

Local Pregnancy and Early Parenting Resources

Birth Doulas

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Ashley Lovell	Strong Mama Birth Services LLC	334-521-2082	http://strongmamabirth.com
Columbus; Auburn/Opelika	Katie Hanna	Katie Hanna Birth Services	818-644-3111	http://katiehanna.net
Columbus; Auburn/Opelika	Carrie Smith	Baby Be	706-573-4552	https://www.facebook.com/babybedoula
Montgomery	Naomi Voss	Diamond Doula Service	334-467-9363	http://diamonddoulaservice.org
Area Wide	Marcie Hadley	Precious Arrows Birthing	205-610-9224	
LaGrange	Kristin Pittman	Peace in Birth Doula Services	706-594-5423	http://www.peaceinbirth.com/index.html
Birmingham	Magic City Doulas	Magic City Doulas		http://magiccitydoulas.com
Columbus	Columbus Birth Network	Columbus Chapter The Birth Network		http://gabirthnetwork.com/columbus.php
State	Alabama Birth Support	Alabama Birth Support		http://alabamabirthsupport.com

Postpartum Doulas

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Area Wide	Marcie Hadley	Precious Arrows Birthing	205-610-9224	
Birmingham	Magic City Doulas	Magic City Doulas		http://magiccitydoulas.com
Columbus	Columbus Birth Network	Columbus Chapter The Birth Network		http://gabirthnetwork.com/columbus.php
State	Alabama Birth Support	Alabama Birth Support		http://alabamabirthsupport.com

Childbirth Classes

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Laura Weldon	New Leaf Birth Services	334-444-6926	http://www.newleafbirth.com/
Auburn/Opelika	Ashley Lovell	Birth Village Comprehensive Childbirth Preparation	334-521-2082	http://birthvillageclass.com
Auburn/Opelika	Jenny Corley	East Alabama Women's Clinic	334-749-0390	http://www.eawomensclinic.com/index.htm
Auburn/Opelika		Women's Hope Medical Clinic (Faith-Based)	334-502-7000	http://womenshope.org/home.html
Auburn/Opelika	Linda Kerr	Bradley Method of Childbirth	334-787-9332	http://www.bradleybirth.com/lindakerr
Auburn/Opelika	Marcie Gaylor	Bradley Method of Childbirth	205-746-5530	http://www.bradleybirth.com/marciegaylor
State	Alabama Birth Support	Alabama Birth Support		http://alabamabirthsupport.com

Abused Woman Shelters and Support Groups

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Opelika		Domestic Violence Intervention Center	800-650-6522	http://www.dvic2.org/index.html
Montgomery		Family Sunshine Center	800-650-6522	http://familysunshine.org/

Breastfeeding Equipment

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Bubba's Medicine Shoppe	334-749-3426	http://www.bubbasonline.com
Auburn/Opelika		Adam's Pharmacy	334-745-3881	
Auburn/Opelika		The Mother's Nook	334-528-3600	http://baby.eamc.org/About
Montgomery		Storkland	334-277-7118	http://www.storkland.net/

Breastfeeding Support Groups, Clinics, Classes

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Courtney Sharma	Sprout Children's Boutique	334-329-7111	http://www.sproutauburn.com/
Auburn/Opelika	Cheryl Adams	Breastfeeding Support Group Thursdays 12-2	334-528-3709	http://baby.eamc.org/About
Auburn/Opelika	Cheryl Adams	Breastfeeding Preparation Class	334-528-3709	http://baby.eamc.org/About
Valley	Lisa Horstkamp	Breastfeeding Support Group Monday 6p	334-524-4487	https://www.facebook.com/groups/valleyareamommies/

Child Abuse Protection Agencies

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Child Advocacy Center of East Alabama, Inc.	334-705-0770	

Childcare

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Alabama Council on Human Relations, Inc.	334-821-8336	http://www.achr.com/child_care.htm
Auburn/Opelika		Children's Day Out Auburn United Methodist Church	334-826-8800	www.aumc.net/Ministries/ChildrensMinistries/ChildrensDayOut.aspx
Auburn/Opelika		Mother's Day Out Trinity United Methodist Church	334-745-2632	http://www.tumcopelika.org/tp40/page.asp?ID=273206

Chiropractors, Massage Therapist, Reiki Practitioners

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Rusty Herring	Cornerstone Family Chiropractic	334-246-2252	http://www.auburncornerstonefamilychiropractic.com/
Auburn/Opelika	Hurst Peacock	Complete Care Chiropractic	334-501-8867	http://www.auburnchiropractors.com/
Auburn/Opelika	Brad Adams	Advantage Chiropractic Clinic	334-821-2552	http://www.advantagechiropracticclinic.com/
Auburn/Opelika	Erin Fischer	Inner Sunshine Yoga and Wellness - Reiki	334-787-2110	http://innersunshineyoga.com/
Auburn/Opelika	Becca Little	Healing Touch Soft Tissue Therapy	334-703-7406	http://www.auburnsbest.massagetherapy.com/
Auburn/Opelika	Caroline Jones	Kneading Relief Massage	334-750-2785	http://www.kneading-relief-massage.com/
Auburn/Opelika	Taylor Hopkins	Opelika Massage Therapy Center	334-737-1400	http://opelikamassagetherapy.com/

