seminars, coaching, Terrific Toddler classes for parents of children 0-4 years

Attachment Parenting Support and Playgroup;
Cochrane: 403-932-6083; Calgary:
403-253-3954; www.groups.yahoo.com/
group/CalgaryAttachmentParenting/

Babes in Arms; 403-835-4614
www.babesinarms.ca; slings, babywearing
classes and natural parenting products

From Womb to Cradle Doula Services, Inc.;
Michelle Maisonville and Ashley Fisher;
403-488-7367 wombtocradle@gmail.com
www.wombtocradle.com; serving Medicine
Hat, Brooks, Bow Island, Taber, Lethbridge
and Suffield, AB. Committed to providing the
highest standards of care from the prenatal
period to postpartum. Birth doula services,
babywearing and cloth diapering workshops,
childbirth preparation assistance, and
breastfeeding information and support

Maternus; Mothers Unfolding Circles; explore
self-care, identity, balance, relationships, intuition,
mindfulness, and transformation in motherhood;
Joanna Nightengale 403-258-1005

Breastfeeding Support

Calgary Breastfeeding Matters Group;
www.cbmg.ca

Calgary Childbirth Education Association;
403-281-9485 www.calgarychildbirth.com;
breastfeeding support and refresher classes in
Calgary and Cochrane

From Womb to Cradle Doula Services, Inc.;
Michelle Maisonville and Ashley Fisher;
403-488-7367 wombtocradle@gmail.com
www.wombtocradle.com; serving Medicine
Hat, Brooks, Bow Island, Taber, Lethbridge
and Suffield, AB. Committed to providing the
highest standards of care from the prenatal
period to postpartum. Birth doula services,
babywearing and cloth diapering workshops,
childbirth preparation assistance, and
breastfeeding information and support

The Calm Baby Cookbook; Dr. Melanie
Beingessner 403-273-5653
www.drmelaniebee.org

La Leche League Canada; Calgary
403-242-0277; Lethbridge 403-381-7718;
Red Deer 403-348-1829; www.LLCC.ca;
breastfeeding information, mother-to-mother
support, monthly meetings

Lakeview Breastfeeding Clinic; 403-246-7076

Childbirth Preparation

Akinstead Birth Choices; The Bradley Method of
Husband-Coached Childbirth in Strathmore
403-934-4912 Kiemeny@efirehose.net

Alberta HypnoBirthing; Judy Negrey
403-374-2256 www.albertahypnobirthing.com;
gentle birth through self-hypnosis

Bellies in Bloom; mother blessings facilitation
Brenda Muir 403-851-1488

Bradley Method of Natural Childbirth; Rhonda
Gordon 403-256-3430; Sue Gregor
403-607-2870 www.healthybirthchoices.com

Breech Babies; www.breechbabies.com

Calgary Childbirth Education Association;
403-281-9485 www.calgarychildbirth.com;
certified instructors teach small group and private
classes

Calgary Family Safety and Wellness Inc.; Shari
Gorman 403-217-6257 www.cfswi.ca

Calgary Health Region Perinatal Education
Program; 403-781-1450
www.birthandbabies.com

Calgary Hypnobirthing; Jenn Price-Jones
403-279-7788 www.calgaryhypnobirthing.com;
use relaxation to eliminate fear, tension and pain

The Centre for Family Well Being;
403-210-3203 www.centremassage.com

Elmont Professional Birth Services; Elaine
Montgomery 403-252-4683; private classes

First Step Nutrition; Jennifer House
jen@firststepnutrition.com
www.firststepnutrition.com 403-608-3240;
Nutrition specializing in new moms, moms-to-
be and their babies! Dietitian services include
individual consultations, group classes, meal
plans and grocery store tours

Friends of Freebirth; friendsoffreebirth@yahoo.ca;
a non-profit, volunteer-run organization sharing
wisdom and resources on unattended childbirth

From Womb to Cradle Doula Services, Inc.;
Michelle Maisonville and Ashley Fisher;
403-488-7367 wombtocradle@gmail.com
www.wombtocradle.com; serving Medicine
Hat, Brooks, Bow Island, Taber, Lethbridge
and Suffield, AB. Committed to providing the
highest standards of care from the prenatal
period to postpartum. Birth doula services,
babywearing and cloth diapering workshops,
childbirth preparation assistance, and
breastfeeding information and support

