



## Childbirth Educators, Midwives, and Birth Centers

### CHILDBIRTH EDUCATORS, MIDWIVES, AND BIRTH CENTERS

#### American College of Nurse-Midwives, Chapter VI-3 Western WA

*E-mail:* susanj@gorge.net

*Web site:* <http://www.midwivesofwa.org>

**Services:** Provides Certified Nurse-Midwife (CNM) referrals for Washington State.

#### Arbor Vitae Natural Medicine and Childbirth

*Contacts:* Pushpa Larsen ND, LM; Daneen Balcirak ND; Cathy Norgren ND; Kathi Cronin LMP

9001-A 35th Ave SW Seattle, WA 98126

*Phone:* 206-933-6087

*E-mail:* naturedoc@atbi.com

**Services:** LM and ND specializing in women's healthcare; postpartum massage, LMT (certified in pregnancy massage), LAc for pregnant and postpartum moms.

#### Baskin, Diane CNM

Group Health Eastside Women's Center

2700 152nd Ave NE, Redmond, WA 98052

*Phone:* 425-883-5577

#### Best Beginnings Family Health and Birth Center

*Contact:* Dr. Kathy Golden, LM, ND

19514 64th Ave W, Suite B  
Lynnwood, WA 98036-5100

*Phone:* 425-771-9000

*FAX:* 425-774-6943

**Services:** free home visit after birth (3 days), sees patients 3-4 times.

#### Birth & Bodywork

*Contacts:* Kyndal May, LMP, Doula and Childbirth Educator; Anastacia Townsend; LMP, Doula and Childbirth Educator; Hollie Swapp, Doula, Childbirth Educator

14220 NE 21st Street, Bellevue, WA 98007

*Phone:* 425-653-1342

*E-mail:*

[Kyndal@birthandbodywork.com](mailto:Kyndal@birthandbodywork.com)

**Services:** Confident Birthing Childbirth classes and Bradley Childbirth classes, prenatal and postpartum massage, breastfeeding, infant massage and early parenting classes.

#### Community Birth and Family Center/Midwifery Service

2200 24th Ave E, #110, Seattle, WA 98112

*Phone:* 206-328-0910

*E-mail:* [jacomimi@hotmail.com](mailto:jacomimi@hotmail.com)

*Clinic 1 Contact:* Haooy Life Women's Care, Janice Robinson LM, Leslie Shear LM

*Phone:* 206-799-3417

**Services:** 3-4 postpartum home visits, educated to help lactation, home visit

*Clinic 2 Contact:* Tina Vuong LM

*Phone:* 425-747-0080

**Services:** Speaks Vietnamese, Mandarin, Cantonese dialects, available to teach prenatal classes, does lactation support

*Clinic 3 Contact:* Ann Gugat, LM,

*Phone:* 425-861-0172

**Services:** speaks Spanish, postpartum educator.

#### Cottage Clinic

13346 1st Ave NE, Seattle, WA 98125

*Phone:* 206-361-2602,

*FAX:* 206-361-2605

*E-mail:* [drtamitaylor@juno.com](mailto:drtamitaylor@juno.com)

*Web site:* [cottageclinic.com](http://cottageclinic.com)

**Services:** Primary care medicine with emphasis on women's health and pediatrics, Medela breast pump rental.

**Special Services:** large meeting room available for educational classes. Tami Taylor, ND, and Afia Menke, LM, ND, on call 24 hours.

#### Eastside Birth Center

*Contacts:* Chris Thain, LM, and Brenda Sides, ND, LM, CPM

14700 NE 8th St, Suite 115  
Bellevue, WA 98007

*Phone:* 206-947-7666, 425-746-5566, 425-644-2560

*FAX:* 425-391-8561

*E-mail:* [chris\\_thain@msn.com](mailto:chris_thain@msn.com)

**Services:** Primary care midwifery services, takes DSHS and most insurances; homebirth or their birth center births.



## **Erickson, Toni RN, LM**

47527 288th SE, Enumclaw, WA,  
98022

**Phone:** 360-825-3324

**FAX:** 360-802-0795

**E-mail:** tonirnlm@aol.com

**Services:** Home births, birth center births (Lakeside Birth Center) King County, Pierce County, sees clients every other day for first week.

## **Expecting the Best Midwifery Care**

**Contacts:** Michelle Sarju LM, Tracy Cooper LM, Ann Gugat LM

2200 24th Ave East, Seattle, WA 98112

**Phone:** 206-325-0527

**E-mail:** Michelle Sarju, msarju@qwest.net; Tracy Cooper, partera2000@yahoo.com

**Web site:** <http://www.expectingthebest.net>

**Services:** in home postpartum care, seen everyday if necessary, at 24, 72 hours post-birth, between 7–10 days, 3-week visit, 6–8 week, more if needed.

