

Category	Resource	Website	Phone	Address	Email	Location	Christ-centered *
Apps	Christian Hypnobirthing	<a href="https://www.christianhypnobirthing.com/">https://www.christianhypnobirthing.com/</a>				Online	*
Apps	Ovia Parenting	<a href="https://apps.apple.com/us/app/ovia-">https://apps.apple.com/us/app/ovia-</a>				Online	
Apps	Ovia Pregnancy	<a href="https://play.google.com/store/apps/details?">https://play.google.com/store/apps/details?</a>				Online	
Apps	Ovia Fertility	<a href="https://play.google.com/store/apps/details?">https://play.google.com/store/apps/details?</a>				Online	
Apps	Baby Tracker	<a href="https://apps.apple.com/us/app/baby-">https://apps.apple.com/us/app/baby-</a>				Online	
Apps	Baby Feed Timer	<a href="https://apps.apple.com/us/app/baby-feed-">https://apps.apple.com/us/app/baby-feed-</a>				Online	
Apps	InJoy Health	<a href="https://apps.apple.com/us/app/injoy-">https://apps.apple.com/us/app/injoy-</a>				Online	
Apps	Vroom - Development	<a href="https://apps.apple.com/us/app/vroom/id8">https://apps.apple.com/us/app/vroom/id8</a>				Online	
Apps	Hello Everybody - Music	<a href="https://apps.apple.com/us/app/hello-">https://apps.apple.com/us/app/hello-</a>				Online	
Apps	Baby Sparks - Development	<a href="https://apps.apple.com/us/app/babysparks">https://apps.apple.com/us/app/babysparks</a>				Online	
Apps	Guva - Sound Machine	<a href="https://apps.apple.com/us/app/white-">https://apps.apple.com/us/app/white-</a>				Online	
Apps	Sprout Baby - Development	<a href="https://apps.apple.com/us/app/sprout-">https://apps.apple.com/us/app/sprout-</a>				Online	
Apps	The Wonder Weeks - Development	<a href="https://apps.apple.com/us/app/the-">https://apps.apple.com/us/app/the-</a>				Online	
Apps	The Wonder Weeks Baby Monitor	<a href="https://apps.apple.com/us/app/the-">https://apps.apple.com/us/app/the-</a>				Online	
Apps	Studio Bloom - Motherhood Wellness	<a href="https://apps.apple.com/us/app/studio-">https://apps.apple.com/us/app/studio-</a>				Online	
Apps	Mom's into Fitness - Motherhood Wellness	<a href="https://apps.apple.com/us/app/moms-">https://apps.apple.com/us/app/moms-</a>				Online	
Apps	Every Mother - Motherhood Wellness	<a href="https://apps.apple.com/us/app/every-">https://apps.apple.com/us/app/every-</a>				Online	
Babywearing	Babywearing International of Middle Tennessee	<a href="http://bwiofmiddletn.com">bwiofmiddletn.com</a>				In-Person	
Bereavement and Loss	Cuddle Angels	<a href="https://www.cuddlingangels.com/">https://www.cuddlingangels.com/</a>				Online	
Bereavement and Loss	Cuddle Cot	<a href="https://www.cuddlingangels.com/">https://www.cuddlingangels.com/</a>	814-288-8915	402 Flight O Arrows Way	<a href="mailto:cuddlingangels5815@gmail.com">cuddlingangels5815@gmail.com</a>	Online	

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Bereavement and Loss	Saying Goodbye	<a href="https://www.sayinggoodbye.org/">https://www.sayinggoodbye.org/</a>				Online	
Bereavement and Loss	Still Birthday	<a href="https://stillbirthday.com/">https://stillbirthday.com/</a>				Online	
Bereavement and Loss	Jennifer Hicks		615-414-0309		jennifer@sharingmiddletn.org	In-Person	
Bereavement and Loss	Brianna King		423-994-4834		terrafamiliatn@gmail.com	In-Person	
Bereavement and Loss	Rebekah Porter	<a href="http://www.blissfulbirthingtn.com/">www.blissfulbirthingtn.com/</a>	859-533-4667		blissfulbirthingtn@gmail.com	In-Person	*
Bereavement and Loss	Baby Loss Family Advisors	<a href="http://www.babylossfamilyadvisors.com/">http://www.babylossfamilyadvisors.com/</a>	952-476-1303			In-Person	
Birth Doulas	Lauren Aiken, CD(DONA), CCE - Grace + Birth Doula &	<a href="https://graceandbirth.com/">https://graceandbirth.com/</a>	(812) 278-6090		graceandbirth@gmail.com	In-Person	*
Birth Doulas	Blissful Birthing TN Birth Doulas - Agency	<a href="https://www.blissfulbirthingtn.com/">https://www.blissfulbirthingtn.com/</a>			blissfulbirthingtn@gmail.com	In-Person	*
Birth Doulas	Rebekah Porter						*
Birth Doulas	Nashville Doula Services	<a href="http://www.nashvilledoulaservices.com/">http://www.nashvilledoulaservices.com/</a>	(615) 933-5838			In-Person	
Birth Doulas	East Nashville Doulas	<a href="http://www.eastnashvilledoula.com/">http://www.eastnashvilledoula.com/</a>	(615) 957-5871			In-Person	
Birth Doulas	Music City Doulas LLC	<a href="http://www.musiccitydoulas.com/">http://www.musiccitydoulas.com/</a>	(615) 208-4111			In-Person	
Birth Doulas	Hands & Heart Doula and Birth Services	<a href="http://www.handsandheartdoula.com/">http://www.handsandheartdoula.com/</a>	(615) 375-4533			In-Person	
Birth Doulas	Tennessee Family Doulas	<a href="https://tennesseefamilydoulas.com/">https://tennesseefamilydoulas.com/</a>	(615) 944-9390			In-Person	
Birth Doulas	615 Doula Co.	<a href="http://www.615doulaco.com/">http://www.615doulaco.com/</a>	(615) 601-1365			In-Person	
Birth Doulas	Mama Moon Birth Concierge	<a href="http://www.mama-moon.com/">http://www.mama-moon.com/</a>	(615) 973-2377			In-Person	
Birth Doulas	Nashville Childbirth	<a href="https://www.nashvillechildbirth.com/">https://www.nashvillechildbirth.com/</a>	(615) 370-5912			In-Person	
Birth Doulas	Mid Tennessee Doula	<a href="https://www.midtenndoula.com/">https://www.midtenndoula.com/</a>	(703) 447-8504			In-Person	
Birth Doulas	Nashville Birth & Babies	<a href="http://www.nashvillebirthandbabies.com/">http://www.nashvillebirthandbabies.com/</a>	(855) 905-2229			In-Person	
Birth Doulas	Rejoice! Birth Services	<a href="http://www.rejoicebirthservices.com/">http://www.rejoicebirthservices.com/</a>	(561) 310-0540			In-Person	