Lamaze childbirth classes Rae Broda Prenatal
Services 403-293-1359

Maternus; Joanna Nightengale; Birthing from
Within childbirth and parenting preparation
classes 403-258-1005;

Mother and Baby Wellness;
www.motherwellness.com 1-866-TO-BIRTH
(862-4784); offering courses across Canada

Nutrition Services; Rachel Dibattista Canmore
403-688-0811

Self Connection Books; 403-284-1486 or
403-225-8887 www.selfconnection.ca; Guided
imagery CDs

The Womb's Cradle; Shannon Kary
403-816-7832

Chiropractic

Adjust to Life Chiropractic; Dr. Kevin Toth, Dr.
Dana Lougheed 403-228-5433
www.adjusttolife.com

Chiropractic Wellness Clinic; Dr. Alma Nenshi
403-230-0001 or 403-254-5774
www.CalgaryWellness.com

CHASE Clinic Calgary Health and Spinal Care;
403-246-0334 www.welladjusted.ca

Dr. Valerie Reder 403-283-8989

14th Street Chiropractic; Dr. Les Davidson
403-284-4743

Generations Chiropractic; Dr. Kristi Laycraft
403-230-2559

Glenmore Landing Family Chiropractic; Dr. Scott
Melrose 403-301-0276

Lifestyles Wellness Group; Dr. Patti Hort, Dr.
Sherra Sanders; 403-247-9301;
www.drformoms.com; Offering chiropractic care

Memorial Square Chiropractic Clinic;
Dr. Melanie Beingessner 403-273-5653

Synergea Family Health Centre; Dr. Judy Forrester
403-247-2947

Diapers

Absolutely Diapers; 1-800-HIP-BABY
www.hipbaby.com

Babes in Arms; 403-835-4614
www.babesinarms.ca; cloth diapers,
accessories, classes

Bottoms Up Diapers; Edmonton 780-377-0290
www.freewebs.com/bottomsupclothdiapers

Claudia's Choices; 403-613-2274
www.claudiaschoices.ca; envirosensible
products

EcoBaby Canada; Andrea Johnson
contact@ecobabycanada.com
www.ecobabycanada.com Lethbridge
403-381-0179; An online natural baby
boutique, providing a wide assortment of
cloth diapers, baby carriers, birthing supplies,
natural skin care, and much more. Mom
owned and operated

Rock-A-Dry Baby Diaper Service;
1-888-232-4666

Doulas – Birth

Absolute Nurturing Doula Services;
Amy MacQuarrie amy@absolutenurturing.com
www.absolutenurturing.com Sherwood Park
780-340-8656; Birth and postpartum doula
services

Beauty-Well; Erin Moyer 403-993-3270
www.beauty-well.ca; birth and postpartum
doula

Birth Down to Earth Doula Services; Julia Lynx
403-678-0980 www.birthdowntoearth.com

Birthing From The Soul; 403-889-4802
www.birthingfromthesoul.com

Birthing Mothers Doula Services;
Meagan Hughes www.birthingmothers.ca

Birth With Confidence; 403-604-8334
www.birthwithconfidence.ca

Calgary Childbirth Education Association;
403-281-9485 www.calgarychildbirth.com; a
team of educated, experienced doulas

Calgary Doula Association; 403-750-2033
www.calgarydoulas.ca

Centre for Family Wellbeing; 403-210-3203

Earthy Birthy Mamas Doulas Extraordinaire;
Michelle McEwen, Ali Reimer 403-295-6207;
birth and post partum support

Elmont Professional Birth Services;
Elaine Montgomery 403-252-4683; DONA
approved labour support and doula training

From Womb to Cradle Doula Services, Inc.;
Michelle Maisonville and Ashley Fisher;
403-488-7367 wombtocradle@gmail.com
www.wombtocradle.com; serving Medicine
Hat, Brooks, Bow Island, Taber, Lethbridge
and Suffield, AB. Birth doula services,
babywearing and cloth diapering workshops,
childbirth preparation assistance, and
breastfeeding information and support

Fuller Birth Support; Carmen Fuller
CD(DONA); Airdrie, AB; 403-980-9060,
403-615-1117; carm_king@msn.com;
www.fullerbirthsupport.webs.com

