



## **Central Ohio Community Referral Resources**

### ***Private Practice Lactation Services-***

- Baby's Best Beginning (home & office visits)-Stacy Notestine RN, IBCLC (740)438-2032 [www.babysbestbeginning.com](http://www.babysbestbeginning.com)
- Jill Davis RN, IBCLC (home & office visits)- (614)506-0150 [https://www.facebook.com/jilldavisibclc/?ref=profile\\_intro\\_card](https://www.facebook.com/jilldavisibclc/?ref=profile_intro_card)
- Nurture Columbus Lactation (home visits)-Allyson Wessels PT, IBCLC & Julie Oberholzer MPH, IBCLC (614)407-4305 [www.nurturecolumbus.com](http://www.nurturecolumbus.com)
- Milk Maid Lactation Consulting & Craniosacral Therapy (home & office visits)-Jennifer Kennedy IBCLC, CST (614)787-9970 [www.milkmaidlc.com](http://www.milkmaidlc.com)
- Chris Harter RN (614) 832-4193

### ***Hospital Outpatient Lactation Services-***

- Mount Carmel St. Ann's/Mount Carmel East/Mount Carmel Grove City-(614)234-MILK
- Riverside-(614)566-3434
- Dublin Methodist-(614)544-8002
- OSU-(614)293-8910

### ***OhioHealth Mothers' Milk Bank-***

- Breast milk donation (614)566-0630 [www.ohiohealth.com](http://www.ohiohealth.com)

### ***FREE Community Breastfeeding Support Groups-***

- Baby's Best Beginning Moms Milk Club Mondays @ 10am
- Le Leche League Community Meetings-Gahanna 1<sup>st</sup> Wed @7pm, Hilliard 2<sup>nd</sup> Wed @ 10am, 3<sup>rd</sup> Tues @ 7pm, Clintonville 3<sup>rd</sup> Wed @ 10am, Upper Arlington 2<sup>nd</sup> Wed @ 10am
- OSU-First Sat @ 11am, OSU employees only-select Wed @ 11-12pm, select Thurs 6-7pm
- Mount Carmel St. Ann's-every Wed @ 10am
- Mount Carmel East-every Tues @ 2pm

- Mount Carmel Grove City-every Wed @ 10am
- Riverside-every Wed @ 10am
- Nationwide Children's-every Thurs @ 1pm

### **Tongue Tie Providers & Resources-**

- Dr. Rebecca Jordan DDS (740)369-4550
- Dr. Hines DDS Hines Little Smiles (614)423-6860
- Dr. Greg Notestine DDS (Beavercreek) (937)431-9916
- Dr. Chris Coleman DDS (Waynesville) (513)897-2001
- Dr. Powell Ohio ENT (614)538-2424
- Facebook Ohio Tongue/Lip Tied Babies Support Group
- <https://tonguetie.net/>
- <http://www.cwgenna.com/ttidentify.html>
- <https://www.drghaheri.com/>
- <https://www.kiddsteeth.com/>
- <https://www.newmanfamilydentistry.com/before-your-visit.html>

### **Osteopathic Manipulative Medicine Providers-**

Nationwide Children's Hilltop Primary Care-Dr. Zmuda & Dr. Comer  
(614)355-9900

Dr. Leah Welsh (614)293-9777

Dr. Ali Carine (614)459-4200

Dr. Anna Wright (Athens) (740)592-4491

### **Craniosacral Therapy Providers-**

Lisa Gillespie CST(614)563-3094

Alison Hazelbaker PhD, IBCLC, CST-T, RCST (614)326-3504

Jill Davis RN, IBCLC (614)506-0150

Jennifer Kennedy IBCLC, CST (614)787-9970

Stacy Notestine RN, IBCLC (740)438-2032

### **Chiropractors-**

Dr. Mary Jo Marraffa (614)847-1100

Dr. Liz Homan (614)289-8728

Dr. Amanda Golden (740)965-4301

Dr. Laura Piehl (614)300-0759

Dr. Joseph Benne (614)259-8786

### **Postnatal/Postpartum Women's Health-**

- Fitness Matters-Anne Guist PT (614)841-3900
- Strong Body Strong Mama-Julie Leonard (716)316-8647
- Pelvic Floor and More-Sarah Highland (740)703-8685

### **Maternal Mental Health Providers-**

- POEM-Perinatal Outreach and Encouragement (support for maternal depression/anxiety) [www.poemonline.org](http://www.poemonline.org)
- Barbara Blair-Karr LISW-(614)882-9338
- Jennifer Schantz PhD-(614)361-0503
- Anne McVey PhD-(614)293-9600
- Maternal Fetal Psychiatry-(614)293-9600
- Abigail Hust LISW (sex therapy, pregnancy, postpartum)- (614)653-7967

