

CUYAHOGA

PERINATAL RESOURCES

Your go-to guide for navigating pregnancy, birth, postpartum, and early parenting in Cuyahoga County. Inside you'll find trusted local resources, support services, providers, classes, community programs, and educational tools to help you feel informed, connected, and supported every step of the way.



Fruit of the Womb
PERINATAL SERVICES



CUYAHOGA PERINATAL RESOURCE LIST

TABLE OF CONTENTS

BREASTFEEDING PUMP & EQUIPMENT SUPPLIERS (PURCHASE & RENTAL)	2
BREASTFEEDING SUPPORT GROUPS, CLINICS, & CLASSES	4
CHILD ABUSE PROTECTION AGENCIES	5
CHILD BIRTH EDUCATORS	5
CLOTHING RESOURCES	6
CHILDREN’S HOSPITALS	7
CHIROPRACTORS, MASSAGE THERAPISTS, REIKI	8
COMMUNITY SERVICES & PROGRAMS	10
CULTURAL / MULTICULTURAL RESOURCES	11
EARLY INTERVENTION PROGRAMS (FOR BABIES WITH SPECIAL NEEDS)	12
FAMILY DOCTORS/PEDIATRICIANS	12
HEALTH FOOD STORES THAT ACCEPT FOOD STAMPS	14
HOSPITALS/MINOR EMERGENCY SERVICES	14
INFANT MASSAGE CLASSES/SERVICES	15
LACTATION CONSULTANTS	15
LA LECHE LEAGUE	18
LIBRARIES/INFANT PROGRAMS	19
MENTAL HEALTH (POSTPARTUM SERVICES)	19
MIDWIVES (HOME BIRTH)	20
NATUROPATHIC DOCTORS/INTEGRATIVE PROVIDERS	22
PRENATAL COMMUNITY SUPPORT	23
PREMATURE BABIES SUPPORT	24
PERINATAL LOSS & BEREAVED FAMILIES SUPPORT GROUPS	24
PELVIC FLOOR THERAPIST	25

CUYAHOGA PERINATAL RESOURCE LIST

TABLE OF CONTENTS

PLAYGROUPS	25
POSTPARTUM DEPRESSION RESOURCES & SUPPORT	26
POSTPARTUM DOULAS	27
PLACENTA ENCAPSULATION	28
VBA/CA SUPPORT GROUPS	29
RECOMMENDED PODCASTS	29
RECOMMENDED BOOKS	31