**Special Services:** speaks Spanish, supports African-American communities.

## **Greenwood Phinney Midwives and Associates**

**Contact:** Melissa Jonas, Licensed Midwife

115 N. 85th St, Suite 202 Seattle, WA 98103

**Phone:** 206-706-0740

**E-mail:** mjonas@seanet.com

**Web site:** [www.seattlehomebirth.com](http://www.seattlehomebirth.com)

**Services:** daily home visits for one-week postpartum, billed to insurance.

## **Hoffmeister, Betsy AAHCC Bradley Method Childbirth Instructor**

**Phone:** 206 353 9334

**E-mail:** betsy@hoffmeisters.com

**Web site:** [www.hoffmeisters.com/bradley/](http://www.hoffmeisters.com/bradley/)

**Services:** 12-week, personalized classes offering thorough preparation for natural, drug-free childbirth.

## **Midwives Association of Washington State**

P.O. Box 13136, Mill Creek, WA  
98082-1136

**Toll-free phone:** 1-888-4ABIRTH  
(1-888-422-4784)

**Web site:** <http://www.washingtonmidwives.org>

**Services:** Provides Certified Nurse-Midwife (CNM) and Licensed Midwife (LM) referrals for Washington State.

## **Natural Birth Works**

**Contact:** Amina Condel, AAHCC, Bradley Method Certified Childbirth Educator and Labor Support Specialist (Doula)

**Phone:** 425-653-0505

**E-mail:** [naturalbirthworks@worldnet.att.net](mailto:naturalbirthworks@worldnet.att.net)

**Web site:** [www.naturalbirthworks.com](http://www.naturalbirthworks.com)

**Services:** Bradley Natural Childbirth Education Classes are tailored to meet your needs, Breastfeeding classes and support, Prenatal and Postpartum Doula Support.

## **Nurturing Birth Bradley Childbirth Education and Doula Services**

**Contact:** Anastacia Townsend, AAHCC, LMP

11633 SE 90th St, Newcastle, WA  
98056

**Phone:** 425-228-8555

**E-mail:** [healingbirth@juno.com](mailto:healingbirth@juno.com)

**Contact:** Hollie Swapp, AAHCC

2922 - 230th Ave NE, Sammamish, WA 98074

**Phone:** 425-443-1585

**E-mail:** [informedbirth@yahoo.com](mailto:informedbirth@yahoo.com)

**Web site:** [www.nurturing-birth.com](http://www.nurturing-birth.com)

**Services Provided:** Childbirth Education, Doula Services, Lactation Support, Pregnancy and Postpartum Massage, Birth and Pregnancy Photography. Provides Heart Centered Energy Healing for birth issues.  
\*All services we provide are certified (with the exception of the photography)

## **Puget Sound Midwives and Birth Center**

13128 Totem Lake Boulevard, Suite 101, Kirkland, WA 98034

**Phone:** 425-823-1919

**FAX:** 425-823-7037

**E-mail:** [info@birthcenter.com](mailto:info@birthcenter.com)

**Web site:** [www.birthcenter.com](http://www.birthcenter.com)

**Licensed Midwives:** Heike Doyle, Ali Toperosky, Traci Palaggi, Valerie Sasson, and Heather Chorley

**Services:** PSBC was created with the vision of providing families with safe, gentle, childbirth options, while respecting their role as the primary caregivers for their families. This center encourages



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breastfeeding and provides both education and resources to the new mother and her partner. Sells Medela Pump In Style breast pump.

### **Puget Sound Neighborhood Health Center (Virginia Mason Midwives) Midwifery and Women's Health**

201 16th Ave E, Seattle, WA 98112

**Phone:** 206-324-1449

**Contact:** Ann Darlington CNM

**Phone:** 206-648-1017

**Contact:** Judy Lazarus CNM

**Phone:** 206-648-1026

**E-mail:** [midwiferyinfo@psnhc.org](mailto:midwiferyinfo@psnhc.org)

**Hours:** Monday–Friday, 8:00–5:00, extended hours Thursday until 7:00.

**Services:** phone contact within first 2–3 days, 2-week post birth visits, seen anytime for assistance-billed as extra visit, takes Medicaid, DSHS clients.

### **Seattle Home Maternity Service and Childbirth Center**

**Contacts:** Suzy Myers LM, CPM, MPH; Marge Mansfield LM, CPM; Karen Hays, MN, CNM, CPM, ARNP; Betsy Walker, MS (Nutrition), Ph.D. (Psychology and Women's Studies); Susan Galloway  
3830 South Ferdinand, Seattle, WA 98118

**Phone:** 206-722-3426

**Web site:**

[hometownmaternityservice.com](http://hometownmaternityservice.com)

**Services:** Primary care midwifery services, nutritionist available, takes DSHS and most insurances; co-founders of Seattle Midwifery School, deliver babies at home,

their birth center, Puget Sound Birth Center or Community Birth and Family Center.

### **Seattle Naturopathy Acupuncture & Birth Center**

**Contacts:** Morgan Martin, LM, ND; Felice Barnow, ND, LM, RN; Rick Posmantur, ND, LAC

2705 E Madison Seattle, WA 98112

**Phone:** 206-328-7929

**FAX:** 206-328-6066

**E-mail:** [info@snabc.com](mailto:info@snabc.com)

**Web site:**

[www.seattlebirthcenter.com](http://www.seattlebirthcenter.com)

**Services:** Primary care midwifery services, naturopathy, well child care, massage, skin care, takes DSHS and most insurances; homebirth or their birth center births.

### **NATURAL BIRTH WORKS**

Bradley® Natural Childbirth

- Childbirth Classes
- Breastfeeding Classes
- Doula Services

Amina Condell, AAHCC

**Phone:** 425-653-0505

**E-mail:** [naturalbirthworks@worldnet.att.net](mailto:naturalbirthworks@worldnet.att.net)



## Birth & Bodywork

14220 NE 21st ST Bellevue, WA 98005 425-653-1342

*Confident Birthing Childbirth Classes*  
*Bradley Natural Childbirth Classes*  
*Professional Labor Support*  
*Prenatal and Postpartum Massage*  
*Mommies' Massage™ -bring your baby with you!*  
*Labor Tub Rentals*  
*Parenting Support and Classes*

Call 425-653-1342 or contact [kyndal@birthandbodywork.com](mailto:kyndal@birthandbodywork.com)