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Birth Doulas	Abounding Grace Birth Services LLC	<a href="https://www.aboundinggracebirth.com/">https://www.aboundinggracebirth.com/</a>	(615) 434-4411			In-Person	
Birth Doulas	Birth of Llife Doula Services	<a href="http://www.mybirthoflife.com/">http://www.mybirthoflife.com/</a>	(615) 513-5348			In-Person	
Birth Doulas	Maple Sugar Doula		(615) 878-5496			In-Person	
Birth Doulas	Dawn - New Dawn Doula Services	<a href="https://newdawndoula.com/">https://newdawndoula.com/</a>	(440) 785-7944			In-Person	*
Birth Doulas	NOVA Birth Services	<a href="http://www.mynovabirth.com/">http://www.mynovabirth.com/</a>	(615) 669-6399			In-Person	
Birth Doulas	Heidi Duncan - Expecting New Life Birth Services	<a href="https://www.expectingnewlife.com/">https://www.expectingnewlife.com/</a>	(615) 710-7077			In-Person	
Birth Doulas	Precious Arrows Doula Services	<a href="http://www.preciousarrowsbirthing.com/">http://www.preciousarrowsbirthing.com/</a>	(205) 610-9224			In-Person	
Birth Doulas	Kat Adams Doula Services	<a href="https://katadamsdoula.com/meet-kat">https://katadamsdoula.com/meet-kat</a>	(207) 317-6133			In-Person	
Birth Doulas	A Sacred Delivery Birth Services	<a href="https://www.facebook.com/ASacredDelivery/">https://www.facebook.com/ASacredDelivery/</a>	(615) 944-0456			In-Person	
Birth Doulas	EB Doula Services	<a href="http://ebdoula.com/">http://ebdoula.com/</a>	(615) 200-7089			In-Person	
Birth Doulas	Tender Beginnings Birth Services Nashville	<a href="http://tender-beginnings.com/">http://tender-beginnings.com/</a>	615) 274-6631			In-Person	
Birth Doulas	nurturing You naturally   doula	<a href="http://www.nurturingyounaturally.com/">http://www.nurturingyounaturally.com/</a>	(615) 538-8516			In-Person	
Birth Doulas	By Your Side Family Doula	<a href="http://www.ByYourSideFamilyDoula.com/">www.ByYourSideFamilyDoula.com/</a>	615-450-6262			In-Person	
Birth Doulas	A Heavenly Welcome Doula List	<a href="https://aheavenlywelcome.com/">https://aheavenlywelcome.com/</a>				Online	*
Birth Doulas	Katie Montie - Designed to Bloom Birth & Motherhood	<a href="http://www.designedtobloomdoula.com/">www.designedtobloomdoula.com/</a>	616-405-3883		designedtobloom@gmail.com	Thompson's Station	*
Birth Doulas	Kari Jenkins - Massage Therapist, Doula	<a href="http://womankindmassage.com/">http://womankindmassage.com/</a>	615-426-1977	574 Franklin Road – Suite 200	<a href="mailto:kari@womankindmassage.com">kari@womankindmassage.com</a>	Franklin	
Birthing Supplies	In His Hands Birth Supply	<a href="https://www.inhishands.com/">https://www.inhishands.com/</a>				Online	
Books	Redeeming Childbirth by Angie Toplin	<a href="https://www.inhishands.com/redeeming-">https://www.inhishands.com/redeeming-</a>				Book	*
Books	The Birth Partner - Penny Simkin	<a href="https://www.amazon.com/Birth-Partner-5th-">https://www.amazon.com/Birth-Partner-5th-</a>				Book	
Books	The Womenly Art of Breastfeeding - Diane	<a href="https://www.amazon.com/Womanly-Art-">https://www.amazon.com/Womanly-Art-</a>				Book	

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Books	Exercising through Your Pregnancy - Clapp/Cram	<a href="https://www.amazon.com/Exercising-Through-">https://www.amazon.com/Exercising-Through-</a>				Book	
Books	Real Food for Pregnancy - Lily Nichols	<a href="https://www.amazon.com/Real-Food-">https://www.amazon.com/Real-Food-</a>				Book	
Books	Parenting 14 Gospel Principles - Paul David Tripp	<a href="https://www.amazon.com/Parenting-Gospel-">https://www.amazon.com/Parenting-Gospel-</a>				Book	*
Books	A Mom after God's Own Heart - Elizabeth George	<a href="https://www.amazon.com/Mom-After-Gods-">https://www.amazon.com/Mom-After-Gods-</a>				Book	*
Books	Labor with Hope - Gloria Furman					Book	*
Books	Praying Through Your Pregnancy - Jennifer Polimino					Book	*
Books	Breastfeeding Made Simple - Nancy Mohrbacher					Book	
Books	Christ Centered Childbirth - Kelly Townsend					Book	*
Books	God's Plan for Pregnancy - Nerida Walker					Book	*
Books	Walking with God in the Season of Motherhood - Melissa Kruger					Book	*
Books	Ina May Gaskins Guide to Childbirth - Ina May Gaskin					Book	
Books	Supernatural Childbirth - Jackie Mize					Book	*
Books	Hypnobabies - Marie Mongan					Book	
Books	The Joy of Natural Childbirth - Helen Wessel					Book	*
Books	40 Weeks Devotional Guide to Pregnancy - Jennifer					Book	*
Books	Holy Labor - Aubry Smith					Book	*
Books	The Lord of Birth - Jennifer Vanderlaan					Book	*
Books	Oh Crap! Potty Training - Jamie Glowacki					Book	
Books	Happiest Baby on the Block - Harvey Karp					Book	
Books	Baby Sign Language - Lane Rebelo	<a href="https://www.amazon.com/dp/1641520779/?">https://www.amazon.com/dp/1641520779/?</a>				Book	

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Books	Good Pictures, Bad Pictures - Kristen Jenson	<a href="https://www.amazon.com/Good-Pictures-Bad-">https://www.amazon.com/Good-Pictures-Bad-</a>				Book	*
Books	The Wellness Revelation - Alisa Keeton	<a href="https://www.amazon.com/Wellness-">https://www.amazon.com/Wellness-</a>				Book	*
Books	Heir to the Crown - Alisa Keeton	<a href="https://www.amazon.com/dp/1717767567/?">https://www.amazon.com/dp/1717767567/?</a>				Book	*
Books	Risen Motherhood - Emily Jenson	<a href="https://www.amazon.com/Risen-Motherhood-">https://www.amazon.com/Risen-Motherhood-</a>				Book	*
Books	Jesus Story Book Bible - Sally Lloyd Jones	<a href="https://www.amazon.com/Jesus-Storybook-">https://www.amazon.com/Jesus-Storybook-</a>				Book	*
Books	The Wonder Weeks A Stress-Free Guide to Your Baby's	<a href="https://www.amazon.com/Wonder-Weeks-">https://www.amazon.com/Wonder-Weeks-</a>				Book	
Books	The Wonder Weeks Audiobook	<a href="https://apps.apple.com/us/app/the-">https://apps.apple.com/us/app/the-</a>				Phone	
Books	Wild Things - Steven James	<a href="https://www.amazon.com/dp/1414322275/?">https://www.amazon.com/dp/1414322275/?</a>				Book	*
Books	Mama Bear Apologetics	<a href="https://www.amazon.com/Mama-Bear-">https://www.amazon.com/Mama-Bear-</a>				Book	*
Books	Mama Bear Apologetics Guide to Sexuality	<a href="https://www.amazon.com/dp/0736983813/?">https://www.amazon.com/dp/0736983813/?</a>				Book	*
Books	Another Gospel - Alisa Childers	<a href="https://www.amazon.com/dp/1496441737/?">https://www.amazon.com/dp/1496441737/?</a>				Book	*
Books	In His Image - Jen Wilkin	<a href="https://www.amazon.com/dp/1433549875/?">https://www.amazon.com/dp/1433549875/?</a>				Book	*
Books	Try Softer - Aundi Kolber	<a href="https://www.amazon.com/dp/1496439651/?">https://www.amazon.com/dp/1496439651/?</a>				Book	*
Books	Don't Make Me Count to Three	<a href="https://www.amazon.com/dp/1936908549/?">https://www.amazon.com/dp/1936908549/?</a>				Book	*
Books	Babywise					Book	
Books	Mom's on Call					Book	
Breastfeeding Support/Consultants	Latching and Positioning Resources	<a href="http://www.kellymom.com">www.kellymom.com</a>				Online	
Breastfeeding Support/Consultants	Milk Moms	<a href="http://www.milkmoms.com">www.milkmoms.com</a>				Online	
Breastfeeding Support/Consultants	Milk n Mamas Baby	<a href="http://www.milknmamasbaby.com">www.milknmamasbaby.com</a>				Online	
Breastfeeding Support/Consultants	International Lactation Consultant Association	<a href="http://www.ilca.org">www.ilca.org</a>				Online	

