

## List of Resources

### **1. Abused Women Shelters and Support Groups**

\*Joy House

Milwaukee Rescue Mission (Main Campus)

830 N. 19<sup>th</sup> Street

Milwaukee, WI 53233

Phone: 414-344-2211

\*Joy House

Milwaukee Rescue Mission (North Campus)

1530 W. Center Street

Milwaukee, WI 53206

Phone: 414-344-2211

Web Address: <https://www.milmission.org/programs/joy-house>

For a full listing of their services and what Milwaukee Rescue Mission provides for families, visit their home page:

<https://www.milmission.org/>

### **2. Addiction Services and Support Groups**

\*New Life Resources

20700 Watertown Road, Suite 102

Waukesha, WI 53186

Phone: 262-782-1474

Web Address: <http://www.newliferesourcesinc.com/>

For a full list of their staff and places where they see clients, visit the

following web address: <http://www.newliferesourcesinc.com/staff-2/>

### **3. Birth Centers:**

\*Authentic Birth Center-Wellness Collective

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-231-9640

Web Address: <http://www.authenticbirthcenter.com/>

### **4. Birth Doulas**

\*Elissa Lenkin Weber CD(DONA)

Childbirth & Postpartum Doula

Moon Willow Doula, LLC

Phone: 414 828-9203

Web Address: <https://www.moonwillowdoula.com/>

\*Note: Service area is roughly 30 miles from downtown Milwaukee.

\*Brittany Marie Kurtzhals CD(DONA)

Holding Space Birth, LLC

Phone: 262-408-9105

Web Address: <http://Holdingspacebirth.com>

\*Note: Labor doula services for Washington, Ozaukee, Waukesha, and Milwaukee counties

\*Dawn Davis, CD(DONA), CPD(DONA), LCCE, CLC

Birth, Babies, and Beyond, LLC

Phone: 920.309.1295

Web Address: <https://www.birthbabiesandbeyond.com/>

\*Note: Very experienced – not currently taking clients

## 5. Breastfeeding Support Groups, Clinics, Classes

\*Breastfeeding Resource Group

Authentic Birth Center-Wellness Collective

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-231-9460

Website: <https://www.facebook.com/events/1115907745234091/>

\*Note: Free event held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month @ 12:00 pm; run by Dr. Kristin Lee, DC, CLC. The following are provided: weight checks, resources, breastfeeding assessments, assistance with breastfeeding for new moms

## 6. Birth Networks/Resource Networks:

Web Address: <http://carenetworkwisconsin.org/>

\*Care Network (Childbirth-Assistance-Resources-Education)

Note: This is a great resource for women and their families providing information on doulas, midwives, holistic health professionals, and lactation consultants who are serving in the area and are available for services. The website also gives information on breastfeeding resource groups, education on perinatal depression and anxiety, etc. The following quotes their mission statement and describes their mission well:

*We are a not-for profit, referral and membership organization dedicated to helping individuals and families have safe and satisfying birth experiences.*

## 7. Child Abuse Protection Agencies

\*Advocates of Ozaukee

P.O. Box 80166

Saukville, WI 53080

Phone: 262-284-3577

Website: <http://advocatesofozaukee.com>

*\*Note: 24 Hour Crisis Lines: 262-284-6902 or 877-375-4034*

## 8. Childbirth Educators

\*Rowenna Oesch, Certified and Affiliated Bradley Method® Natural Childbirth Instructor through the American Academy of Husband Coached Childbirth (AAHCC)

Kinderhaven Birth and Family Services

Phone: 262-271-3583

Website: <http://www.kinderhavenbirthandfamily.com/>

*\*Note: Classes held in Wauwatosa, WI, and Milwaukee, WI*

## 9. Childcare Options

\*Little Friends Learning Center, LLC

Grafton Location

1214 10th Ave

Grafton, WI 53024

Phone: 262- 375-6122

Web Address: <https://www.littlefriendslearningcenter.com/grafton/>

\*Little Friends Learning Center, LLC

West Bend Location

929C N River Rd.

