

**Medical Care (mom and baby)**

**I need a pregnancy test**

**RAHS Health Centers (all)**

See [www.umhs-rahs.org](http://www.umhs-rahs.org) for all locations

(734) 998-2163

*Offers pregnancy tests, along with additional primary care services*

**Planned Parenthood**

3100 Professional Dr, Ann Arbor

(734) 973-0710

*Offers pap smears, birth control info and supplies, pregnancy testing and counseling, prenatal services and education*

**Briarwood Center for Women, Children, & Young Adults**

400 E Eisenhower Parkway, Building 2, Suite B, Ann Arbor

(734) 232-2600

*Offers pregnancy tests; offers primary care and OBGYN services*

**Ypsilanti Health Center**

200 Arnet St. #200, Ypsilanti

(734) 482-6221

*Offers pregnancy tests; offers primary care and OBGYN services*

**Washtenaw County Public Health Dept.**

555 Towner, Ypsilanti

*Free pregnancy testing, STI testing and treatment, immunization services, WIC services (food benefits and nutrition counseling).*

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**Corner Health Center**

47 N. Huron, Ypsilanti

(734) 484-3600

*Provides pregnancy tests and prenatal care, ultrasounds, pediatric care, insurance enrollment assistance, counseling and support groups, breastfeeding classes, and nutrition counseling*

**Briarwood Center for Women, Children, & Young Adults**

400 E Eisenhower Parkway, Building 2, Suite B, Ann Arbor

(734) 232-2600

*Offers primary care services, including pediatrics, obstetrics and gynecology, breast feeding clinics, nutrition, and social work*

**Ypsilanti Health Center**

200 Arnet St. #200, Ypsilanti

(734) 482-6221

*Offers primary care services, including pediatrics, obstetrics and gynecology, breast feeding clinics, nutrition, and social work*

**Meijer Grocery Prenatal Vitamin Program**

*Free prenatal vitamins available at Meijer pharmacies; requires prescription from medical provider*

**I need regular medical care for me and the baby**

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**Southeast Michigan Doula Project**

<http://www.midoula.org/>

[southeastmidoulas@gmail.com](mailto:southeastmidoulas@gmail.com)

*Free or low cost doula care*

**I need a doula**

*(what is a doula? A nonmedical person who assists a mother before, during, and/or after childbirth through physical assistance and emotional support)*

## Pregnancy Prep and Motherhood Classes

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### I need help preparing for childbirth

#### **Catholic Social Services**

815 Taylor St., Ann Arbor

(734)662-4462

Pregnancy and adoption counseling available, support groups

#### **Briarwood Center for Women, Children & Young Adults**

(734) 232-2600

**Safe Sleep education:** Class offerings for Infant Safe Sleep and Shaken Baby Syndrome Awareness & Prevention

#### **St. Joseph Mercy Hospital**

Register at : [www.stjoesannarbor.org/family-birth-center-classes-tours](http://www.stjoesannarbor.org/family-birth-center-classes-tours)

(734)712-6357

**Childbirth Education Class** - preparation classes for expectant mothers and their labor support coach.

**Infant care class-** Class for expectant parents to learn about basic newborn care.

#### **Maternal Infant Health Program** (also at Corner Health)

(734) 544-2984

*A free program for pregnant women on Medicaid. It provides help in getting food and infant supplies, such as diapers; transportation to medical appointments; nutrition counseling; education about breastfeeding; help enrolling in childbirth education classes; parenting groups; well child visits & immunizations.*

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#### **La Leche League**

<http://www.lllaa.org/home>

*Mother-to-mother support groups for breast-feeding mothers. Day and evening group times listed on website.*

#### **Corner Health Center**

(734) 484-3600

*Offers breastfeeding classes, support groups*

#### **Briarwood Center for Women, Children, & Young Adults**

(734) 232-2600

*Offers breastfeeding classes*

### I need help with breastfeeding

#### **St. Joseph Mercy Hospital**

Register at : [www.stjoesannarbor.org/family-birth-center-classes-tours](http://www.stjoesannarbor.org/family-birth-center-classes-tours)

(734)712-6357

**Breastfeeding club** – Free, monthly meeting for pregnant or breastfeeding moms and their babies.

**Breastfeeding Preparation Class-** Instructs expectant mothers and their partners on breastfeeding techniques. Partners are encouraged to attend.

#### **Maternal Infant Health Program**

(734) 544-2984

*A free program for pregnant women on Medicaid.*

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### I need social interaction with other moms

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#### **Teen Moms Support Groups**

[www.dailystrength.org/c/Pregnancy-teens/support-group](http://www.dailystrength.org/c/Pregnancy-teens/support-group)

[www.mdjunction.com/teen-pregnancy](http://www.mdjunction.com/teen-pregnancy)

#### **Briarwood Center for Women, Children, & Young Adults**

(734) 232-2600

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**Mindful Moms Group** *Free mommy group where you can make friends with other moms and moms-to-be and build skills at the same time. Register by emailing: lfattori@umich.edu.*

**Postpartum Depression Group**

(734) 418-2683 [www.ppd-annarbor.com](http://www.ppd-annarbor.com)

*Free drop-in care on 1<sup>st</sup> and 3<sup>rd</sup> Mondays 10:30am-12pm for mothers experiencing post-partum depression.*

**St. Joseph Mercy Hospital**

Register at : [www.stjoesannarbor.org/family-birth-center-classes-tours](http://www.stjoesannarbor.org/family-birth-center-classes-tours)

**Mommy & Me** - Free, 'drop-in' monthly meeting for new mothers and their babies on the first Wednesday of every Month (except January & July) from 10-11:30 a.m. at the Women's Health Center.