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Breastfeeding Support/Consultants	Academy of Breastfeeding Medicine	<a href="https://www.bfmed.org/">https://www.bfmed.org/</a>				Online	
Breastfeeding Support/Consultants	The Adoptive Breastfeeding Resource	<a href="http://www.fourfriends.com/abrwl/">http://www.fourfriends.com/abrwl/</a>				Online	
Breastfeeding Support/Consultants	American Academy of Pediatrics	<a href="https://www.aap.org/en-us/advocacy-and-">https://www.aap.org/en-us/advocacy-and-</a>				Online	
Breastfeeding Support/Consultants	Lactation Education Resources	<a href="https://www.lactationtraining.com/">https://www.lactationtraining.com/</a>				Online	
Breastfeeding Support/Consultants	Work and Pump	<a href="http://www.workandpump.com/">http://www.workandpump.com/</a>				Online	
Breastfeeding Support/Consultants	National Women's Health Information Center -	<a href="https://www.womenshealth.gov/">https://www.womenshealth.gov/</a>	800-994-9662			Online	
Breastfeeding Support/Consultants	Breastfeeding Welcomed Here	<a href="https://www.facebook.com/groups/3344079233">https://www.facebook.com/groups/3344079233</a>				Online	
Breastfeeding Support/Consultants	Breastfeeding Moms Unite!	<a href="https://www.facebook.com/Breastfeeding-">https://www.facebook.com/Breastfeeding-</a>				Online	
Breastfeeding Support/Consultants	Dispelling Breastfeeding Myths	<a href="https://www.facebook.com/DispellingBfMyths">https://www.facebook.com/DispellingBfMyths</a>				Online	
Breastfeeding Support/Consultants	IGT and Low Milk Supply Support Group	<a href="https://www.facebook.com/groups/IGTmamas/">https://www.facebook.com/groups/IGTmamas/</a>				Online	
Breastfeeding Support/Consultants	Mocha Milk	<a href="http://mochamilk.blogspot.com/">http://mochamilk.blogspot.com/</a>				Online	
Breastfeeding Support/Consultants	The Leaky B@@b	<a href="https://www.facebook.com/TheLeakyBoob">https://www.facebook.com/TheLeakyBoob</a>				Online	
Breastfeeding Support/Consultants	World Alliance for Breastfeeding Action (WABA)	<a href="https://www.facebook.com/groups/3130724340">https://www.facebook.com/groups/3130724340</a>				Online	
Breastfeeding Support/Consultants	World Health Organization (WHO) - Breastfeeding Benefits	<a href="https://www.who.int/topics/breastfeeding">https://www.who.int/topics/breastfeeding</a>				Online	
Breastfeeding Support/Consultants	Vanderbilt Hospital: FREE Mothers Milk League	<a href="#">Click Here Vanderbilt Services</a>	(615)-936-1414				
Breastfeeding Support/Consultants	Meharry Medical College: FREE Prenatal Breastfeeding		615)-327-5653				
Breastfeeding Support/Consultants	Tri-Star Centennial Hospital: A Mothers Place Doctors order	<a href="#">Click Here TriStar Centennial Services</a>	615-342-5650				
Breastfeeding Support/Consultants	Baby & Co. - Lactation Support	<a href="#">Baby &amp; Co Services</a>	615-953-9704				
Breastfeeding Support/Consultants	Nashville Le Leche League : FREE Meetings: 4th Saturday of	<a href="#">Nashville Le Leche League</a>	615-745-9018 (Sara) or 931-308-	Safe Haven Family Shelter.	NashvilleLLL@gmail.com		
Breastfeeding Support/Consultants	Blooma Nashville Yoga: Lactation Support	<a href="http://bloomanashville.com/bloomas-new-">http://bloomanashville.com/bloomas-new-</a>	615-797-8064				

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Breastfeeding Support/Consultants	TN Breastfeeding Hotline 24/7		1-855-4BF-MOMS			Phone	
Breastfeeding Support/Consultants	Tristar Centennial Women's Hospital - Lactation Resources		615-342-5650				
Breastfeeding Support/Consultants	Tristar Summit Medical Center - Lactation Support		615-316-4244				
Breastfeeding Support/Consultants	Vanderbilt Women's Education and lactation Center		615-936-1414				
Breastfeeding Support/Consultants	Office of Women's health: 8-5, M-F		1-800-994-9662				
Breastfeeding Support/Consultants	St Thomas Midtown Hospital Lactation Boutique		615-284-6455				
Breastfeeding Support/Consultants	Tristar Centennial Women's Hospital Breastfeeding Support	<a href="http://www.tristarcentennial.com">http://www.tristarcentennial.com</a>	615-342-5650				
Breastfeeding Support/Consultants	Rebekah Porter - CD(DONA), LLC	<a href="https://www.blissfulbirthingtn.com">https://www.blissfulbirthingtn.com</a>	859-533-4667		blissfulbirthingtn@gmail.com	In-Person	*
Breastfeeding Support/Consultants	Jessica						
Breastfeeding Support/Consultants	Tristar summit Medical Center's " Best Beginnings" Lactation		615-316-4244				
Breastfeeding Support/Consultants	April Graves Lactation - April Graves - IBCLC	<a href="https://www.facebook.com/aprilibclc">https://www.facebook.com/aprilibclc</a>	(615) 475-7143		april@isupportbr	In-Person	
Breastfeeding Support/Consultants	Middle TN Lactation - Kimberly Hampton - IBCLC	<a href="http://www.middletnlactation.com">http://www.middletnlactation.com</a>	615-785-7882		kimberly@middletnlactation.com		
Breastfeeding Support/Consultants	Blessed Beginnings - Lactation	<a href="https://www.blessedbeginningsteam.com">https://www.blessedbeginningsteam.com</a>	615-686-7884			In-Person	
Breastfeeding Support/Consultants	Nashville Birth & Babies - Lactation	<a href="https://www.nashvillebirthandbabies.com">https://www.nashvillebirthandbabies.com</a>	855-905-2229	Sprocket Therapy			
Breech Birth	My Breech Baby	<a href="http://www.mybreechbaby.com">http://www.mybreechbaby.com</a>				Online	
Breech Birth	Coalition for Breech Birth	<a href="http://www.coalitionforbreechbirth.com">Coalition for Breech Birth</a>				Online	
Breech Birth	Blissful Birthing TN - Breech Birth	<a href="https://www.blissfulbirthingtn.com">https://www.blissfulbirthingtn.com</a>				Online	*
Breech Birth	Spinning Babies - Flip a Breech	<a href="https://www.spinningbabies.com">https://www.spinningbabies.com</a>				Online	
Cesarean Support	International Cesarean Awareness Network	<a href="http://www.ican-online.org/">http://www.ican-online.org/</a>					
Cesarean Support	ICAN Nashville	<a href="https://www.ican-online.org/nashville/">https://www.ican-online.org/nashville/</a>	1-800-686-ICAN (4226) EXT 188		<a href="mailto:Nashville.TN@ICAN-online.com">Nashville.TN@ICAN-online.com</a>	Online	

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Childcare	Sittercity .com	<a href="https://www.sittercity.com/">https://www.sittercity.com/</a>				In-Person	
Childcare	Nanny's and Granny's	<a href="http://www.nanny4u.com/">http://www.nanny4u.com/</a>				In-Person	
Childcare	Artsy Nannies	<a href="http://www.artsynannies.com/">http://www.artsynannies.com/</a>				In-Person	
Childcare	Care .com	<a href="http://www.care.com/">http://www.care.com/</a>				In-Person	
Childcare	Southern Sitters	<a href="http://www.southernsitters.com">www.southernsitters.com</a>				In-Person	
Childcare	Childcare Solution	<a href="http://www.childcaresolution.net">www.childcaresolution.net</a>				In-Person	
Childcare	Sitting Made Simple	<a href="http://www.sittingmadesimple.com">www.sittingmadesimple.com</a>				In-Person	
Childcare	Babysitters Club of Nashville	<a href="https://www.facebook.com/groups/1565669740">https://www.facebook.com/groups/1565669740</a>				In-Person	
Children's Health & Wellness	Vanderbilt Children's After-Hours Clinic	<a href="http://www.childrenshospital">http://www.childrenshospital</a>	931-380-0448	1003 Reserve Blvd Suite 110B,		In-Person	
Children's Health & Wellness	Village Child Development	<a href="https://www.villageschilddevelopment">https://www.villageschilddevelopment</a>	931-222-4107	Columbia, TN	<a href="mailto:hello@villageschilddevelopment">hello@villageschilddevelopment</a>	In-Person	
Children's Health & Wellness	Elements TN	<a href="http://www.elementstn.com/">http://www.elementstn.com/</a>	(615) 226-2840	230 Great Circle Road, Suite 202		In-Person	
Chiropractic/ Craniosacral (CST)	Premiere Chiropractic - Dr. Ericka Montelione, DC	<a href="https://springhillpremierchiro">https://springhillpremierchiro</a>	(615) 653-4541	2040 Reserve Blvd, Suite A	info@gopremierc	In-Person	
Chiropractic/ Craniosacral (CST)	Family Chiropractic -	<a href="https://bettfamilychiropractic">https://bettfamilychiropractic</a>	615-373-7009	136 Wilson Pike Circle		In-Person	
Chiropractic/ Craniosacral (CST)	Mason Chiropractic - Dr. Zachary R Bridges, Chiropractor	<a href="https://www.masonchiro.net/about-us/meet-the-">https://www.masonchiro.net/about-us/meet-the-</a>	615-794-9155	1265 Columbia Ave		In-Person	
Chiropractic/ Craniosacral (CST)	SOZO Wellness - Dr. Phillip Parkinson, DC	<a href="https://www.sozowellness615.com/">https://www.sozowellness615.com/</a>	615-905-1950	574 Franklin Road Suite 215	hello@sozowellness615.com	In-Person	
Chiropractic/ Craniosacral (CST)	Peak Performance Chiropractic - Dr. Carolyn McGrath, DC	<a href="http://www.peakperformancecncr.com">www.peakperformancecncr.com</a>	615-599-8828	3046 Columbia Ave, Ste 203		In-Person	
Chiropractic/ Craniosacral (CST)	Life Spring Chiropractic - Dr. Lindsey Lictus, DC	<a href="http://www.lifespringchiropractic.org">Www.lifespringchiropractic.org</a>	615-465-8327	1224 B Columbia Ave, Suite 210		In-Person	
Chiropractic/ Craniosacral (CST)	Unity Chiropractic - Dr. Jennifer L Loveday, DC	<a href="http://unitychirotn.com">unitychirotn.com</a>	615-920-4550	1031 Riverside Drive Suite I		In-Person	
Chiropractic/ Craniosacral (CST)	100% Chiropractic - Dr. Anne Peters, DC	<a href="http://100percentchiropractic.com/our-">100percentchiropractic.com/our-</a>	615-283-8078	205 Burkitt Commons Ave		In-Person	
Chiropractic/ Craniosacral (CST)	Chiro4All - Dr. Alae Rabiei, DC Webster Certified	<a href="http://www.Chiro4All.com">www.Chiro4All.com</a>	615-730-5502	5710 Hickory Plaza Dr. Suite		In-Person	