CUYAHOGA PERINATAL RESOURCE LIST



The Womb Within

Phone: (440) 503-4357

Website: www.thewombwithin.com



Birthing Beautiful Communities

Phone: (216) 307-1538

Website: www.birthingbeautiful.org



DoulaMatch

Email: help@doulamatch.net

Website: www.doulamatch.net

BREASTFEEDING PUMP & EQUIPMENT SUPPLIERS

PURCHASE & RENTAL



Health Aid of Ohio

Phone: (216) 252-3900

Address: 5230 Hauserman Road Cleveland, OH 44130

CUYAHOGA PERINATAL RESOURCE LIST



Mommy Xpress

Phone: (844) 641-2255

Email: info@mommyxpress.com

Website: www.mommyxpress.com



University Hospitals MacDonald Lactation Center

Phone: (440) 995-3830



University Hospitals Westlake Health Center

Phone: (440) 250-2035



Aeroflow Breastpumps

Phone: (844) 867-9890

Website: www.aeroflowbreastpumps.com

CUYAHOGA PERINATAL RESOURCE LIST

BREASTFEEDING SUPPORT GROUPS, CLINICS, CLASSES



Breastfeeding Medicine of Ohio

Phone: (216) 291-9210

Address: 2055 S. Green Rd South Euclid, OH 44121

Website: www.mommyxpress.com



Baby Cafe

Website: www.babycafeusa.org



MetroHealth Breastfeeding Clinic

Phone: (216) 778-3337



University Hospitals Lactation Center

Phone: (440) 250-2035

CUYAHOGA PERINATAL RESOURCE LIST



Mama Bird

Phone: (440) 732-5195

Email: info@mommyxpress.com

Website: www.mamabirdhendry.com



Fruit of the Womb Perinatal Services

Phone: (440) 723-9408

Website: www.fruitofthewombirth.com

CHILD ABUSE PROTECTION AGENCIES

Jane Edna Hunter Social Services Building

Phone: (216) 431-4500

Address: 3955 Euclid Ave. #1 Cleveland, OH 44115

CHILD BIRTH EDUCATORS



Mother Rising

Phone: (440) 363-1886

Website: www.mother-rising.com

CUYAHOGA PERINATAL RESOURCE LIST

The Doula Experience

The Doula Experience

Phone: (440) 572-2574

Email: SunTdoula@aol.com

Website: www.doulaexperience.com



Fruit of the Womb Perinatal Services

Phone: (440) 723-9408

Website: www.fruitofthewombirth.com



CLOTHING RESOURCES



Love Inc. of Cuyahoga County

Phone: (216) 459-0405

Address: P.O. Box 31775 Independence, OH 44131

Email: info@loveinccuy.org

Website: www.loveinccuyahoga.org

CUYAHOGA PERINATAL RESOURCE LIST



Birthright International | Lakewood Location

Phone: (216) 800-8086

Address: 14701 Detroit Avenue Lakewood, OH 44107

Birthright International | Parma Heights Location

Phone: (216) 661-6400

Address: 5851 Pearl Road #202 Parma Heights, OH 44130

Birthright International | Cleveland Location

Phone: (216) 486-2800

Address: 960 East 185th Street Cleveland, OH 44119

Womankind



Phone: (216) 662-5700

Address: 5350 Transportation Blvd. Suite 18 Garfield Heights, OH 44125

Email: mameitin@womankind-cleveland.org

Website: www.womankind-cleveland.org

CHILDREN'S HOSPITALS



University Hospitals Rainbow Babies

Phone: (440) 745-7823

Address: 5850 Euclid Avenue Cleveland, OH 44103

CUYAHOGA PERINATAL RESOURCE LIST



Cleveland Clinic Children's Hospital

Phone: (216) 444-5437

Address: 9500 Euclid Avenue Cleveland, OH 44106

Website: www.my.clevelandclinic.org/pediatrics

CHIROPRACTORS, MASSAGE THERAPISTS, REIKI



Cleveland Chiropractic & Integrative Health Center

Phone: (216) 952-3830

Address: 6906 E. Royalton Road Suite 302 Brecksville, OH 44141

Website: www.clechiropractic.com



Cleveland Chiropractic Associates, Inc.