Hand N' Hand Professional Birth Services;
Janelle Sergeant 403-295-8239

Hip Mamas Doula Services; Helen Cotter,
Jennifer McGuire, Chrissy Moulard,
www.HipMamas.ca

Little Origin Doula Services; Evamarie
Padmanabhan; 403-852-3345;
info@littleorigin.ca; www.littleorigin.ca;
Providing informational, emotional and
comforting support for women and families
throughout their birthing journeys

Maternus; professional birth and post-partum
services with certified doula
Joanna Nightengale, CCE, CD 403-258-1005

Memorable Moments Birth Services;
Jennifer Elder
memorablemomentsbirthservices@gmail.com;
Offering low-cost birth and/or postpartum
support

Messages To The Body; Mardelle Hansen, RMT
403-282-9733; Pre and post natal massage,
doula support and Bowen therapy

Nurturing Touch Doula Services; Tracey Stein
403-257-0577

Precious Beginnings; Amy Secord
403-870-1789

Leesha Terpsma; 403-921-2143; Doula and
Reflexologist

Rae Broda Perinatal Services; 403-293-1359;
doula support, private and small group childbirth
education classes

Volunteer Birth Companion Program; Peter
Lougheed Hospital Sue Yaskiw 403-943-4781;
labour support under nurse supervision

Doulas – Post Partum

Absolute Nurturing Doula Services;
Amy MacQuarrie amy@absolutenurturing.com
www.absolutenurturing.com Sherwood Park
780-340-8656; Birth and postpartum doula
services

A Helping Hand; Kelly Friesen 403-337-3757
www.doula-ahelpinghand.ca; DONA certified
birth and post partum care

Beauty-Well; Erin Moyer 403-933-3270
www.beauty-well.ca; birth and postpartum
doula

Calgary Childbirth Education Association;
403-281-9485 www.calgarychildbirth.com;
a team of educated, experienced post-partum
doulas

Jo Lang Post Partum Support; 403-931-2386

Memorable Moments Birth Services;
Jennifer Elder
memorablemomentsbirthservices@gmail.com;
Offering low-cost birth and/or postpartum
support

Raechel Froese; 403-277-5079; massage
therapy and birth support services

Three Wise Women Doula Services; Lexie
Crawford 403-256-2026; Debra McFarlane
403-651-9904; specializing in post partum
support; DONA certified

Emergency Support

Calgary Women's Emergency Shelter Crisis Line;
403-234-SAFE (7233) Office
403-290-1552

Caring Beyond; 403-294-1131; A support
group for parents who have lost a baby due to
miscarriage, stillbirth or neonatal death

Children's Cottage Crisis Line; 403-233-2273
Office 403-233-2655; Short term stay for
mothers and children

Distress Centre 24 Hour Crisis Line;
403-266-1605

Men's Line 403-266-4357; Support, information
and referrals for men in distress

Sheriff King Home for Battered Women Crisis
Line; 403-266-0707

Sunshine Centre; 403-243-2037; Help for
women who have experienced family violence

YWCA Support Centre; 403-266-4111; Group
counseling for men, women, adolescents and
children

Health Support

(Medical Therapies)

Alexandra Community Health Centre;
403-266-2622; General medical practice,
prenatal service and chiropractic care

Best Beginning Program; 403-228-8221;
Support for pregnant women with health, social
or financial concerns

Dr. Colin Birch Obstetrician Foothills Hospital;
403-944-4808

Calgary Counseling; 403-265-4980

Calgary Family Services; 403-269-9888

Calgary Pregnancy Care Centre;
403-269-3110; Pregnancy testing, counseling,
advocacy, referrals, housing, classes and support
groups

Calgary Urban Project Society (CUPS);
403-221-8780; health and prenatal care, family
resources and daycare for those struggling with
poverty and homelessness

Calgary Women's Health Collective;
403-265-9590

Dr. Magnus Murphy Obstetrician; Rockyview
Hospital 403-692-0440

Eastside Family Centre; 403-299-9696; Walk-in
counseling centre

First Step Nutrition; Jennifer House
jen@firststepnutrition.com
www.firststepnutrition.com
403-608-3240; Nutrition specializing in new
moms, moms-to-be and their babies. Dietitian
services include individual consultations,
group classes, meal plans and grocery store
tours