West Bend, WI 53090

Phone: 262-306-8800

Web Address: <https://www.littlefriendslearningcenter.com/west-bend/>

## 10. Children's Hospitals

\*Children's Hospital of Wisconsin- Milwaukee

8915 W Connell Ct.

Milwaukee, WI 53226

Phone: 414-266-2000

Website: <https://www.chw.org>

## 11. Chiropractors, Massage Therapists

\*Dr. Jacob Chapman, D.C., (Pediatric Certified, Webster Technique)

Align Chiropractic

1032 S. Spring St.,

Port Washington, WI 53074

Phone: 262-284-0500

Website: <http://www.alignport.com>

\*Dr. Kristin Lee, Chiropractor, Certified Lactation Counselor (Graston Technique, Webster Technique, Nutrition)

Authentic Birth Center-Wellness Collective

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-455-5361

Web Address: <https://www.authenticbirthcenter.com/kristen-lee-dc-clc>

\*Dr. Emily Ceci, D.C. (Pediatric Certified, Webster Technique, Myofascial Release Technique, Graston Technique)

Awaken Chiropractic

Location 1:

**Sussex Office** (Located inside Sussex Chiropractic)

N63W23524 Silver Spring Dr

Sussex, WI 53089

Location 2:

**Wauwatosa Office** (Located inside Authentic Birth Center)

530 North 108th Place, Suite 100

Wauwatosa, WI 53226

Phone: 920-284-8835

Website: <https://www.awakenlifefamilychiro.com>

\*Dr. Lauren Zokan (Webster Certified, Pediatric, Prenatal, and Family Care)

Well Family Chiropractic

1511 W Market St

Mequon, WI 53092

Phone: 262-292-6262

Web Address: <https://wellfamilychiro.com>

\*Jane Pulford, Licensed Massage Therapist  
Align Chiropractic  
1032 S. Spring St.,  
Port Washington, WI 53074  
Phone: 262-284-0500  
Web Address: <http://www.alignport.com/massage-therapy/>

## **12. Community Services and Programs**

\*HOPE Network  
P.O. Box 531  
Menomonee Falls, WI 53052-1531  
Phone: 262-251-7333 (Monday-Thursday)  
Administrative office: Room #201, Good Shepherd Church  
N88 W17658 Christman Rd.  
Menomonee Falls, WI 53051  
Web Address: <http://www.hopenetworkinc.org/>  
*Services provided at sites in Milwaukee and Waukesha Counties.*

## **13. Early Intervention Programs for Babies with Special Needs**

\*Rehab Resources Pediatric Specialists  
1486 W Mequon Rd.  
Mequon, WI 53092  
\*Phone: 262-241-8030  
\*Web Address: <http://rehabresourcesinc.com>  
\*Note: Services provided in outpatient clinics, school systems, and partnerships with birth to three programs  
\*Locations also in Sheboygan, WI, West Bend WI, and Beaver Dam

## **14. Family Doctors/Pediatricians**

\*David Meuler, MD  
Northshore Pediatrics  
Mequon Clinic  
1655 W. Mequon Road  
Mequon, WI 53092  
Phone: 262-240-9744  
Website: <https://www.chw.org/location-directory/locations/north-shore-pediatrics>

\*Mark Obermyer, MD- Internal Medicine, Pediatrics  
Froedtert & Medical College Of Wisconsin Health Centers Clinics  
21700 Intertech Dr  
Brookfield, WI 53045  
Phone: 262-532-8300  
Website: <https://doctor.webmd.com/doctor/mark-obermyer-4f6559a0-2bba-4797-972a-87aee8f1f627-overview>

## **15. Health Food Stores**

\*Outpost Natural Foods  
7590 W Mequon Rd.  
Mequon, WI 53092  
Phone: 262-242-0426  
Website: <https://www.outpost.coop>

\*Whole Foods Market  
2305 N. Prospect Ave.  
Milwaukee, WI 53211  
Phone: 414-223-1500  
Website: <https://www.wholefoodsmarket.com/stores/mlw>

\*Whole Foods Market  
11100 W. Burleigh St.  
Wauwatosa, WI 53222  
Phone: 414-808-3600  
Website: <https://www.wholefoodsmarket.com/stores/wauwatosa>

## **16. Hospitals/Minor Emergency Services**

\*Children's Urgent Care  
Northshore Pediatrics Mequon Clinic  
1655 W. Mequon Road  
Mequon, WI 53092  
Phone: 262-518-2622  
Website: <https://www.chw.org/location-directory/locations/urgent-care/mequon>

\*Note: Urgent Care hours: Weekdays from 5 p.m. to 10 p.m.; Weekends and holidays from 11 a.m. to 5 p.m.

