

Breastfeeding Support

Statewide Free Hotline

24-Hour Breastfeeding Help Line

(405) 271-MILK (OKC Metro)
(888) 271-MILK (Statewide Toll-Free)

Lactation Consultants (IBCLC)

Cassidy Hotz, RLC, IBCLC

(405) 657-7333

Lactation Support

Marva Wolf, CLC

(405) 642-1126
www.adoula4you.com

Breastfeeding Educators

Chris Cleary, ICCE, CBE

(405) 831-4473
www.BirthMattersOK.com

Danielle Lugrand

(405) 701-2739
www.agapedoulaservice.com



Support Groups

Cesarean / VBAC Support Groups

ICAN of Central Oklahoma

Facebook: ICAN of Central Oklahoma

OKC VBAC Support Group

Facebook: OKC VBAC Support Group

Who We Are



Oklahoma BirthNetwork

We are a group of childbirth professionals and mothers working together to improve maternity care in Oklahoma.

Oklahoma BirthNetwork is an official chapter of BirthNetwork National. We do not endorse or recommend providers, but list those providers who endorse the **Mother-Friendly Childbirth Initiative (MFCI)** and are paid BirthNetwork National members. BirthNetwork National does not guarantee the provider information contained in this guide and BirthNetwork National does not check the validity or accuracy of credentials including, but not limited to, certifications, licenses or training of any listed provider. There are variations in the philosophies and practices of providers listed. It is the responsibility of each consumer to verify the credentials of providers and BirthNetwork National encourages consumers to interview providers in order to find the care that is right for each individual and family.



BirthNetwork National members are the heart of our chapter! Your commitment of volunteer time and membership dollars make programming happen in our community. We are a volunteer-based 501(c)3 not-for-profit organization.

To get listed in our next guide or to find out more information about our work visit us online at www.OklahomaBirthNetwork.com

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info@OklahomaBirthNetwork.com

BIRTH & Beyond

2012 RESOURCE GUIDE



Mother-Friendly care providers,
childbirth educators, doulas,
breastfeeding resources and more...

Doulas - Labor Support

Birth Doula & Labor Support

Alexa Gumm, CD(DONA)
(214) 507-8047
www.okcdoula.com

Brandy Harris, CD(DONA)
(405) 326-4800
www.WillowDoula.com

Chris Cleary, CD(DONA)
(405) 831-4473
www.BirthMattersOK.com

Danielle Lugrand, CD(DONA)
(405) 701-2739
www.agapedoulaservice.com

Jennifer Tolman, CD(DONA)
(405) 370-8893
www.tendertouchdoula.com

Karen Palumbo, CD(DONA)
(405) 401-9692
www.heartandhandsdoulacare.com

Nikki Imes, CD(DONA), Montrice (OMA)
(405) 684-6167
www.kindredspiritdoula.com

Susan Smartt Cook
(405) 225-6277

Taryn Goodwin, CD(DONA)
(405) 413-7337
www.spiriteddoula.com

Postpartum Support

Postpartum Doulas

Danielle Lugrand, PCD(DONA)
(405) 701-2739
www.agapedoulaservice.com

Marva Wolf, Trained Postpartum Doula (DONA)
(405) 642-1126
www.adoula4you.com

Integrative Prevention and Treatment for Postpartum Depression

Cheryl Jazzar, MHR
(405) 474-6720
www.wellpostpartum.com

Parenting Support Groups

Chris Cleary, ICCE, CBE
(405) 831-4473
www.BirthMattersOK.com

Products & Services

Baby Concierge Services Registry Mgmt. & Car Seat Install

Amanda Harding
(405) 816-4690
www.RedbudBabyPlanners.com

Birth & Maternity Photography

Tavia Redburn
(405) 474-5047
www.taviaredburnphotography.com

Cloth Diapers & Classes

Green Bambino - 5120 N Shartel Ave.
(405) 848-2330
www.green-bambino.com

The Changing Table

(405) 290-8862
www.thechangingtableok.com

Placenta Encapsulation

Taryn Goodwin
(405) 413-7337
www.spiriteddoula.com

Make & Take Meal Service

Danielle Lugrand, CD(DONA)
(405) 701-2739
www.agapedoulaservice.com

Mind & Body

CranioSacral Therapy

Nikki Imes
(405) 684-6167
www.kindredspiritdoula.com

Nutritional Support

Cheryl Jazzar, MHR
(405) 474-6720
www.wellpostpartum.com

Stroller Fitness Classes

Kate Stevenson
(405) 702-7710
www.stageshealth.com

Yoga for Pregnancy

Mamaste Yoga
Karen Prior, E-RYT, RPYT (Owner)
Lauren Schatzel, RYT **Suzanne Greff, RYT**
Tracy Espinosa, RYT **Jillian Woods, RYT**
Jennifer Engleman, RYT
(405) 474-3302
www.MamasteYoga.com

Healthcare Providers

Chiropractors

January Chiropractic
Drs. Brandon & Megan January, D.C.
(405) 749-8000
www.januarychiropractic.com

Revolution Chiropractic
Drs. Adam and Rachel Duncan, D.C.
(405) 721-4800
www.chiropracticokc.com

Beverly Glinsky, D.C.
(405) 455-7555
www.okacrc.com

Midwives (Homebirth)

Faith Morie, CPM
(918) 284-3609
www.borntobelovedbirth.blogspot.com

Margarett Scott, CPM
(405) 787-7730
www.heavensentbirth.com

Michelle Hernandez, CPM
(405) 447-9433
www.cmsmidwife.com

Ruth Cobb, CPM, CNM
(918) 224-1605
www.tulsamidwife.com

Susan Smartt Cook, CPM, LM
(405) 225-6277

Midwives (Hospital)

OU Physicians Nurse-Midwives
Leanna Harkess, MS, FNP, CNM;
Dawn Karlin, CNM, MSN;
Deb Melser, MSN, CNM;
Barb Spoerry, LCCE, CNM, MSN.
(405) 271-9494
www.oumedicine.com

Naturopaths & Homeopaths for Pregnancy and Family Care

Catherine Rott, ND, DNM
(580) 234-5821
www.catherinerottnd.com

Cheryl Jazzar, MHR
(405) 474-6720
www.wellpostpartum.com

Postpartum Depression and Marriage & Family Counseling

Tara Fritsch, M.A., L.M.F.T.
(405) 623-8899

Childbirth Classes

Blissborn Childbirth Hypnosis

Ronda Gray, CMS-CHt, BHE
(405) 831-3963
www.dynamictranceformationsconsulting.com

Bradley Method

Heather Cooper, AAHCC
(405) 708-8848
www.joyfulbirthedmond.com

Nikki Schumaker, AAHCC

(405) 410-4678
www.BradleyBirth.com

HypnoBirthing® The Morgan Method

Brandy Harris, HBCBE
(405) 326-4800
www.WillowDoula.com/hypnobirth

Lamaze

Kathryn Konrad, LCCE
(405) 206-1877
www.ChildbirthOklahoma.com

Karen Prior, LCCE

(405) 474-3302
www.MamasteYoga.com

Independent Childbirth Educators

Chris Cleary, ICCE, CBE
(405) 831-4473
www.BirthMattersOK.com

Danielle Lugrand

(405) 701-2739
www.agapedoulaservice.com

Karen Palumbo, CBC, CBE

(405) 401-9692
www.heartandhandsdoulacare.com

Kate Stevenson

(405) 702-7710
www.stageshealth.com