Phone: (440) 250-9072

Address: 835 Westpoint Parkway Suite 730 Westlake, OH 44145

Website: www.yanvechiarellichiropractic.com



The Womb Wellness Center

Phone: (216) 663-2828

Address: 6200 SOM Center Road A-24 Solon, OH 44139

Website: www.thewombwellnesscenter.com

CUYAHOGA PERINATAL RESOURCE LIST

Family Chiropractic Acupuncture Functional Medicine

Emily Forsgren, DC, Cert MDT

Phone: (216) 970-1273

Address: 14805 Detroit Avenue Suite #545 Lakewood, OH 44107

Email: DrEmily@HealthInGoodHands.com

Website: www.healthingoodhands.com

CUYAHOGA PERINATAL RESOURCE LIST

COMMUNITY SERVICES & PROGRAMS



THE CENTERS
FOR FAMILIES AND CHILDREN

Website: www.thecentersohio.org

The Centers for Families & Children | Uptown Office

Phone: (216) 721-4010

Address: 12201 Euclid Avenue Cleveland, OH 44106

The Centers for Families & Children | Gordon Square Office

Phone: (216) 651-2037

Address: 5209 Detroit Avenue Cleveland, OH 44102

The Centers for Families & Children | West Office

Phone: (216) 252-5800

Address: 3929 Rocky River Drive Cleveland, OH 44111

The Centers for Families & Children | Southwest Office

Phone: (440) 888-0300

Address: 5955 Ridge Road Parma, OH 44129

The Centers for Families & Children | East Office

Phone: (216) 431-5800

Address: 4400 Euclid Avenue Cleveland, OH 44103

CUYAHOGA PERINATAL RESOURCE LIST



Ohio Guidestone Central Administration

Phone: (844) 622-5564

Client Crisis Line: (440) 260-8595

Address: 343 West Bagley Road Berea, OH 44017

Website: www.ohioguidestone.org



Womankind

Phone: (216) 662-5700

Address: 5350 Transportation Blvd. Suite 18 Garfield Heights, OH 44125

Email: mameitin@womankind-cleveland.org

Website: www.womankind-cleveland.org

CULTURAL/MULTICULTURAL RESOURCES



Esperanza

Phone: (216) 651-7178

Address: 3104 W. 25th Street 4th Floor Cleveland, OH 44109

Website: www.esperanzainc.org

CUYAHOGA PERINATAL RESOURCE LIST

EARLY INTERVENTION PROGRAMS

FOR BABIES WITH SPECIAL NEEDS



Help Me Grow

Phone: (800) 755-4769

Website: www.helpmegrow.org



Mom's First

Phone: (216) 664-4194

Address: 75 Earview Plaza 2nd Floor Cleveland, OH 44114

Website: www.momsfirst.org

FAMILY DOCTORS/PEDIATRICIANS



Website: www.uhhospitals.org/rainbow

University Hospitals | Kids in the Sun | Broadview Heights

Phone: (440) 526-8222

Address: 5901 E. Royalton Rd. Suite 2100 Broadview Heights, OH 44147

University Hospitals | Kids in the Sun | Strongsville

Phone: (440) 816-4950

Address: 18181 Pearl Road Suite A200 Broadview Heights, OH 44136

CUYAHOGA PERINATAL RESOURCE LIST



Senders Pediatrics

Phone: (216) 291-9210

Address: 2054 South Green Road South Euclid, OH 44121

Website: www.senderspeditrics.com



Hyper Health Wellness Center / Holistic Pediatrician Dr. Janet Levatin, MD

Phone: (330) 227-4899

Email: support@hyperhealthiv.com

Website: www.hyperhealthwc.com



Primrose Newborn Care

Dr. Jessica Madden, MD, IBCLC

Phone: (216) 313-2016

Email: primrosenewborncare@gmail.com



Zest Pediatrics of Westlake

Phone: (440) 616-8802

Address: 27540 Detroit Rd. #105 Westlake, OH 44145