\*Children's Hospital of Wisconsin- Milwaukee  
8915 W Connell Ct.  
Milwaukee, WI 53226  
Phone: 414-266-2000  
Website: <https://www.chw.org>

## 17. Lactation Consultants/IBCLC's

\*Dr. Kristin Lee, Chiropractor, Certified Lactation Counselor  
Authentic Birth Center-Wellness Collective

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-455-5361

Web Address: <https://www.authenticbirthcenter.com/kristen-lee-dc-clc>

\*Molly Peterson, IBCLC

Authentic Birth Center-Wellness Collective

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-231-9640

Web Address: [www.petersonlactationservices.org](http://www.petersonlactationservices.org)

## 18. La Leche League

\*West Bend La Leche League Group (meeting place is the address listed immediately below)

2376 W. Washington Street.

West Bend, WI 53095

Group Leader: Molly

Molly's Phone: 507-382-5309

Web Address: <https://www.llofwi.org/west-bend.html>

Meet the 2<sup>nd</sup> Wednesday of every month at 9:30 a.m.

\*Milwaukee West/Wauwatosa La Leche League Group (This group meets in two locations at two separate times. Both locations and their meeting times are listed immediately below. )

1. St. Matthews Evangelical Lutheran Church

1615 Wauwatosa Ave.

Wauwatosa, WI 53213

Phone Numbers of Leaders:

Sara: 608-346-5502

Jessica: 414-517-2852

Sara: 703-994-0529

Bree: 262-227-5040

Web Address: <https://www.llofwi.org/milwaukee-westwauwatosa.html>

Meet the 2<sup>nd</sup> Monday of the month from 9:30-11

2. Authentic Birth Center-Wellness Collective  
530 N 108<sup>th</sup> Pl.  
Wauwatosa, WI 53226  
Phone Numbers of Leaders:  
Sara: 608-346-5502  
Jessica: 414-517-2852  
Sara: 703-994-0529  
Bree: 262-227-5040  
Web Address: <https://www.llofwi.org/milwaukee-westwauwatosa.html>  
Meet the 1<sup>st</sup> Saturday of the month from 9:30-11 (Except July and September, and then it is the 2<sup>nd</sup> Saturday)

### 19. Maternity/Nursing Clothes

\*Close to the Heart  
W62 N555 Washington Ave  
Cedarburg, WI 53012  
Phone: 262-618-2736  
Website: <https://closetotheheartbaby.com>

### 20. Midwives

\*Sabrina Foulk-Thomas, CPM, LM, IBCLC, CPES  
Birth in Color Midwifery, LLC  
Phone Number: 612-237-2746  
E-Mail: [birthincolor@gmail.com](mailto:birthincolor@gmail.com)  
Website: <http://www.carenetworkwisconsin.org/profile/smfoulks/>

\*Katy Skarlatos, CPM  
Deeply Rooted Birth  
530 N 108<sup>th</sup> Place, Ste. 100  
Wauwatosa, WI 53226  
Phone: 414-231-9640  
Website: <https://www.deeplyrootedbirth.com>

### 21. Multiple Birth Groups/Associations

\*Parents of Multiples (twins/triplets) METRO MKE  
Facebook Support Group  
Website:  
[https://www.facebook.com/groups/1051840864866512/?fref=gc&dti=157548854840168&hc\\_location=ufi](https://www.facebook.com/groups/1051840864866512/?fref=gc&dti=157548854840168&hc_location=ufi)

\*Note from their group page: "The mission of this group is to create an atmosphere where parents of multiples can share ideas & insights, frustrations & obstacles, and even clothing & gear."