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Chiropratic/ Craniosacral (CST)	Kyd Kyro - Dr. Jennifer R Rousseau, DC	<a href="http://www.kydkyro.com">www.kydkyro.com</a>	615-771-2700	390 Mallory Station Rd, Suite		In-Person	
Chiropratic/ Craniosacral (CST)	Precision Care Chiropractic - Dr. Nicole Zyla-Herrera, DC	<a href="http://www.precisioncarechiro.com">www.precisioncarechiro.com</a>	615-807-2682	3351 Aspen Grove Dr, Ste 340		In-Person	
Chiropratic/ Craniosacral (CST)	Crossroads Chiropractic - Dr. Jacob T Mitchell, DC	<a href="http://www.crossroads4health.com/">www.crossroads4health.com/</a>	(615) 378-7813	8078 TN-100 Nashville,		In-Person	
Chiropratic/ Craniosacral (CST)	Berry Hill Chiropractic - Dr Marija Popadic, DC	<a href="http://www.berryhillchiropractic.com/">www.berryhillchiropractic.com/</a>	615-208-5030	2805 Azalea Pl Nashville,		In-Person	
Chiropratic/ Craniosacral (CST)	Revolution Health Center - Dr Oscar M Noriega, DC	<a href="http://rhcboro.com">rhcboro.com</a>	615-867-7693	546 Brandies Circle ste 103		In-Person	
Chiropratic/ Craniosacral (CST)	Rock Springs Family Chiropractic - Dr Elizabeth	<a href="http://rockspringsfamilychiropractic.com">rockspringsfamilychiropractic.com</a>	6152390907	325 Sam Ridley Pkwy W		In-Person	
Chiropratic/ Craniosacral (CST)	Origin Family Chiropractic - Dr. Ella Vaughn, DC	<a href="http://www.originfamilychiropractic.com/">www.originfamilychiropractic.com/</a>	615-378-1195	101 W Kingston Springs Rd, Suite		In-Person	
Chiropratic/ Craniosacral (CST)	Dr. Jasmine Brown, DC Webster CertifiedChiroDirect	<a href="http://www.mychirodirect.com">www.mychirodirect.com</a>	615-544-5707	5331 Mt. View Rd. #242		In-Person	
Chiropratic/ Craniosacral (CST)	Tennessee Integrative Health - Dr. Carley Ney, DC	<a href="http://www.tennesseeih.com">www.tennesseeih.com</a>	615-647-7226	210 25th Avenue N, Ste 521		In-Person	
Chiropratic/ Craniosacral (CST)	Dr. Kristen Walkerwicz - Nashville Spine, Sport and	<a href="http://www.nashvillesspineandsport.com/">Www.nashvillesspineandsport.com/</a>	615-920-5869	2021 Richard Jones Rd., Ste		In-Person	
Chiropratic/ Craniosacral (CST)	ICPA - Find a Pediatric Chiropractor	<a href="https://icpa4kids.com/find-a-pediatric-">https://icpa4kids.com/find-a-pediatric-</a>				Online	
Family Resources	Junior League Family Resource Center	<a href="http://vanderbiltchildrens.com/">http://vanderbiltchildrens.com/</a>	615-936-2558			Phone	
Fertility	My Fertility Friend - Fertility Charts	<a href="http://www.fertilityfriend.com/">http://www.fertilityfriend.com/</a>				Online	
Fertility	Garden of Fertility - Charts and Books	<a href="http://www.gardenoffertility.com/">http://www.gardenoffertility.com/</a>				Online	
Friendship	Baby + Co. New Moms Group	<a href="http://babyandcompany.com">babyandcompany.com</a>	615-647-8220	3212 West End Ave., Ste. 100,		In-Person	
Friendship	Inclusive Families of Rutherford County	<a href="https://www.meetup.com/Inclusive-Families-of-Rutherford-County/">meetup.com/Inclusive-Families-of-Rutherford-</a>				In-Person	
Friendship	MOMS Club (Moms Offering Moms Support)	<a href="http://momsclub.org">momsclub.org</a> <a href="http://BellevueBrentwoodEastNashville.com/">Bellevue Brentwood East Nashville</a>				In-Person	
Friendship	Moms of East Nashville	<a href="https://www.facebook.com/groups/1588890631">facebook.com/groups/1588890631</a>				Online	
Friendship	MOPS (Mothers of Preschoolers)	<a href="http://mops.org">mops.org</a>				In-Person	
Friendship	Murfreesboro Moms Meetup	<a href="https://www.meetup.com/Murfreesboro-">meetup.com/Murfreesboro-</a>				In-Person	

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Friendship	Music City 20s Moms	<a href="https://www.facebook.com/groups/6612756439">facebook.com/groups/6612756439</a>				In-Person	
Friendship	NashDads	<a href="http://nashdads.com">nashdads.com</a>				Online	
Friendship	Naturally Minded Moms of Middle Tennessee	<a href="https://www.facebook.com/groups/6122076387">facebook.com/groups/6122076387</a>				Online	
Friendship	Rutherford County (TN) Area Moms	<a href="https://www.cafemom.com/group/116415">cafemom.com/group/116415</a>				Online	
Friendship	Rutherford County Mommas	<a href="https://www.meetup.com/Rutherford-County-Mommas/">meetup.com/Rutherford-County-Mommas/</a>				In-Person	
Friendship	Spring Hill Mommies	<a href="https://www.meetup.com/Spring-Hill-Mommies">meetup.com/Spring-Hill-Mommies</a>				In-Person	
Friendship	The Social Spot	<a href="mailto:socialspotasd@gmail.com">socialspotasd@gmail.com</a>				In-Person	
Friendship	Moms of Muletown	<a href="https://www.facebook.com/groups/1767231964">https://www.facebook.com/groups/1767231964</a>				In-Person	
Government Records	Tennessee Office of Vital Records	<a href="http://tn.gov/health/article/vr-certificate">tn.gov/health/article/vr-certificate</a>	615-741-1763				
Maternity/Nursing Clothes	Silverette	<a href="https://silveretteusa.com/usa/">https://silveretteusa.com/usa/</a>				Online	
Maternity/Nursing Clothes	Motherhood Maternity	<a href="http://www.motherhood.com">www.motherhood.com</a>					
Midwives	North American Registry of Midwives	<a href="http://narm.org/">http://narm.org/</a>				Online	
Midwives	Midwives of North America	<a href="http://www.mana.org/">http://www.mana.org/</a>				Online	
Midwives	Citizens for Midwifery	<a href="http://cfmidwifery.org/index.aspx">http://cfmidwifery.org/index.aspx</a>				Online	
Midwives	NOVA Midwifery	<a href="https://www.mynovabirth.com/nova-">https://www.mynovabirth.com/nova-</a>	(615) 669-6399			In-Person	
Midwives	Haven Birth & Wellness	<a href="https://www.havenbirthandwellness.com/">https://www.havenbirthandwellness.com/</a>	615-873-0225			In-Person	
Midwives	Sheryl Shafer - Cane Creek Midwifery	<a href="http://www.sherylshafer.org/index.html">http://www.sherylshafer.org/index.html</a>	931-622-3561			In-Person	
Midwives	Susie Meeks - Morning Star Maternity Services LLC	<a href="https://susiemeeks.com/">https://susiemeeks.com/</a>	615-794-0872		susiemeeks@yahoo.com	In-Person	*
Midwives	Mary Ann Richardson - Tender Beginnings Birth Services	<a href="https://tender-beginnings.com/">https://tender-beginnings.com/</a>	615-274-6631		info@tender-beginnings.com	In-Person	
Midwives	Maggie Britt Leo - Wild Fig Birth - Holistic Midwifery Care and	<a href="https://www.wildfigbirth.com/">https://www.wildfigbirth.com/</a>	615-669-9470		info@wildfigbirth.com	In-Person	