Early Intervention Programs Babies with Special Needs

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Head Start	334-821-8336	http://www.achr.com/head_start.htm
Regional		Alabama Institute for the Deaf and Blind Auburn University Psychological Services Center	334-262-0824	http://aidb.org/
Auburn/Opelika			334-844-4889	http://www.cla.auburn.edu/psychology/aupsc/

Pediatricians

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
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Auburn/Opelika		Pediatric Associates of Auburn	334-821-4766	http://www.auburnpediatricassociates.com/
Auburn/Opelika		Pediatric Clinic LLC	334-749-8121	http://www.thepedsclinic.com/

Health Food Stores

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Peachtree Natural Foods	334-745-7679	
Auburn/Opelika		Dayspring Nature Shoppe	334-821-1965	
Auburn/Opelika		EarthFare	334-821-0211	https://www.earthfare.com/our-stores/auburn

Hospitals

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		East Alabama Medical Center	334-749-3411	http://www.eamc.org/
Lanett		EAMC Lanier	334-756-9180	http://www.lanierhospital.com/
Alex City		Russell Medical Center	256-329-7100	http://www.russellmedcenter.com/index.aspx
Montgomery		Baptist East Medical Center	334-273-4444	http://www.baptistfirst.org/facilities/baptist-medical-center-east/default.aspx

Infant Massage Classes and Services

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Taylor Hopkins	Opelika Massage Therapy Center	334-737-1400	http://opelikamassagetherapy.com/

Lactation Consultants and Breastfeeding Peer Support

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Cheryl Adams	East Alabama Medical Center	334-528-3709	http://baby.eamc.org/Files/Lactation%20Services%20Sept%202013.pdf
Auburn/Opelika	Angela Hamby	East Alabama Medical Center	334-528-3709	http://baby.eamc.org/Files/Lactation%20Services%20Sept%202013.pdf

Auburn/Opelika	Laura Bell	East Alabama Medical Center Volunteer Breastfeeding Counselors	334-528-3709	http://baby.eamc.org/Files/Lactation%20Services%20Sept%202013.pdf
Auburn/Opelika/Valley	Lisa Horstkamp		TBA	New group with warm-line for mom-to-mom support coming soon

La Leche League

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Montgomery	Bridgit	East Montgomery Imaging Center	334-569-1500	http://www.llli.org/groups/@lli*group*montgomery
Auburn/Opelika	Josie	Cornerstone Family Chiropractic	334-257-3950	http://www.lllalmsla.org/lll-groups/alabama-groups/auburn-opelika/

Libraries/Infant Programs

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Auburn Public Library	334-501-3190	http://www.auburnalabama.org/library/Default.aspx?PageID=869
Auburn/Opelika	Allison Hall	City of Auburn	334-501-2930	http://www.auburnalabama.org/parks/Default.aspx?PageID=637
Auburn/Opelika		Cooper Library	334-705-5380	http://www.cooperlibrary.com

Maternity/Nursing Clothes

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Courtney Sharma	Sprout Children's Boutique	334-329-7111	http://www.sproutauburn.com/
Auburn/Opelika		Lifesavers Mission Thrift	334-246-3811	https://www.facebook.com/lifesaversmissionthrift
Auburn/Opelika	Debby Harper	Kid's Clothes Connection	334-524-0606	http://www.kidsclothesconnection.com/
Auburn/Opelika		Goodwill	334-745-6029	http://goodwill.org
Auburn/Opelika		Harvest Thrift	334-705-8858	http://www.harvestthriftsupercenter.com/

Midwives

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Mary Lou Reed	East Alabama Prenatal Clinic	334-528-5808	http://www.eamc.org/programsServices/PrenatalClinic.aspx
Montgomery	Vicki Brooks	OBGYN Associates of Montgomery	334-279-9333	http://www.obgynmontgomery.com/
Columbus	Melissa Fish	Trinity Center for Women	706-257-7430	http://www.wecareforlife.com/midwifery-services
Troy	Jazmin Price	Beautiful Belly Laughs Midwifery		http://beautifulbellylaughs.webs.com/

Naturopathic/Homeopathic Services/Stores and Clinics

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Paula Lord	Acupuncture for Southern Living	334-703-5559	http://www.acupunctureforsouthernliving.com/
Auburn/Opelika		Aromatherapy and Massage Center	334-821-4700	http://www.aromatherapyandmassagecenter.net/