## 22. Naturopathic/Homeopathic Services/Stores and Clinics

\*Martin Johnson, DHM

\*Kristine Stein, Certified Herbalist and Natural Health Practitioner

Total Health Nutrition Center and Natural Medicine Clinic

N82 W15485 Appleton Ave.

Menomonee Falls, WI 53051

Nutrition Center Phone: 262-251-8543

Clinic Phone: 262-251-2929

Web Address: <http://www.totalhealthinc.com/>

\*The Wellness Way (Below are listed two locations of their clinics)

Web Address for the Main Page Listing All Clinics Around the Nation:

<https://thewellnesswayclinics.com/>

1. \*Dr. Andrew McGuire, BS, DC

The Wellness Way- Mequon Clinic

11516 N. Port Washington Rd., Suite 101

Mequon, WI 53092

Phone: 262-478-9104

Web Address: <https://mequonwi.thewellnesswayclinics.com/>

2. Dr. Andy Treutelaar, BS, DC

The Wellness Way-Waukesha

2444B N. Grandview Blvd

Waukesha WI 53188

Phone: 262-650-0701

Web Address: <https://waukeshawi.thewellnesswayclinics.com/>

\*That Natural Place

1000 N. Wisconsin Street, Suite 3

Port Washington, WI 53074

Phone: 262-536-4306

Web Address: <https://thatnaturalplace.com/>

\*That Natural Place offers the following (not an exhaustive list): natural products, educational classes, literature, alternative services such as reflexology and facials

### **23. New Mothers/Fathers/Parent Groups**

\*Birth Stories

Authentic Birth Center  
530 N 108<sup>th</sup> Place Ste. 100  
Wauwatosa, WI 53226

Phone: 414-455-5361

Web Address: [www.authenticbirthcenter.com](http://www.authenticbirthcenter.com)

\*First Thursday of every month from 12-2 pm; This is an informal gathering for expecting and new moms to get together. In this support group, moms are able to encourage each other, talk about their birth experiences, support each other and to process emotions together surrounding birth.

### **24. Obstetricians**

\*Dr. Sheldon Wasserman, MD, FACOG

Women's Health Clinic  
2311 North Prospect Ave.  
Milwaukee, WI 53211

Phone: 414-319-3204

Website: <https://healthcare.ascension.org/doctors/1720167018/sheldon-wasserman-milwaukee-wi?>

### **25. Online Resources**

\*Self care/soul care: <https://soulcareforthenewmom.com/>  
-podcast, blog, opportunity for online community, excellent website

\*Infant Sleep App: Found on Google Play Store  
-excellent resource for new parents and contains evidence based information on the following: sleep safety, where baby will sleep, how baby will sleep, additional resources, bed sharing quiz, FAQ's, and a sleep log

### **26. Parenting Classes**

\*Ozaukee Family Services

885 Badger Circle  
Grafton, WI 53024

Phone: 262-376-7774

Website:

<http://ozaukeefamilyservices.org/>

<http://ozaukeefamilyservices.org/>

\*Note: Serves Ozaukee County

## **27. Perinatal Loss Support Groups/Bereaved Families Support Groups**

\*Healing Waters: A sacred gathering for families experiencing infant loss

Sojourner Family Peace Center

619 W Walnut St.

Milwaukee, WI 53212

Phone: 414-617-3441

Web Address: [AABNetwork.org](http://AABNetwork.org)

\*This meeting is held the first Saturday of every month; the facilitator is  
Deeanna Brown, RN

## **28. Pelvic Floor Specialists/ Physical Therapists**

\*Katie Tredo, DPT, PRPC

CSM Lakeside Commons

11725 N. Port Washington Rd.

Mequon, WI 53092

Phone: 262-241-2131

Web Address: <https://hermanwallace.com/list-of-certified-pelvic-rehabilitation-practitioners/1771-katie-tredo>

\*Dr. Brenda Heinecke, PT, DPT, CSCS

Revitalize Physical Therapy

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-708-8066

Website: <https://revitalize-pt.com/>

## **29. Postpartum Exercise Classes/Mother and Baby Exercise Classes/Yoga**

\*Fit 4 Mom

Below are three of the locations where they meet:

