

## BREASTFEEDING

### La Leche League of Ann Arbor (Washtenaw County)

Phone: (442) 229-0327

Breastfeeding support groups

### St. Joseph Mercy Hospital Breastfeeding Outpatient Clinic

Phone: (734) 712-4214

Or (800) 231-2211

Call to speak to a lactation consultant or to make an appointment

### Mothers Arts—Center for the Childbearing Year

Phone: (734) 663-1523

Classes offered on Breastfeeding Basics, Newborn Care, Childbirth, other topics

Call for class times and cost

### The Breastfeeding Center of Ann Arbor

Phone: (734) 975-6534

Private consultations, classes, mother-baby groups, and boutique

Call for class times or to schedule an appointment

### Prenatal Breastfeeding Class

Phone: (734) 232-2600

Class covers breastfeeding basics, including positioning, techniques, and supplies

Call for information on class times, fees and scholarships

ArborWoman empowers women facing unexpected pregnancies with the knowledge, material resources and caring support needed to make their own decisions regarding pregnancy, and to move forward in hope.

#### OUR SERVICES

- ◇ Pregnancy Testing
- ◇ Ultrasounds
- ◇ Pregnancy Options Counseling
- ◇ Abortion Information
- ◇ Community Resources
- ◇ Pregnancy Support
- ◇ Post-Abortion Support

Tuesday

2 pm—8 pm

Thursday

9 am—4pm



## Infant Care

# Infant Care Program



## PRENATAL/POSTNATAL SERVICES

### Maternal Infant Health Program

Phone: (734) 544-2984

Services for pregnant women up to the baby's first year

### UofM Buckle Up Program

Car Seat/Booster Seats

Phone: (734) 763-2251

Free car seats/ booster seats

Call ahead for an appointment

Proof of income or Medicaid required

### W.I.C.

#### (Women, Infants, and Children)

Phone (734) 544-6800

Services for women who are pregnant or breastfeeding

Covers infants and children up to 5 years

Must have proof of income of Medicaid

### Catholic Social Services

#### Pregnancy Counseling & Infant Services

Phone (734) 971-9781, ext 321 or 412

Counseling

Parenting Education

Service Referrals

Assistance with guardianship and adoption plans

Services for clients with transportation limitations

or who are incarcerated

## CHILDCARE INFORMATION

### Child Care Network (DHS)

Phone: (800)777-2861 or (734)975-1840

Website: [www.childcarenetwork.org](http://www.childcarenetwork.org)

Provides referral services for daycare

### Work/Life Resource Center

Website: [www.hr.umich.edu/worklife](http://www.hr.umich.edu/worklife)

Childcare/elder care resources, educational programs, flexible scheduling help

For U of M community only

## LOW-COST ITEMS

### Ann Arbor Thrift Shop

Phone: (734) 662-6771

Free with agency referral

### Friends indeed

Phone: (734) 484-7607

Free furniture

Tuesday-Friday 9:30am-12pm

### Hope Clinic

Phone: (734) 484-2989

Diapers, formula, wipes

Layettees and baby food

### House by the Side of the Road

Phone: (734) 971-2550

Used clothing

Household items

Baby & maternity clothes

## LOW-COST ITEMS (continued)

### St. Vincent de Paul Store

Phone: (734) 761-1400

Used clothing, Household items

### The Thrift Shop of Ypsilanti

Phone: (734) 483-1226

Free with agency referral

### Kiwanis

Phone: (734) 665-0450

Used clothing

Used toys

Household items

Furniture for sale

### Once Upon a Child

Phone: (734) 971-6822

Gently used clothes and toys

Maternity clothes

### Salvation Army Thrift Shop

Phone: (734) 332-3474

Used clothing

Household items

Furniture

### Value World

Phone: (734) 728-4568

Maternity and baby clothing

Toys

Furniture and Household items