Healing Choices Counselling & Education; Anu Chiarelli RN, MA in Counselling anu@healingchoicescounselling.org www.healingchoicescounselling.org 403-285-6768; Individual and couples' counselling for childbearing issues

Journey of Health; Tonya Dahl tonya@journeyofhealth.net www.journeyofhealth.net 403-254-599; Health Food Store, raw food classes, raw food potlucks, natural whole food vegan supplements, baby book rentals, dvds, natural organic products for baby and more

LDS Family Services; 403-255-0153; adoption and counseling agency free for birth mothers

Medical doctors accepting new patients Calgary Health Region; 403-943-5465 www.calgaryhealthregion.ca

Pureform Diagnostic Imaging Clinics; Marie Laver; 403-542-2588 marie@pureformdiagnostics.com www.pureformdiagnostics.com; Radiology clinics - ultrasound, x-ray, bone mineral density and mammography exams

Health Support

(Alternative Therapies)

The Acupuncture and Health Group; 403-253-3103 www.acupuncturehealthcalgary.com

Ananda Fundamental Wellness Resources; 403-247-0630; reflexology, flower essence therapy, reiki, self-care coaching

Birthing From The Soul Aromatherapy; 403-889-4802 www.birthingfromthesoul.com

The Centre for Family Well Being; 403-210-3203 www.centremassage.com; massage, doula services, prenatal classes

Centre for Health & Wellness; Dr. Alma Nenshi, D.C. 403-254-5774 www.CalgaryWellness.com

Cobblestone Health; Judith Cobb 403-287-2991 www.cobblestonehealth.com; Master Herbalist, Nutritional Consultant, Certified Iridologist, Childbirth Educator

Dr. Jeoff Drobot Allergy Testing; 403-287-9201

Dr. Rabia K Meghji ND; 403-247-2947; drabiameghji@gmail.com Specializing in fertility, women and children's health, NAET

Foothills College of Massage Therapy; 403-255-4445; complimentary massages for pregnant women between five and nine months gestation performed by supervised students

HarmoniHealth; Dr. Joanny Liu 403-282-8116 www.harmonihealth.ca

Hummingdale Healing Carniosacral Therapy for Infants; Margy McKay 403-686-6055

Emily Matweow CranioSacral Therapist; 403-288-3031

Messages to the Body; Mardelle Hansen, RMT 403-282-9733; Pre and post natal massage, doula support and Bowen therapy

Dr. Christine Perkins ND Naturopathic Medicine; 403-282-9733

Prema Sai Wholistic Living; Charis Williams 403-243-4040; doula services, prenatal massage, wholistic nutrition, flower essences, homeopathy, vitamins and supplements

Raechel Froese 403-277-5079; massage therapy and birth support services

Dr. Rebecca Sagan Naturopathic Doctor; 403-247-9301 or 403-262-1121 www.naturallygoodhealth.com

Southcentre Chinese Acupuncture; Dr. Hong Yan 403-271-6662

Dr. Patti Yik Naturopathic Medicine; 403-247-9301

Xerion Apothecary; 403-202-8507 www.xerion.ca

Midwives

Alberta Association of Midwives; www.albertamidwives.com

Aurora Midwifery; Kimberley Schmidt and Viv Maclean 403-203-5105 info@auroramidwifery.ca

Birth Partnership Midwifery Services; 403-246-8968; Morning Star Midwives: Cassie Evans, Christy LeBlanc, Patty Lenstra, Moonstone Midwives: Jane Baker, Sivan Bar-Sever, Janna Miller, Nadine Mitchell, Sage Passages Midwives: Theresa Barrett, Ann Leblond, Taina Turcasso;

Blessing Way Midwifery; Red Deer 403-845-3084; Barb Bodiguel

Briar Hill Midwives; 403-247-2947; Team 1: Reanne Mason, Mary Lansiedel, Penny Salkeld, Carol Stehmeier; Team 2: Maura Burns, Luba Butska, Toby Douglas, Aisia Salo

Cochrane Community Midwives; 403-932-3176; pager: 403-207-8406; Joy West Eklund, Shianna Pace

Mountain Valley Midwife/Sage-femme; Canmore 403-431-1111; Mireille Caron RM

Northern Alberta Midwives; Contact Association for Safe Alternatives in Childbirth in Edmonton 780-425-7993