New Mothers/Fathers/Parents Groups

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Ashley Lovell	East Alabama Birth Village	334-521-2082	http://birthvillage.org
Auburn/Opelika	Courtney Adams	MOPS Auburn/Opelika		https://www.facebook.com/AuburnOpelikaMops
Montgomery		MOPS First Baptist Church		http://www.montgomeryfbc.org/mops
Auburn/Opelika		Auburn Mommy and Me	334-209-2580	http://www.bigdogrunning.com/eventdetail/racesevents_racesevents/auburnmommyandme4_23_2014.aspx

Obstetricians

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Women's Hope Medical Clinic (Faith-Based)	334-502-7000	http://womenshope.org/home.html

Auburn/Opelika	Lee Obstetrics and Gynecology	334-745-6447	http://www.leeobgyn.com/
Area Wide	East Alabama Prenatal Clinic	334-528-5808	http://www.eamc.org/programsServices/PrenatalClinic.aspx
Auburn/Opelika	East Alabama Women's Clinic	334-749-0390	http://www.eawomensclinic.com/index.htm
Auburn/Opelika	Premiere Obstetrics	334-705-2900	http://www.thepremierobgyn.com/

Online Resources

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Cheryl Adams	Auburn/Opelika Mommies		https://www.facebook.com/groups/206372559383332/
Auburn/Opelika	Meredith Peel	Auburn Opelika Moms Connection Facebook		https://www.facebook.com/groups/729051270481056/
Auburn/Opelika	Ashley Lovell	East Alabama Birth Village Facebook		https://www.facebook.com/groups/birthvillage/
Auburn/Opelika	Kayla Monteagudo	Wear Your Baby - Auburn, AL	334-444-1840	https://www.facebook.com/groups/49625000394876/

Parenting Classes

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Women's Hope Medical Clinic (Faith-Based)	334-502-7000	http://womenshope.org/home.html

Perinatal Loss Support Groups/Bereaved Families Support

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Lynne Schwarzauer	Compassionate Friends	334-663-4141	https://www.eamc.org/programsServices/SupportGroups.aspx
Columbus, Ga		Helping Hearts Support Group	706-322-1950	http://www.muscogeemoms.com/2008/09/26/healing-hearts-support-group/
Montgomery	Amy Stratton	First Candle	334-286-2830	http://www.firstcandle.org/grieving-families/grief-resources/local-support/#Alabama

Play Groups

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Kayla Monteagudo	Wear Your Baby - Auburn, AL	334-444-1840	https://www.facebook.com/groups/496250000394876/
Auburn/Opelika	Michelle Stearns	Kindermusik	334-826-8800	http://www.aumc.net/Ministries/ChildrensMinistries/Kindermusik.aspx

Exercise Classes

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Courtney Roberts	Pure Barre	334-887-0007	http://purebarre.com/AL-auburn/
Auburn/Opelika	Peach Dumars	YogaFly	334-707-7503	http://www.yogaflystudio.com/
Auburn/Opelika	Kimberly Sotelo	Inner Sunshine Yoga and Wellness	334-787-2110	http://innersunshineyoga.com/

Support Groups for Parents of Children with Special Needs

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Lee County Autism Resource & Advocacy	334-742-2694	http://www.autism-alabama.org/resources/networking-groups/1176-lee-county-autism-resource-a-advocacy.html
Auburn/Opelika		Auburn University Psychological Services Center	334-844-4889	http://www.cla.auburn.edu/psychology/aupsc/

Postpartum Depression Resources and Support Groups

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Tom Smith	Auburn University Marriage and Family Therapy Center at	334-844-4478	http://www.mftcenter.auburn.edu/

Auburn/Opelika	Auburn University Psychological Services Center	334-844-4889	http://www.cla.auburn.edu/psychology/aupsc/
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Incest/Sexual Abuse Support Groups

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika	Vickie Dearing	Rape Counselors of East Alabama	334-705-0510	www.rapecounselorsofalabama.com

Other Social Support – Nutrition, Housing, Teen Mothers, Low-Resource Mothers

<i>Town</i>	<i>Contact</i>	<i>Business Name</i>	<i>Phone</i>	<i>Web Address</i>
Auburn/Opelika		Alabama Council on Human Relations, Inc.	334-826-6397	http://www.achr.com/index.htm
Auburn/Opelika	Cleone Brock	Child Advocacy Center of East Alabama, Inc.	334-705-0770	
Auburn/Opelika	Caroline May	Special Deliveries of East Alabama Mental Health Center	800-815-0630	http://www.eastalabamamhc.org/special_deliveries.html
Auburn/Opelika		Head Start	334-821-8336	http://www.achr.com/head_start.htm
Auburn/Opelika		Small Wonders Maternity Program	334-528-5808	https://www.eamc.org/programsServices/includes/SmallWondersBrochure.pdf