Website: www.zestpeds.com/westlake

CUYAHOGA PERINATAL RESOURCE LIST

HEALTH FOOD STORES

THAT ACCEPT FOOD STAMPS



HOSPITALS/MINOR EMERGENCY SERVICES



Cleveland Clinic Express Care

Phone: (216) 444-2200

Address: 9500 Euclid Ave. Cleveland, OH 44195



University Hospitals Urgent Care

Phone: (216) 844-8447

Address: 11100 Euclid Ave. Cleveland, OH 44106



MetroHealth Express Care

Phone: (216) 778-7800

Website: www.metrohealth.org/

CUYAHOGA PERINATAL RESOURCE LIST

INFANT MASSAGE CLASSES & SERVICES



Fairview Classes

Phone: (440) 356-0347

Hillcrest Classes

Phone: (440) 312-4647

Akron General Classes

Phone: (330) 344-2229



The Womb Wellness Center

Phone: (216) 663-2828

Address: 6200 SOM Center Road A-24 Solon, OH 44139

Website: www.thewombwellnesscenter.com

LACTATION CONSULTANTS



Breastfeeding Medicine of Northeast Ohio

Phone: (216) 291-9210

Address: 2055 S. Green Rd South Euclid, OH 44121

Website: www.bfmedneo.com



University Hospitals | Elyria Medical Center

Phone: (440) 690-1576

Address: 630 East River St. Elyria, OH 44035

CUYAHOGA PERINATAL RESOURCE LIST



Cleveland Clinic | Hillcrest Hospital

Phone: (440) 312-4500

Address: 6780 Mayfield Road Mayfield Heights, OH 44124

Cleveland Clinic | Fairview Hospital

Phone: (216) 476-7000

Address: 18101 Lorain Avenue Cleveland, OH 44111

Cleveland Clinic | Akron General

Phone: (330) 344-6000

Address: 1 Akron General Avenue Akron, OH 44307

Cleveland Clinic | Main Campus

Phone: (216) 444-2200

Address: 9500 Euclid Avenue Cleveland, OH 44195

Cleveland Clinic | Wooster Family Health Center

Phone: (330) 287-4500

Address: 1740 Cleveland Road Wooster, OH 44691



MaLa Lactation Services, LLC

Website: www.lila-lactation.com

CUYAHOGA PERINATAL RESOURCE LIST



Fruit of the Womb Perinatal Services

Phone: (440) 723-9408

Website: www.fruitofthewombirth.com



Neighborhood Family Practice

Phone: (216) 281-0872

Website: www.nfpmedcenter.org



Love & Wellness Lactation

Phone: (216) 232-3933

Email: info@loveandwellnesslactation.com

Website: www.loveandwellnesslactation.com



Northcoast Lactation & Sleep Services

Phone: (440) 973-6455

Email: hello@northcoastlactation.com

Website: www.zestpeds.com/westlake

CUYAHOGA PERINATAL RESOURCE LIST



University Hospitals / Westside

Phone: (440) 250-2035

University Hospitals / Eastside

Phone: (440) 995-3830

VIRTUAL BREASTFEEDING SUPPORT GROUPS

LA LECHE LEAGUE



La Leche League / Cleveland Southwest

Phone: (440) 289-4731

Website: www.facebook.com/LaLecheLeagueSouthwest



La Leche League / Ashtabula Geauga Lake

Website: www.facebook.com/LLLAshtabulaGaugaLake

CUYAHOGA PERINATAL RESOURCE LIST

LIBRARIES/INFANT PROGRAMS



Cuyahoga County Public Library

Website: www.cuyahogalibrary.org



Cleveland Public Library

Website: www.cpl.org

MENTAL HEALTH

SEE ALSO: POSTPARTUM SERVICES

BUMP AND BEYOND
FAMILY THERAPY

Bump & Beyond Family Therapy

Phone: (440) 266-0401

Website: www.bumpandbeyondfamilytherapy.com

CUYAHOGA PERINATAL RESOURCE LIST

MIDWIVES (HOME BIRTH)