1) Athleta @ Mayfair Mall

2500 N Mayfair Rd

Milwaukee, WI 53226

2) Wisconsin Lutheran College

8500 W Bluemound Rd

Milwaukee, WI 53226

3) Authentic Birth Center

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-339-0073

Website: <https://brookfield.fit4mom.com/>

### 30. Postpartum Depression Resources and Support Groups

\*New Parent Wellness Group

Authentic Birth Center-Wellness Collective

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-455-5361

Web Address: [www.authenticbirthcenter.com/](http://www.authenticbirthcenter.com/)

\*Note: Group meets every other Friday at 10:00 am. Safe, reassuring, place to open up about emotions, highs/lows in transition to new parenthood. Highly recommended!

\*Mom's Mental Health Initiative

PO Box 208

Cedarburg, WI 53012

Web Address: <http://www.momsmentalhealthmke.org/>

Note: Highly recommended. Their mission states: "Our mission is to help moms navigate perinatal mood and anxiety disorders by sharing information, connecting them to resources, and providing peer-driven support."

\*Heidi Hemling MS, LPC, NCC, PMH-C

Christian Life Counseling

12630 W North Ave Bldg E

Brookfield, WI 53005-4626

Phone: 262-785-1008

<http://www.christianlifecounseling.net>

\*Jennifer Swanson, Psychologist, Personal Trainer

Authentic Birth Center-Wellness Collective

530 N 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 262-326-1526

Web Address: [www.FitnessNMind.com](http://www.FitnessNMind.com)

### 31. Postpartum Doulas

\*Elissa Lenkin Weber CD(DONA)

Childbirth and Postpartum Doula

Phone: 414-828-9203

Web Address: <https://moonwillowdoula.com>

### **32. Self- Care:**

\*Mindful Moms Group

Led by Dr. Jennifer Swanson, Psychologist, Personal Trainer

Authentic Birth Center- Wellness Collective

530 N. 108<sup>th</sup> Pl Ste 100

Wauwatosa, WI 53226

Phone: 414-231-9640

\*Note: Offered the 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month from 12p-1p. From the event website: " Participants will learn to integrate mindfulness into their daily lives, live in the present moment and accept the feelings that are there...respond more effectively to emotions, laugh and love life more."

### **33. Sibling Preparation Classes**

\*Authentic Siblings Birth Preparation Class

530 N. 108<sup>th</sup> Pl.

Wauwatosa, WI 53226

Phone: 414-231-9640

\*Note: This is a recurring class. Call Authentic to get the dates of upcoming classes.

### **34. Single Parenting Resources**

\*HOPE Network

P.O. Box 531

Menomonee Falls, WI 53052-1531

Phone: 262-251-7333 (Monday-Thursday)

Administrative office: Room #201, Good Shepherd Church

N88 W17658 Christman Rd.

Menomonee Falls, WI 53051

Web Address: <http://www.hopenetworkinc.org/>

*Services provided at sites in Milwaukee and Waukesha Counties.*

*The "Network News" is a quarterly resource publication for single mothers and one may call or email to be added to the "News" mailing list: 262-251-7333 or [admin@hopenetworkinc.org](mailto:admin@hopenetworkinc.org)*

### **35. Teen Parent Support Groups/Educational Services**

\*The Parenting Network

7516 W. Burleigh Ave.

Milwaukee, WI 53210

Phone: 414-671-5575

Parent Helpline: 414-671-0566

Web Address: <https://www.theparentingnetwork.org/>

### **36. VBAC/CA Support Groups**

\*ICAN of Milwaukee

\*Service Area: Greater Milwaukee Area

Phone: 800-686-ICAN Ext. 134

Web Address:

<http://www.ican-online.org/>

<http://www.ican-online.org/milwaukee/>

\* Dr. Sheldon Wassermann, MD, FACOG

Women's Health Clinic

2311 North Prospect Ave.

Milwaukee, WI 53211

Phone: 414-319-3204

Website: <https://healthcare.ascension.org/doctors/1720167018/sheldon-wasserman-milwaukee-wi?>