Parenting

Brilliant Beginnings Educational Centre; 403-283-5437 www.brilliantbeginnings.ca; Support and education, infant and toddler programs

Chrysalis Parent Education; Alisha Brignall 403-475-7805

Families Matter; 403-205-5175

From Womb to Cradle Doula Services, Inc.; Michelle Maissonville and Ashley Fisher; 403-488-7367 wombtocradle@gmail.com www.wombtocradle.com; serving Medicine Hat, Brooks, Bow Island, Taber, Lethbridge and Suffield, AB. Committed to providing the highest standards of care from the prenatal period to postpartum. Birth doula services, babywearing and cloth diapering workshops, childbirth preparation assistance, and breastfeeding information and support

Full Circle Parenting; Lisa Kathleen 403-277-3437

Healing Choices Counselling & Education; Anu Chiarelli RN, MA in Counselling anu@healingchoicescounselling.org www.healingchoicescounselling.org 403-285-6768; Individual and couples' counselling for childbearing issues

PACT Parents and Children Together; Val Ritter valrr@shaw.ca www.pact.9f.com 403-241-854; Parent education discussion groups and unstructured play centres for children from ages 0-5 years.

Parent Support Association; 403-270-1819, 403-270-1809

Professional Parenting Canada; 403-714-6766 www.professionalparenting.ca; Parent Effectiveness Training, workshops, seminars, coaching

Raymond Early Parenting Centre; 403-242-3533 www.raymondparenting.com

Room to Grow; 403-463-9565 www.room-to-grow.ca; Parent education, parentled play groups, preschool and children's programs

Photography

Bellies & Babies by Nicole Ely-Joshi; 403-276-1015 www.belliesandbabies.info

Bowes Photography; Danna Bowes 403-585-5677

Cindy's Line of Sight Photography; 403-294-1221 www.cindyslineofsight.ca

Francesfoto; 403-968-2110 www.francesfoto.com

Fresh Sugar Photography; Brandy Anderson 403-397-6435 www.freshsugar.ca

Fuller Edge Photography; Erin Fuller; 403-277-1007 info@fulleredge.com www.fulleredgeportraits.com; A boutique photography studio, specialising in edgy portrait photography

Kevin Stenhouse Photography; 403-922-1978 www.kevinstenhouse.com

Julie Marwood Photography; 403-245-2138

Lisa McDonald Photography; lisa.mcdonald@shaw.ca www.lisamcdonald.ca 403-701-4930; Specializing in the art of baby, children and family photography. In studio or on location

Michelle Wells Photography; michellewellsphotography@shaw.ca www.michellewellsphotography.ca 403-256-8379; Specializing in birth photography, capturing your birth story in a slideshow of still life images

Short and Sweet Photography; Dana Pugh 403-479-3262 www.shortandsweetphotography.ca; specializing in natural light, on location photography for families, children, and birth documentation

Shutterbugs Photography; 403-651-4329
www.shutterbugsphoto.ca

Sunflowers Photographic Creations;
403-272-4403 www.sunflowersphoto.com

SVP Photography Shelley Vandervelde;
403-281-8429 www.svpphotography.com

Sweet Ginger Photography; Virginia Holst;
403-454-8897;
virginia@sweetgingerphotography.com;
www.sweetgingerphotography.com; Natural
light photographer specializing in maternity,
newborn & family photography

This Moment Now Photography; Jessie Kimmel
403-701-8448

Post Partum Support

*See also Breastfeeding Support and Doulas –
Post partum*

The Children's Link Society; 403-230-9158; A
resource service for families with special needs
children

Families Matter; 403-205-5177; Parent resource
line 403-205-5189

First Step Nutrition; Jennifer House
jen@firststepnutrition.com
www.firststepnutrition.com 403-608-3240;
Nutrition specializing in new moms, moms-to-
be and their babies! Dietitian services include
individual consultations, group classes, meal
plans and grocery store tours

From Womb to Cradle Doula Services, Inc.;
Michelle Maisonville and Ashley Fisher;
403-488-7367 wombtocradle@gmail.com
www.wombtocradle.com; serving Medicine
Hat, Brooks, Bow Island, Taber, Lethbridge
and Suffield, AB. Committed to providing the
highest standards of care from the prenatal
period to postpartum. Birth doula services,
babywearing and cloth diapering workshops,
childbirth preparation assistance, and
breastfeeding information and support