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Midwives	Whole Women Midwifery	<a href="http://www.wholewomanwellnesscen">http://www.wholewomanwellnesscen</a>	931.629.5043		info@wholewomanmidwifery.com	In-Person	
Midwives	Chelsea Hutton - Anchor or Hope Midwifery	<a href="http://www.anchorofhopemidwifery">http://www.anchorofhopemidwifery</a>	615-714-6668			In-Person	
Midwives	Kathy Williams		615.838.8300		<a href="mailto: blessingsmidwife@yahoo.com">blessingsmidwife@yahoo.com</a>	In-Person	
Midwives	Sandra Tinnin		(931) 619-9110		inhishandsmidwifery@hotmail.com	In-Person	
Midwives	Christy Peterson & Jenny Fardink - Clarksville Midwifery	<a href="http://www.clarksvillemidwifery">http://www.clarksvillemidwifery</a>	931-820-2646		clarksvillemidwifery@gmail.com	In-Person	
Midwives	Sarah Cowan - Earth Born Midwifery	<a href="http://www.earthbornmidwifery">http://www.earthbornmidwifery</a>	931-338-1311		<a href="mailto: earthbornmidwifery@gmail.com">earthbornmidwifery@gmail.com</a>	In-Person	
Midwives	Donna Lafferty		931-332-5909		wifemommidwife@gmail.com	In-Person	
Midwives	Talitha Mills - Bundle of Joy Midwifery		615-428-7206			In-Person	
Midwives	The Farm	<a href="mailto: midwives@thefarmcommunity.com">midwives@thefarmcommunity.com</a>	931-964-2293		contact@thefarmmidwives.org	In-Person	
Midwives	Whole Women Birth & Wellness - Stacie Hunt	<a href="http://www.wholewomanbirthandwell">http://www.wholewomanbirthandwell</a>	(931) 629-5043		<a href="mailto: info@wholewomanmidwifery.com">info@wholewomanmidwifery.com</a>	In-Person	
Milk Banks	Milk Bank Depot	<a href="http://milkbank.org/donate-milk">milkbank.org/donate-milk</a>	810-841-8644	Nashville General Hospital, 1818		Online	
Newborn Care	CPR Training Courses - Nashville	<a href="https://www.preciousheartscpr.com/">https://www.preciousheartscpr.com/</a>	(615) 519-1610		<a href="mailto: grace@preciousheartsbysgrace">grace@preciousheartsbysgrace</a>	In-Person	
Newborn Care	Taking Care Babies	<a href="https://takingcarebabies.com/newborn-class/">https://takingcarebabies.com/newborn-class/</a>				Online	
Newborn Care	Dunstan Baby Language	<a href="https://www.dunstanbaby.com/baby-">https://www.dunstanbaby.com/baby-</a>				Online	
Newborn Care	Infant Risk Center ~ Dr. Hale, Texas Tech	<a href="https://www.infantrisk.com/">https://www.infantrisk.com/</a>				Online	
Newborn Care	Best for Babes Foundation	<a href="https://www.facebook.com/BestForBabes">https://www.facebook.com/BestForBabes</a>				Online	
Newborn Care	For Babies Sake	<a href="https://www.facebook.com/ForBabiesSake">https://www.facebook.com/ForBabiesSake</a>				Online	
Newborn Care	International Baby Food Action Network	<a href="http://www.ibfan.org/">http://www.ibfan.org/</a>				Online	
Newborn Care	Dr. Temple Holistic Pediatric Manual	<a href="https://www.integrativehealthcourses">https://www.integrativehealthcourses</a>				Online	
Newborn Care	Text 4 Baby		Text BABY (or BEBE for			Online	

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OB/ GYN	Dr. Alisa Bowerstock	<a href="https://tristarsummit.com/physicians/profile/">https://tristarsummit.com/physicians/profile/</a>				In-Person	
OB/ GYN	Dr. Sue Ann Maguire (Summit)	<a href="https://tristarsummit.com/physicians/profile/">https://tristarsummit.com/physicians/profile/</a>					
OB/ GYN	Dr. Heather Maune (Centennial)	<a href="https://www.heritagemedical.com/">https://www.heritagemedical.com/</a>					
OB/ GYN	Dr. Susan Haneline (Lawrenceburg)	<a href="https://www.southerntennesseeemedic.com/">https://www.southerntennesseeemedic.com/</a>					
OB/ GYN	Dr. Sharon Norman	<a href="https://www.womenob.net/">https://www.womenob.net/</a>					
OB/ GYN	Dr. Anne Rossell	<a href="https://www.heritagemedical.com/">https://www.heritagemedical.com/</a>					
OB/ GYN	Dr. Reagan Saig	<a href="https://www.sthealth.com/find-a-">https://www.sthealth.com/find-a-</a>					
OB/ GYN	Dr. Yu and Dr. Cassidy	<a href="http://www.wmaofnashville.com/">http://www.wmaofnashville.com/</a>					
OB/ GYN	Dr. Heidemann	<a href="https://www.sthealth.com/find-a-">https://www.sthealth.com/find-a-</a>					
OB/ GYN	Dr. Bruce Beyer	<a href="https://vanderbilthealth.com/main/findadoc_det">https://vanderbilthealth.com/main/findadoc_det</a>					
OB/ GYN	Dr. Lynn Ellington	<a href="http://www.obgynfranklin.com/lynn-">http://www.obgynfranklin.com/lynn-</a>					
OB/ GYN	Dr. Lisa Jabusch	<a href="http://www.twcpc.net/">http://www.twcpc.net/</a>					
OB/ GYN	Dr. Trabue	<a href="https://tristarcentennial.com/physicians/profile/">https://tristarcentennial.com/physicians/profile/</a>					
OB/ GYN	Dr. Andrew Chern	<a href="https://tristarcentennial.com/physicians/profile/">https://tristarcentennial.com/physicians/profile/</a>					
OB/ GYN	Dr. John Link	<a href="https://tristarsummit.com/physicians/profile/">https://tristarsummit.com/physicians/profile/</a>					
OB/ GYN	Dr. Riggan (Hendersonville)	<a href="https://bluegrassobgyn.com/physicians/profile/">https://bluegrassobgyn.com/physicians/profile/</a>					
Parenting	Parents Anonymous	<a href="http://www.parentsanonymous.org">www.parentsanonymous.org</a>				Online	
Parenting	Humble Homemaking	<a href="https://thehumbledhomemak.com/">https://thehumbledhomemak.com/</a>				Online	
Parenting	phD in Parenting	<a href="http://www.phdinparenting.com/">http://www.phdinparenting.com/</a>				Online	
Parenting	Connected Families	<a href="https://connectedfamilies.org/">https://connectedfamilies.org/</a>				Online	