The Circle of Life home Birth Services | Rosie Messina

Phone: (440) 570-6114

Address: 398 West Bagley Road Berea, OH 44017 #217

Website: www.circleoflifebirthservices.com



Labor in Love Midwifery | Jasmine Wagster

Phone: (330) 806-0994

Email: jasminewagster@laborinlovemidwifery.com

Website: www.laborinlovemidwifery.com



The Chrysalis Care Team | Staci Dasher

Website: www.chrysaliscommunity.org



Radiant Joy

Phone: (216) 280-7148

Address: 113 E. Homestead St. Medina, OH 44280

Email: radiantjoybirth@gmail.com

Website: www.radiantjoybirth.com

CUYAHOGA PERINATAL RESOURCE LIST



Wide Circles Holistic Midwifery

Phone: (216) 482-4122

Address: 26032 Detroit Road Suite 6 Westlake, OH 44145

Email: midwife@widecirclescle.com

Website: www.widecirclescle.com



Three Rings Midwifery

Phone: (216) 230-8840

Address: 33595 Bainbridge Road Solon, OH 44139

Website: www.threeringsmidwifery.com



Beautiful Beginnings Homebirth

Email: beautifulbeginningshomebirth@gmail.com

Website: www.beautifulbeginningshomebirth.com



Cleveland Homebirth | Julia Myers

Phone: (216) 801-1166

Website: www.clevelandhomebirth.com

CUYAHOGA PERINATAL RESOURCE LIST



The Village Midwifery & Wellness / Colleen Schroeder

Phone: (216) 299-8522

Address: 15552 Madison Avenue Lakewood, OH 44107

Website: www.thevillagecle.org

NATUROPATHIC DOCTORS/INTEGRATIVE PROVIDERS



University Hospitals Connor Whole Health Parma

Phone: (216) 285-0171

Address: 6115 Powers Boulevard Suite 300 Parma, OH 44129

University Hospitals Connor Whole Health Cleveland

Phone: (216) 285-0171

Address: 11100 Euclid Avenue Mather Pavilion Suite 1600 Cleveland, OH 44106

University Hospitals Connor Whole Health Parma

Phone: (216) 285-0171

Address: 2055 Crocker Road Suite 207 Westlake, OH 44145

CUYAHOGA PERINATAL RESOURCE LIST

PRENATAL COMMUNITY SUPPORT

Womankind



Phone: (216) 662-5700

Address: 5350 Transportation Blvd. Suite 18 Garfield Heights, OH 44125

Email: mameitin@womankind-cleveland.org

Website: www.womankind-cleveland.org



Cleveland Pregnancy Center

Phone: (216) 631-0964

Address: 5273 Broadview Road Cleveland, OH 44134

Website: www.clevelandpregnancycenter.org



Mom's First

Phone: (216) 664-4194

Address: 75 Earview Plaza 2nd Floor Cleveland, OH 44114

Website: www.momsfirst.org



Cornerstone Doula Program & Services

Cuyahoga County Westside & Lorain County Only

Phone: (440) 284-1010

Address: 364 Griswold Road Elyria, OH 44035

Website: www.cornerstoneanswers.org

CUYAHOGA PERINATAL RESOURCE LIST

PREMATURE BABIES SUPPORT



Cleveland Kangaroula Collective

Phone: (440) 732-5195

Website: www.mamabirdhendry.com/kangaroulasupport



Project NICU

Website: www.projectnicu.co

PERINATAL LOSS & BEREAVED FAMILIES SUPPORT GROUPS



Sufficient Grace Ministries

Phone: (419) 278-7640

Email: info@sufficientgraceministries.org

Website: www.sufficientgraceministries.org



Still Birthday

Phone: (816) 343-4615

Email: heidi.faith@fast.in.net/stillbirthday

Website: www.stillbirthday.com

CUYAHOGA PERINATAL RESOURCE LIST

PELVIC FLOOR THERAPIST



University Hospitals Physical Therapy | Pelvic Floor

Website: www.uhhospitals.org/services/rehabilitation-services/Conditions-and-Treatments/physical-therapy/services/pelvic-floor-rehabilitation