**Washtenaw Success by 6**

1819 S. Wagner Rd, Ann Arbor

(734) 994-8100 Ext. 2178

*Provides parent resources on child development, preschool, child care, health insurance, and parenting classes.*

**WISD: Parent Support Program**

(734)994-8100

*Parenting classes of children ages 0-6 are held on the first Friday of the month at 12 pm.*

**Catholic Social Services**

(734)662-4462

*Pregnancy and adoption counseling, food assistance, crisis intervention, family therapy, domestic and child abuse intervention, emergency food program.*

I need helping with parenting

**CHILD CARE & CHILD EDUCATION**

I need affordable childcare

**Child Care Network Washtenaw Regional**

3941 Research Park Dr., Suite C

Ann Arbor, MI 48108

(734) 975-1840 | [www.childcarenetwork.org](http://www.childcarenetwork.org)

*Childcare referrals to licensed childcare sites; helps low-income families with the cost of child care.*

**Head Start | Great Start Readiness Program (GSRP)**

(855) 644-7735 | <https://michiganpreschool.org/>

*Preschool program for low-income families. GSRP only for families that fall below certain income levels.*

**First Steps Ann Arbor Preschool & Family Center**

2775 Boardwalk Dr., Ann Arbor

(734) 994-4949 | [www.aaps.k12.mi.us/firststeps.home/home](http://www.aaps.k12.mi.us/firststeps.home/home)

*Classes offered for children and caregivers at the Family Center location, Eberwhite Elementary School, and Logan Elementary School. Cost ranges from \$0 to \$145 for the 13 week fall term.*

I need help finding a preschool

**Washtenaw ISD**

(734) 994-8100

*Children are selected for the preschool programs based on family income and child's age. If your child does not qualify for the FREE*

Head Start or GSRP programs, there are fee-based programs available.

## **BABY ITEMS**

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**I need baby clothes, sleeping items, and toys**

### **Once Upon a Child**

4559 Washtenaw Ave. , Ann Arbor  
(734) 971-6822

*Sells gently used kids clothes and toys*

### **Corner Health Center**

47 N. Huron, Ypsilanti  
(734) 484-3600

*When you come to the Corner for appointments, you earn points that you can use @ the Corner Store to buy things, including baby clothes & diapers*

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**I need breastfeeding supplies, formula, diapers, wipes, etc...**

### **Hope Clinic**

518 Harriet Street, Ypsilanti  
(734)484-2989

*Provide baby formula, diapers, and wipes. (Thursday 2pm -4pm, once every 2 weeks). Care & Share Closet with basic necessities. (Fri 2pm-4pm, once every 30 days). Free laundry services.*

### **Corner Health Center**

47 N. Huron, Ypsilanti  
(734) 484-3600

*When you come to the Corner for appointments, you earn points that you can use @ the Corner Store to buy things, including baby clothes & diapers*

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**I need a car seats and/ or booster seat**

### **University of Michigan Buckle Up Program**

(734)763-2251

- Free car seat or booster seat
- Proof of income or Medicaid required

## **LEGAL RESOURCES**

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**I need legal resources for Family Law – domestic violence prevention and maintaining stable homes**

### **Legal Services of South Central Michigan**

420 N. Fourth Ave., Ann Arbor  
(734)665-6181

- Helping persons in immediate peril of injury due to domestic violence or cases meant to stabilize living environments for children.
- Securing Personal Protection Orders, divorce and custody cases for domestic violence survivors, custody actions when children are at risk, cases preventing the transfer of custody from an established custodial environment

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**I need to obtaining a birth certificate**

Instructions will be provided at time of birth from hospital  
If need a replacement copy of birth certificate, go to:

- <https://www.vitalchek.com/>
- [http://www.michigan.gov/documents/birthapp\\_6360\\_7.PDF](http://www.michigan.gov/documents/birthapp_6360_7.PDF)
- **Starting a Case:** [http://www.michigan.gov/dhs/0,4562,7-124-5528\\_61204\\_41277---,00.html](http://www.michigan.gov/dhs/0,4562,7-124-5528_61204_41277---,00.html)
- **Locating Parents:** [http://www.michigan.gov/dhs/0,4562,7-124-5528\\_61204\\_6741---,00.html](http://www.michigan.gov/dhs/0,4562,7-124-5528_61204_6741---,00.html)

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**I need help with Child Support**