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Parenting	Connect Point Moms	<a href="https://www.connectpointmoms.com/">https://www.connectpointmoms.com/</a>				Online	
Parenting	The Family to Family Connection Program						
Parenting	Victoria LeBlanc, MS, LCPC, CAHPE	<a href="https://www.attachedparenting.com/">https://www.attachedparenting.com/</a>			<a href="mailto:attachedparenting@gmail.com">attachedparenting@gmail.com</a>	Online	
Parenting	Nashville Parent Newsletter	<a href="https://nashvilleparent.com/">https://nashvilleparent.com/</a>					
Parenting	Attachment Parenting International	<a href="http://attachmentparenting.org/group/nashville">attachmentparenting.org/group/nashville</a>	615-828-9115 / 615-210-2143				
Pediatricians/ Family Doctor	Hopewell Family Care, Jaimee Arroyo, FNP	<a href="http://www.HopewellFamilyCare.com">www.HopewellFamilyCare.com</a>	933-3633	401 Center Street Old Hickory, TN	<a href="mailto:info@hopewellFamilyCare.com">info@hopewellFamilyCare.com</a>		
Pediatricians/ Family Doctor	Thrive Health and Wellness Center	<a href="http://www.thrivehealthandwellness.com">http://www.thrivehealthandwellness.com</a>	(615) 549-5586	7153 Nolensville Rd, Nolensville,			
Pediatricians/ Family Doctor	Dr. Lisa Storr at Storr's Pediatrics	<a href="https://storrs-pediatrics.business.site/">https://storrs-pediatrics.business.site/</a>	615-730-5345	317 Seven Springs Way			
Pediatricians/ Family Doctor	Gracepointe Healthcare	<a href="https://www.facebook.com/gracepointehealthcare">https://www.facebook.com/gracepointehealthcare</a>	615-599-6868	1311 W Main St, Franklin, TN			
Pediatricians/ Family Doctor	LMNO Pediatrics - Dr. Holly Sparks	<a href="https://www.lmno-peds.com/">https://www.lmno-peds.com/</a>					
Pediatricians/ Family Doctor	Dr. Carolyn Maxfield	<a href="http://www.drCarolynMaxfield.com/">http://www.drCarolynMaxfield.com/</a>	615-656-3558				
Pediatricians/ Family Doctor	Brent Fetzer - Natural Health Solutions	<a href="http://www.naturalhealthandallergy.com">http://www.naturalhealthandallergy.com</a>	(615) 871-9000	Cool Springs			
Pediatricians/ Family Doctor	Dr Lynn Laver - Optimal Health Management	<a href="http://www.optimalhealthmanagement.com">http://www.optimalhealthmanagement.com</a>	615-356-5060				
Pediatricians/ Family Doctor	Cole Family Practice	<a href="http://www.colefamilypractice.org/">http://www.colefamilypractice.org/</a>	(615) 732-1030	1406 McGavock Pike Nashville,			
Pediatricians/ Family Doctor	Hopewell Family Care Jaimee Arroyo, FNP	<a href="http://www.HopewellFamilyCare.com">www.HopewellFamilyCare.com</a>	933-3633	401 Center Street Old Hickory, TN	<a href="mailto:info@hopewellFamilyCare.com">info@hopewellFamilyCare.com</a>		
Pediatricians/ Family Doctor	Jackie Warner Thrive Wellness	<a href="http://www.thrivehealthandwellness.com">http://www.thrivehealthandwellness.com</a>					
Pediatricians/ Family Doctor	Tennessee Pediatrics - Thompson's Station	<a href="https://tennesseepediatrics.com">https://tennesseepediatrics.com</a>	615-302-1279				
Pediatricians/ Family Doctor	Grace Pediatrics - Thompsons Station		615-550-5221				
Pelvic Floor Therapy	The Vag Whisperer - SPD	<a href="https://thevagwhisperer.com/2021/11/14/lightning">https://thevagwhisperer.com/2021/11/14/lightning</a>				Online	
Pelvic Floor Therapy	Empowered & Expecting - PT - SPD Care	<a href="https://www.expectingandempowered.com">https://www.expectingandempowered.com</a>				Online	

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Pelvic Floor Therapy	Refine PT - Tanya Rowenhorst	<a href="https://refine-pt.com/">https://refine-pt.com/</a>				Online	
Photographers	Oak + Honey Co. - Abbie Reid	<a href="https://oakhoney.co/family-and-">https://oakhoney.co/family-and-</a>				In-Person	
Photographers	Ashley Friend Photography - Ashley Friend	<a href="https://www.ashleyfriendphotography">https://www.ashleyfriendphotography</a>				In-Person	
Photographers	Jess Harris Photo - Jess Harris	<a href="https://www.jessharrisphoto">https://www.jessharrisphoto</a>				In-Person	
Photographers	Sarah Jones Portraits - Sarah Jones	<a href="https://sarahjonesportraits">https://sarahjonesportraits</a>				In-Person	
Photographers	Snaps with Sally - Sally	<a href="https://snapswithsally.com/investment">https://snapswithsally.com/investment</a>				In-Person	
Photographers	Holly Marie Photography - Holly Marie	<a href="https://hollymariephoto.com/investment">https://hollymariephoto.com/investment</a>				In-Person	
Photographers	Kelly Chapman Photography - Kelly Chapman	<a href="https://www.kellychapmanphotograph">https://www.kellychapmanphotograph</a>				In-Person	
Photographers	Dani Jayden Photography - Dani Jayden	<a href="https://www.danijaydenphotography">https://www.danijaydenphotography</a>				In-Person	
Photographers	Lauren Shannon Photography - Lauren Shannon	<a href="https://www.facebook.com/profile.php?">https://www.facebook.com/profile.php?</a>				In-Person	
Placenta Preparation	Anna - Blissful Birthing Encapsulist	<a href="https://www.blissfulbirthingtn">https://www.blissfulbirthingtn</a>	615-525-0707			In-Person	
Podcasts	Don't Mom Alone Podcast	<a href="https://dontmomalone.com/podcast-show/">https://dontmomalone.com/podcast-show/</a>				Podcast	
Podcasts	Risen Motherhood Podcast	<a href="https://www.risenmotherhood">https://www.risenmotherhood</a>				Podcast	
Podcasts	Struggling Well Project Podcast	<a href="https://momstrugglingwell">https://momstrugglingwell</a>				Podcast	
Podcasts	Revelation Wellness Podcast	<a href="http://www.revelationwellness.com/podcast">www.revelationwellness.com/podcast</a>				Online	
Postpartum Depression Sources	Perinatal Mood and Anxiety Disorders (PMADs) Encompass	<a href="http://www.MaternalMentalHealthNO">www.MaternalMentalHealthNO</a>	(702) 970-8580			Online	
Postpartum Depression Sources	Postpartum Support International	<a href="http://www.postpartum.net/">http://www.postpartum.net/</a>				Online	
Postpartum Doulas	Blissful Birthing TN Postpartum Doulas	<a href="https://www.blissfulbirthingtn">https://www.blissfulbirthingtn</a>				In-Person	*
Postpartum Doulas	NOVA Birth Services	<a href="http://www.mynovabirth.com/">http://www.mynovabirth.com/</a>	(615) 669-6399			In-Person	
Postpartum Doulas	Heidi Duncan - Expecting New Life Birth Services	<a href="https://www.expectingnewlife.com/">https://www.expectingnewlife.com/</a>	(615) 710-7077			In-Person	

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Postpartum Doulas	Nashville Birth & Babies	<a href="http://www.nashvillebirthandbabies">http://www.nashvillebirthandbabies</a>	(855) 905-2229			In-Person	
Postpartum Doulas	Mama Moon Birth Concierge	<a href="http://www.mama-moon.com/">http://www.mama-moon.com/</a>	(615) 973-2377			In-Person	
Postpartum Doulas	615 Doula Co.	<a href="http://www.615doulaco.com/">http://www.615doulaco.com/</a>	(615) 601-1365			In-Person	
Postpartum Doulas	Hands & Heart Doula and Birth Services	<a href="http://www.handsandheartdoula">http://www.handsandheartdoula</a>	(615) 375-4533			In-Person	
Postpartum Doulas	Music City Doulas LLC	<a href="http://www.musiccitydoulas.com/">http://www.musiccitydoulas.com/</a>	(615) 208-4111			In-Person	
Postpartum Doulas	Nashville Doula Services	<a href="http://www.nashvilledoulaservices">http://www.nashvilledoulaservices</a>	(615) 933-5838			In-Person	
Postpartum Doulas	East Nashville Doulas	<a href="http://www.eastnashvilledoula.com/">http://www.eastnashvilledoula.com/</a>	(615) 957-5871			In-Person	
Postpartum Doulas	Nashville Childbirth	<a href="https://www.nashvillechildbirth.com/">https://www.nashvillechildbirth.com/</a>	(615) 370-5912			In-Person	
Postpartum Doulas	Tennessee Family Doulas	<a href="https://tennesseefamilydoulas">https://tennesseefamilydoulas</a>	(615) 944-9390			In-Person	
Postpartum Doulas	Ellie Kinard Postpartum Doula and Nutrition Therapy	<a href="http://www.livingsatisfied.com/">http://www.livingsatisfied.com/</a>				In-Person	
Postpartum Doulas	nurturing You naturally   doula	<a href="http://www.nurturingyounaturally">http://www.nurturingyounaturally</a>	(615) 538-8516			In-Person	
Postpartum Health and Wellness	Postpartum Support International	<a href="http://postpartum.net">postpartum.net</a>	800-944-4773			Online	
Postpartum Health and Wellness	4th Trimester Fitness Method - Pelvic Core & More, Postpartum	<a href="https://4tfm.com/">https://4tfm.com/</a>			<a href="mailto:admin@4tfm.com">admin@4tfm.com</a>	Online	
Postpartum Health and Wellness	Plus One Physical Therapy	<a href="https://www.plusonept.net/">https://www.plusonept.net/</a>	318.349.4633		<a href="mailto:drgordey@plusonept.net">drgordey@plusonept.net</a>	In-Person	
Postpartum Health and Wellness	The Pelvic Floor Project	<a href="https://www.pelvicproject.com/">https://www.pelvicproject.com/</a>				Online	
Postpartum Health and Wellness	The Postpartum Project - By Plus One Physical Therapy	<a href="https://www.pelvicproject">https://www.pelvicproject</a>				Online	
Postpartum Health and Wellness	Muletown Recreation Center	<a href="https://www.muletownrec.com/">https://www.muletownrec.com/</a>	931.375.1800	1446 Oak Springs Dr, Columbia, TN	<a href="mailto:gm@muletownrec.com">gm@muletownrec.com</a>	In-Person	
Postpartum Health and Wellness	Spring Hill Recreation Center	<a href="https://www.wcparksandrec">https://www.wcparksandrec</a>	(615) 302-0971	2909 Commonwealth	Chris. Redding@william	In-Person	
Postpartum Health and Wellness	Franklin Recreation Center	<a href="https://www.wcparksandrec">https://www.wcparksandrec</a>	(615) 790-5719	1120 Hillsboro Road	Angie. Pitts@williamson	In-Person	
Postpartum Health and Wellness	Brentwood Recreation Center	<a href="https://www.wcparksandrec">https://www.wcparksandrec</a>	(615) 370-3472	920 Heritage Way	Jim. Harrison@william	In-Person	