Horizon Pelvic Health & Wellness

Phone: (216) 307-5212

Address: 21245 Lorain Road Suite 202 Fairview Park, OH 44126

Email: nina@horizonpelvicpt.com

Website: www.horizonpelvicpt.com

PLAYGROUPS



The MomCo | MOPS International

Phone: (303) 733-5353

Email: info@themom.co

Website: www.themom.co



MomTourage

Email: cvcmomtourage1@gmail.com

Website: www.cvcmomtourage.org

CUYAHOGA PERINATAL RESOURCE LIST



Wild + Free

Email: team@bewildandfree.org

Website: www.bewildandfree.org

POSTPARTUM DEPRESSION RESOURCES & SUPPORT



Ohio Guidestone

Phone: (440) 260-8300

Website: www.ohioguidestone.org



Applewood Centers

Phone: (216) 521-6511 ext. 1737

Website: www.applewoodcenters.org



Wollemi Counseling | Rachel Bowers

Phone: (440) 508-6742

Address: 36925 Detroit Road Avon, OH 44011

Email: rachel@wollemicounseling.com

Website: www.wollemicounseling.com

CUYAHOGA PERINATAL RESOURCE LIST



Mother Rising | Shauna Rich MSW, LSW

Phone: (440) 363-1886

Website: www.mother-rising.com



Recoup & Relief Counseling | Crystal Drennon

Phone: (330) 636-5000

Address: 803 E. Washington Street Suite 200 Medina, OH 44256

Email: hello@recoupandreliefcounseling.com

Website: www.recoupandreliefcounseling.com



Postpartum Support International

Website: www.psidirectory.com

POSTPARTUM DOULAS



Mother Rising

Phone: (440) 363-1886

Website: www.mother-rising.com

CUYAHOGA PERINATAL RESOURCE LIST



Recoup & Relief Counseling | Crystal Drennon

Phone: (330) 636-5000

Address: 803 E. Washington Street Suite 200 Medina, OH 44256

Email: hello@recoupandreliefcounseling.com

Website: www.recoupandreliefcounseling.com



Nurtured Foundation

Phone: (216) 409-5403

Website: www.nurturedfoundation.com



The Womb Wellness Center

Phone: (216) 663-2828

Address: 6200 SOM Center Road A-24 Solon, OH 44139

Website: www.thewombwellnesscenter.com

PLACENTA ENCAPSULATION



The Womb Within

Phone: (440) 503-4357

Website: www.thewombwithin.com

CUYAHOGA PERINATAL RESOURCE LIST



Birthing Destiny Maternal Services | Tomesha Walker

Phone: (216) 345-9756

Website: www.bookingstomeshawalker.com

VBA/CA SUPPORT GROUPS



ICAN of Greater Cleveland

Phone: (440) 543-5353

Website: www.icanofgreatercleveland.org

RECOMMENDED PODCASTS



Birthing Instincts | Podcast

[LISTEN NOW](#)



Mom's Off the Record | Podcast

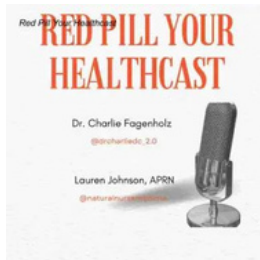
[LISTEN NOW](#)

CUYAHOGA PERINATAL RESOURCE LIST



The Birth Rebel | Podcast

[LISTEN NOW](#)



Red Pill Your Healthcast | Podcast

[LISTEN NOW](#)

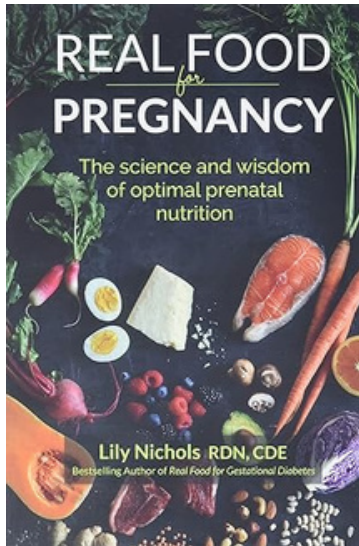


Just Ingredients | Podcast

[LISTEN NOW](#)

CUYAHOGA PERINATAL RESOURCE LIST

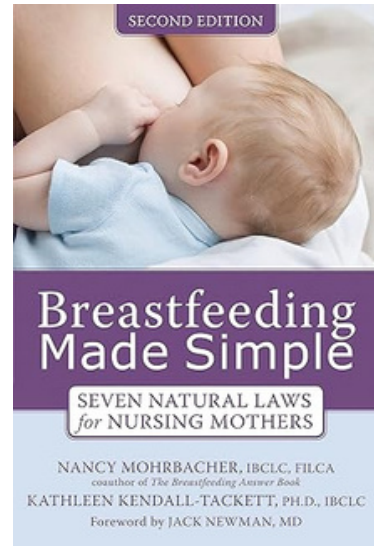
RECOMMENDED BOOKS



Real Food for Pregnancy

Lily Nichols

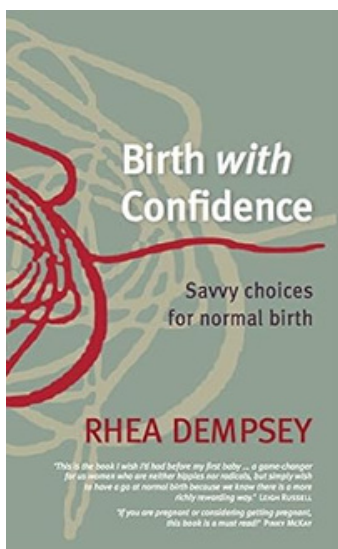
[BUY HERE](#)



Breastfeeding Made Simple

Kathleen Kendall-Tackett PhD IBCLC

[BUY HERE](#)



Birth with Confidence

Rhea Dempsey

[BUY HERE](#)



The Wonder Weekis

Francis Plooij PhD | Hetty Van De Rijt PhD

[BUY HERE](#)