Healing Choices Counselling & Education;
Anu Chiarelli RN, MA in Counselling
anu@healingchoicescounselling.org
www.healingchoicescounselling.org
403-285-6768; Individual and couples'
counselling for childbearing issues

Memorable Moments Birth Services;
Jennifer Elder
memorablemomentsbirthservices@gmail.com;
Offering low-cost birth and/or postpartum
support

Parents and Children Together (PACT); Val Ritter
403-241-8544

Post Natal Helpers Ltd; Lynne 403-640-0844;
Mothers helping mothers; trained staff provide
in-home physical and emotional assistance
part-time

VBAC Support Meetings; Janice and
Ian Zapfsmith 403-278-2936
www.edmontonvbac.netfirms.com; Post-
cesarean and VBAC support meetings held
regularly

Products and Services

Babes in Arms; 403-835-4614
www.babesinarms.ca; babywearing, cloth
diapers, natural parenting store

Baby and Me; 403-283-3070
www.babyandmematernity.com; Maternity,
nursing fashions, accessories, infant clothing

The Baby Buddy Nursing Pillow; 403-256-7132
www.thebabybuddy.ca

Chia Breastfeeding-Friendly Clothing; Ottawa
613-742-8875

Ella Bella Maternity Boutique; 403-271-0050
www.ellabella.ca

Great Things in Store Cochrane; 403-851-5211
www.greatthingsinstore.com; free library of
attachment parenting/natural birth titles

Kid Around; 403-204-3392
www.designababyroom.com; Gently-used
clothing, furniture and equipment

Kohlrbaby Sleep Sacks; 604-317-5705
www.kohlrbaby.com

Maternal Source; 1-866-862-4784
www.maternalsource.com; books, products and
supplies

Natural Creation; Chelsea Lafrance
403-589-7672; info@naturalcreation.ca
www.naturalcreation.ca; Offering natural
solutions for pregnancy, labour, postpartum,
and baby's needs

Nurture Health & Wellness; 403-208-0812;
Organic Earth Mama, Angel Baby natural
products for moms and babies

Placenta Encapsulation; Laurie Hearn Airdrie
403-948-0223 hearnlaurie@shaw.ca

Room To Grow; 403-463-9565
www.room-to-grow.ca; slings, wooden toys and
other infant/child items available by catalogue
or in-store

Urban Chef; 403-605-5495
www.theurbanchef.ca; freezer meals for busy
families

Yoga/Fitness

Bellies, Babies & Beyond Fitness for
Motherhood; Kim Magotiaux 403-232-0206
www.BelliesBabiesandBeyond.ca

Bikini Boot Camp; Lindsay Nealon;
403-542-0790; www.bikinibootcamp.ca; pre
and postnatal programs

FITMOM Calgary; Monica Cooke;
403-874-4063; mcooke@fitmomcanada.com;
www.fitmomcanada.com; Offering prenatal
& postnatal fitness classes, personal training
and education from beginner to advanced
fitness levels. At FITMOM, "Motherhood
Inspires Greatness" through personal challenge,
community and inspiration

Kensington Yoga; 106 2120 Kensington Road
NW; 403-241-5851

Kundalini Yoga for parents (needing to bring
their children) and Yoga for Children; Judy
Negrey; 403-374-2256; www.soulinsight.com

Now and Zen; Sappho Balfour 403-269-2940
www.nownzen.net; Massage therapy and
Hatha yoga

Room to Grow; Alisha Brignall 403-475-7805
info@room-to-grow.ca; Baby massage, fitness,
yoga and dance classes for mom and baby

Thrive Fit beginnings for moms and babies;
403-605-6204 www.thrivefitness.ca; fitness
training and baby massage

Yoga Gateway; 403-289-9121

Yoga Studio; 4 locations 403-286-6161
www.yogastudiocalgary.com

Yummy Mummy Pre & Post Natal Fitness;
403-680-6749 www.myyummymummy.ca

We recommend that you interview any potential caregiver, including a midwife, at least once before engaging their services. Please note that this directory is intended to support birthing families in obtaining support suited to their particular needs. It is not an endorsement of the services of any individual agency, practitioner or technique.

LAST UPDATED JULY 1, 2009