<b>Category</b>	<b>Resource</b>	<b>Website</b>	<b>Phone</b>	<b>Address</b>	<b>Email</b>	<b>Location</b>	<b>Christ-centered *</b>
Pregnancy and Childbirth Education	Lamaze International	<a href="http://www.childbirtheducators.com">www.childbirtheducators.com</a>				Online	
Pregnancy and Childbirth Education	Prepared Childbirth Educators, INC.	<a href="http://childbirtheducation.org">childbirtheducation.org</a>				Online	
Pregnancy and Childbirth Education	The Birth Nurse	<a href="https://mandyirby.com/">https://mandyirby.com/</a>				Online	
Pregnancy and Childbirth Education	Evidence Based Birth	<a href="https://evidencebasedbirth.com/">https://evidencebasedbirth.com/</a>				Online	
Pregnancy and Childbirth Education	Choices in Childbirth	<a href="http://www.choicesinchildbirth.org/">http://www.choicesinchildbirth.org/</a>				Online	
Pregnancy and Childbirth Education	Childbirth Connection	<a href="http://www.childbirthconnection.org/">http://www.childbirthconnection.org/</a>				Online	
Pregnancy and Childbirth Education	Improving Birth	<a href="http://www.improvingbirth.org/">http://www.improvingbirth.org/</a>				Online	
Pregnancy and Childbirth Education	Birth Without Fear - Childbirth Education	<a href="http://birthwithoutfearblog.com/">http://birthwithoutfearblog.com/</a>				Online	
Pregnancy and Childbirth Education	The Bradley Method - Childbirth Education	<a href="http://www.gentlepathbirth.com/">http://www.gentlepathbirth.com/</a>				Online	
Pregnancy and Childbirth Education	Blissful Birthing TN Online Childbirth Course	<a href="https://www.blissfulbirthingtn.com/">https://www.blissfulbirthingtn.com/</a>				In-Person	*
Pregnancy and Childbirth Education	Blissful Birthing TN Childbirth Education Class - In-person/	<a href="https://www.blissfulbirthingtn.com/">https://www.blissfulbirthingtn.com/</a>				In-Person	*
Pregnancy and Childbirth Education	Evidence Based Birth Childbirth Class					Online	
Pregnancy and Childbirth Education	Peanut Ball Class					In-Person	
Pregnancy Health and Wellness	Surrender Birth Resource	<a href="https://www.surrenderbirth.com/">https://www.surrenderbirth.com/</a>				Online	
Pregnancy Health and Wellness	Spinning Babies - Easier Birth with Fetal Positioning	<a href="http://spinningbabies.com">spinningbabies.com</a>				Online	
Pregnancy Health and Wellness	Courageous Mom Postpartum Course	<a href="https://events.genndi.com/register/8181821750">https://events.genndi.com/register/8181821750</a>				Online	*
Pregnancy Health and Wellness	Courageous Mom Pregnancy Resource	<a href="http://courageousmom.com/category/motherhood">http://courageousmom.com/category/motherhood</a>				Online	*
Pregnancy Health and Wellness	Intentional By Grace Pregnancy Series	<a href="https://intentionalbygrace.com/">https://intentionalbygrace.com/</a>				Online	
Pregnancy Health and Wellness	Coalition for Improving Maternity Services	<a href="http://www.motherfriendly.org/">http://www.motherfriendly.org/</a>				Online	
Pregnancy Health and Wellness	March of Dimes	<a href="http://www.marchofdimes.org">www.marchofdimes.org</a>				Online	



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Pregnancy Health and Wellness	Kari Jenkins - Massage Therapist, Doula	<a href="http://womankindmassage.com">http://womankindmassage.com</a>	615-426-1977	574 Franklin Road - Suite 200	<a href="mailto:kari@womankindmassage.com">kari@womankindmassage.com</a>	Franklin	
Pregnancy Health and Wellness	4th Trimester Fitness Method - Birth Ball Basics	<a href="https://4tfm.com/">https://4tfm.com/</a>			<a href="mailto:admin@4tfm.com">admin@4tfm.com</a>	Online	
Pregnancy Health and Wellness	Erica Young Coaching	<a href="https://www.erikayoungcoaching.com">https://www.erikayoungcoaching.com</a>				In-Person	
Pregnancy Health and Wellness	The Pregnancy Project - By Plus One Physical Therapy	<a href="https://www.pelvicproject.com">https://www.pelvicproject.com</a>				Online	
Pregnancy Health and Wellness	The Bladder Project - By Plus One Physical Therapy	<a href="https://www.pelvicproject.com">https://www.pelvicproject.com</a>				Online	
Pregnancy Health and Wellness	Revelation Wellness - REVTV	<a href="http://www.revelationwellness.com/revtv">www.revelationwellness.com/revtv</a>				Online	*
Pregnancy Health and Wellness	Muletown Recreation Center	<a href="https://www.muletownrec.com/">https://www.muletownrec.com/</a>	931.375.1800	1446 Oak Springs Dr, Columbia, TN	<a href="mailto:gm@muletownrec.com">gm@muletownrec.com</a>	In-Person	
Pregnancy Health and Wellness	Spring Hill Recreation Center	<a href="https://www.wcparksandrec.com">https://www.wcparksandrec.com</a>	(615) 302-0971	2909 Commonwealth	<a href="mailto:Chris.Redding@williamson.com">Chris.Redding@williamson.com</a>	In-Person	
Pregnancy Health and Wellness	Franklin Recreation Center	<a href="https://www.wcparksandrec.com">https://www.wcparksandrec.com</a>	(615) 790-5719	1120 Hillsboro Road	<a href="mailto:Angie.Pitts@williamson.com">Angie.Pitts@williamson.com</a>	In-Person	
Pregnancy Health and Wellness	Brentwood Recreation Center	<a href="https://www.wcparksandrec.com">https://www.wcparksandrec.com</a>	(615) 370-3471	920 Heritage Way	<a href="mailto:Jim.Harrison@williamson.com">Jim.Harrison@williamson.com</a>	In-Person	
Pregnancy Health and Wellness	Spinning Babies Daily Activities	<a href="https://www.spinningbabies.com">https://www.spinningbabies.com</a>				Online	
Pregnancy Health and Wellness	Spinning Babies - Perinatal Weekly Checklist	<a href="https://www.spinningbabies.com">https://www.spinningbabies.com</a>				Online	
Premature Infant	March of Dimes Tennessee Chapter	<a href="http://marchofdimes.com/tennessee">marchofdimes.com/tennessee</a>	615-399-3200			Online	
Pump Support	Aeroflow - Pump Support	<a href="http://www.aeroflowbreastpumps.com">www.aeroflowbreastpumps.com</a>	888-345-1780			In-Person	
Pump Support	Vanderbilt Children's Hospital Champs Corner Store - Pump		(615)-936-1869			In-Person	
Pump Support	St. Thomas Midtown: FREE Breastfeeding Clinic - Open to	<a href="http://www.sthealth.com/medical">http://www.sthealth.com/medical</a>	615-284-2229			Online	
Schooling/ Learning	Nashville Children in Nature	<a href="http://meetup.com/Nashville-Children-in-Nature">meetup.com/Nashville-Children-in-Nature</a>				In-Person	
Schooling/ Learning	Inspiring Minds Learning Center	<a href="http://www.inspiringmindslearningcenter.com">http://www.inspiringmindslearningcenter.com</a>	(931)374-7250	1412 Trotwood Avenue Suite 19	<a href="mailto:inspiringmindstn@gmail.com">inspiringmindstn@gmail.com</a>	In-Person	
Schooling/ Learning	Kids on the Korner (KOTK) - Thompsons Station Church					In-Person	
Schooling/ Learning	Williamson County Free Pre-K Program	<a href="https://www.wcs.edu/domain/1176">https://www.wcs.edu/domain/1176</a>	(615) 472-4140		<a href="mailto:prek@wcs.edu">prek@wcs.edu</a>	In-Person	