### **Birth Trauma Specialists**

- Dawn Friedman, Building Family Counseling 614-301-8030
- Jessica Starr, Wellness Now <http://experiencewellnessnow.org>
- Renew Wellness: EMDR, therapy and yoga. <http://www.renew-wellness-center.com>
- Mary Ware: Somatic Experiencing, Clinical Counseling, Biodynamic Cranial Sacral Therapy <http://www.mary-ware.com>
- Stephanie Rose Counseling LLC  
[www.stephanierosecounseling.com](http://www.stephanierosecounseling.com) 614-505-5464

### **Breast Specialists-**

- Advanced Breast Care-Dr. Abraham Mikalov (614)367-1234  
[www.advancedbreastcarecolumbus.com](http://www.advancedbreastcarecolumbus.com)
- Therapeutic & Lymphatic Massage (614)855-5533

### **Postpartum Doula Care-**

- Ohio Baby Co.- Kirsten Pitini and Caroline Nagy;  
<http://ohiobaby.co/index.php>

- Bloom Mama- Ashley Lyon [www.bloommamadoula.com](http://www.bloommamadoula.com)  
ashley@bloommamadoula.com (740)-221-1039
- Together Wee Grow- Sister duo: Meghan and Maureen  
<http://togetherweegrow.com/>  
[togetherweegrowllc@gmail.com](mailto:togetherweegrowllc@gmail.com)
- The Ohio Doula- Jennifer Bailey and Lindsey Griffith  
<http://www.theohiodoula.com/>
- Debs Doula Services- Debra McCann,  
[www.debsdoulaservices.com](http://www.debsdoulaservices.com) (740)971-8264
- The Nurtured Mother- Ally Starr [www.thenurturedmotheroh.com](http://www.thenurturedmotheroh.com)  
[thenurturedmother@gmail.com](mailto:thenurturedmother@gmail.com) ((614)460-9985 (Serves Licking County)

### **Overnight Baby Care**

- Slumber for Mother-Verita Soto (614)842-3111
- Seeds to Sprout-Nancy Huston (614)560-9289

### **Education-**

#### **Childbirth educators**

##### **HYPNOBIRTHING -**

- Aly Romot, Mind Body Baby Columbus  
[www.mindbodybabyColumbus.com](http://www.mindbodybabyColumbus.com) [alyromot@gmail.com](mailto:alyromot@gmail.com) 813-417-5715
- Lindsey Griffith, The Ohio Doula [www.theohiodoula.com](http://www.theohiodoula.com)

##### **BIRTHING FROM WITHIN**

- Eliza Kay <https://www.elizakay.com> [elizarkay@gmail.com](mailto:elizarkay@gmail.com) 614-746-8494

##### **BRADLEY METHOD**

- Debra McCann  
<https://www.facebook.com/TheBradleyMethodofNaturalChildbirth/>

### **Community services and programs-**

- Nurse-Family Partnership (NFP) at Nationwide Children's Hospital [www.nationwidechildrens.org](http://www.nationwidechildrens.org); (614) 722- 8222;
- Women's Care Center of Columbus, Ohio  
<http://www.womenscarecenter.org>  
935 E. Broad St., Columbus, OH 43205; (614) 251-0200  
3273 E. Main St., Columbus, OH 43213; (614) 235-3000
- Mothers Cove <https://www.columbus.gov/celebrate-one/Pregnant-Women/>

### **Cultural/multicultural resources**

- ROOTT: Restoring Our Own Through Transformation  
<https://www.facebook.com/ROOTTRJ/>
- Cissy Anderson CLC, CCHW, Doula (614)483-3700

### **Mother's centers/parent & child centers**

- Moms2B <https://wexnermedical.osu.edu/obstetrics-gynecology/pregnancy/moms2b>
- CelebrateOne <https://www.columbus.gov/celebrate-one/>
- Directions for Youth & Families [www.dfyf.org](http://www.dfyf.org) 614-294-2661

### **Mom and Baby Fun Classes-**

- Columbus Baby Wearing [www.columbusbabywearing.com](http://www.columbusbabywearing.com)
- Baby story time- check times/dates at your local library
- Fit 4 Mom (East & North groups)
- Mom and Baby Yoga
- Zumbini Music & Movement
- <https://www.columbusparent.com/news/20180630/parent-clubs-and-support-groups-in-central-ohio>
- [www.columbusmomsblog.com](http://www.columbusmomsblog.com)