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Schooling/ Learning	Williamson County Free Early Childhood Education Program	<a href="https://www.wcs.edu/domain/1178">https://www.wcs.edu/domain/1178</a>	(615) 472-4140		evangeline.tubb@wcs.edu	In-Person	
Schooling/ Learning	Classical Conversations - Homeschool	<a href="https://www.classicalconversations.com/">https://www.classicalconversations.com/</a>				In-Person	
Schooling/ Learning	Franklin Christian Church - Shining Light Pre-K Mom's Day					In-Person	
Schooling/ Learning	The Refuge Academy - The Refuge Church Mom's Day Out	<a href="https://www.refugeacademy.com/">https://www.refugeacademy.com/</a>	615-241-5660	2001 Campbell Station Pkwy Suite A-6, Spring Hill, TN	<a href="mailto:Kelli@refugeacademy.com">E-mail Kelli</a>	In-Person	
Schooling/ Learning	Station Hill Church - Mom's Day Out Program	<a href="https://www.stationhillweekday.com/">https://www.stationhillweekday.com/</a>				In-Person	
Schooling/ Learning	Sunshine Day School - Mom's Day Out Program	<a href="https://www.southernhills.edu/sunshinedayschool/">https://www.southernhills.edu/sunshinedayschool/</a>	615-794-5915	2508 Goose Creek By-Pass in	sunshinedayschool@southernhills.edu	In-Person	
Schooling/ Learning	Heritage Homeschool Group	<a href="https://www.homeschool-life.com/">https://www.homeschool-life.com/</a>				In-Person	
Sleep Shaping	Blissful Birthing TN - Sleep Support	<a href="https://www.blissfulbirthingtn.com/">https://www.blissfulbirthingtn.com/</a>			blissfulbirthingtn@gmail.com	In-Person	
Special Needs for Baby	Tennessee's Early Intervention Services	<a href="http://tn.gov/education/teis">tn.gov/education/teis</a>	615-532-7237			Online	
Therapists/ Counselors	Therapist Search	<a href="http://ascasupport.org">ascasupport.org</a>				Online	
Therapists/ Counselors	Therapist Referral for Trauma	<a href="http://www.therapynetwork.net">www.therapynetwork.net</a>				Phone	
Therapists/ Counselors	Agape Counseling	<a href="http://www.agapenashville.org/">http://www.agapenashville.org/</a>	(615) 781-3000	4555 Trousdale Dr, Nashville, TN		In-Person	*
Therapists/ Counselors	Ready Nest Counseling	<a href="http://www.readynestcounseling.com/">http://www.readynestcounseling.com/</a>	(615) 988-5123	2107 Bernard Ave, Nashville,		In-Person	
Therapists/ Counselors	AGAPE Counseling - Maternity	<a href="https://www.agapenashville.com/">https://www.agapenashville.com/</a>	615-781-3000	4555 Trousdale Drive		In-Person	*
Therapists/ Counselors	Saving Grace Counseling - Holly Burroso	<a href="https://savinggracecounseling.com/">https://savinggracecounseling.com/</a>	(615) 618-2080	1748 Lewisburg Pike Suite 101	hollyb@savinggracecounseling.com	In-Person	*
Therapists/ Counselors	Healing Seasons - Jennifer		615.840.4990	1301 16th Ave S, Upstairs Unit	jennifer@healingseasons.com	In-Person	*
Therapists/ Counselors	Williamson Family Counseling - Joe Rustum	<a href="https://findacounselor.focusonthefamily.com/">https://findacounselor.focusonthefamily.com/</a>	615-866-9386	1604 Westgate Circle,		In-Person	*
Therapists/ Counselors	Beverly McManus - LPC	<a href="http://www.beverlymcmanus.com/">http://www.beverlymcmanus.com/</a>	615-293-5812	2550 Meridian Blvd. Ste 200,		In-Person	*
Therapists/ Counselors	Dr. Steve Parham - LPC	<a href="https://findacounselor.focusonthefamily.com/">https://findacounselor.focusonthefamily.com/</a>	615-504-3430	3534 West End Ave., Nashville,		In-Person	*
Tongue Tie	Tongue Tie Babies Support Group	<a href="https://www.facebook.com/groups/tonguetiebabies/">https://www.facebook.com/groups/tonguetiebabies/</a>				Online	

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Tongue Tie	Tennessee Tongue Tie Center	<a href="https://tennesseetonguetie">https://tennesseetonguetie</a>	(615) 289-7587	615 Commons Dr, Gallatin, TN		In-Person	
Tongue Tie	Tongue - Tie Book	<a href="https://l.facebook.com/l.php?u=http%3A%2F%">https://l.facebook.com/l.php?u=http%3A%2F%</a>				Online	
Tongue Tie	Smart Mouth - Dr. Tara Erson	<a href="https://www.smartmouthlv.com/">https://www.smartmouthlv.com/</a>				Online	
Twins	Twins Multiples of America	<a href="http://www.multiplesofamerica.com">www.multiplesofamerica.com</a>				Online	
Twins	Marvelous Multiples	<a href="http://www.marvelousmultiples.com">www.marvelousmultiples.com</a>				Online	
Twins	Tennessee 211 - Parents of Twins and Triplets Organization -	<a href="http://www.nashpotato.org">http://www.nashpotato.org</a>	(888) 870-1183			In-Person	
Twins	Music City Multiples	<a href="https://www.facebook.com/NashvilleMultiples/">https://www.facebook.com/NashvilleMultiples/</a>				Online	
Twins	Multiples of America	<a href="https://multiplesofamerica">https://multiplesofamerica</a>			<a href="mailto:info@MultiplesofAmerica.org">info@MultiplesofAmerica.org</a>	Online	
Twins	Twinsiveristy	<a href="https://www.twiniversity.com/twin-parent-">https://www.twiniversity.com/twin-parent-</a>	917.442.2020		<a href="mailto:Community@Twiniversity.com">Community@Twiniversity.com</a>	Online	
VBAC	VBAC Support	<a href="http://www.vbac.com/support-group">www.vbac.com/support-group</a>				Online	
VBAC	VBAC Facts	<a href="https://vbacfacts.com/">https://vbacfacts.com/</a>				Online	
VBAC	VBAC Calculator	<a href="https://mfmunetwork.bsc.gwu">https://mfmunetwork.bsc.gwu</a>				Online	
VBAC	The VBAC Link	<a href="https://www.thevbaclink.com/">https://www.thevbaclink.com/</a>	385-429-2012		<a href="mailto:info@TheVBACLink.com">info@TheVBACLink.com</a>	Online	
VBAC	ICAN of Nashville Facebook Group	<a href="https://www.facebook.com/groups/ICANofNas">https://www.facebook.com/groups/ICANofNas</a>				Online	
VBAC	ICAN of Nashville Facebook Page	<a href="https://www.facebook.com/ICANofNashville/">https://www.facebook.com/ICANofNashville/</a>				Online	
Waterbirth	Birth Waters	<a href="http://www.birthwaters.com/Home.html">http://www.birthwaters.com/Home.html</a>				Online	
Waterbirth	Waterbirth International	<a href="http://www.waterbirth.org/">http://www.waterbirth.org/</a>				Online	
Waterbirth	Your Water Birth: Tub Purchase & Liners	<a href="http://www.yourwaterbirth">http://www.yourwaterbirth</a>				Online	
Women and Child Abuse Protection Agencies	National Domestic Violence Hotline		800-799-7233			Phone	