

## **Childbirth Education Classes in Grand Rapids 2018**

### **Hospital Classes**

Spectrum Health:

<http://www.spectrumhealth.org/healthier-communities/pregnancy-and-parenting-classes>

616-391-5000

St. Mary's:

<http://www.mercyhealthsaintmarys.com/birthing-center-classes-and-tours>

616-685-6417

### **GentleBirth**

Brenda Baar is the only GentleBirth instructor in Grand Rapids

[www.brendabaar.com](http://www.brendabaar.com) or email [brendabaar@gmail.com](mailto:brendabaar@gmail.com)

[www.gentlebirth.com/brendabaar](http://www.gentlebirth.com/brendabaar)

### **Hypnobirthing**

Hypnobirthing Classes at Gold Coast Doulas

616-294-0207

[www.goldcoastdoulas.com](http://www.goldcoastdoulas.com)

Stephanie Mayne in Grand Rapids

616-706-1040

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

[www.myBellabirth.com](http://www.myBellabirth.com)

Samantha Kauffman in Newaygo

231-652-2561

[samkauffman@sbglobal.net](mailto:samkauffman@sbglobal.net)

### **Lamaze**

Diane Kutter in Grand Rapids

616-304-9277 [ddkut1206@sbcglobal.net](mailto:ddkut1206@sbcglobal.net)

<http://www.lamazewestmichigan.com/>

## **General Childbirth Classes**

Sacred Pregnancy Classes with Kristin Revere

<http://www.motherreverence.com/events/>

Free 1-hour classes at Babies R Us through GR Doulas

Know Your Options Class

<https://www.grdoulas.com/for-parents>

Michigan Born & Raised Classes with Mandi Garvey

Contact Mandi at 231-557-7118 or [mandi.garvey@gmail.com](mailto:mandi.garvey@gmail.com) to register

Visit her FaceBook page [facebook.com/MIBornRaised](https://www.facebook.com/MIBornRaised) or her website

[www.mibornandraised.com](http://www.mibornandraised.com) for details on class options

Classes at Renew Mama Studio <http://renewmamastudio.com/> Go to

Workshops & Events tab

## **Bradley**

Go to the following site to find a Bradley instructor near you:

<http://www.bradleybirth.com/>

Jennifer and Andrew VanOver - certified Bradley instructors in GR area

<http://www.bradleybirth.com/jennifervanover>

Rachel Burlingame – certified Bradley instructor in GR/Lowell area

<http://www.bradleybirth.com/rachelburlingame>

Lisa and Chris Thompson - certified Bradley instructors in GR/Ada area

<http://bradleybirth.com/lisathompson>

Jill TenBrink – certified Bradley instructor in Holland/Zeeland area

<http://www.bradleybirth.com/jilltenbrink>

\*The Bradley class is a 12-week series of classes with your partner, so you need to register early and be committed to attending all the classes. There is the option of individualized classes.

## **Breastfeeding Classes**

Kelly Wysocki-Emery, IBCLC

[www.babybelovedinc.com](http://www.babybelovedinc.com) Kelly is a lactation consultant who works through the following pediatric offices:

Alger Pediatrics

ABC Pediatrics

Cascade Pediatrics

Kent Pediatrics

Rockford Pediatrics

Western Michigan Pediatrics

Diane Kutter (see above)

Mandi Garvey (see above)

Inquire about classes at other area hospitals through links above

### **Infant Care**

Bringing Home Baby classes offered to doula clients at

[www.goldcoastdoulas.com](http://www.goldcoastdoulas.com)

Inquire about classes at other area hospitals through links above

### **Additional Classes outside of Grand Rapids Area**

#### **Muskegon**

Faith Groesbeck: certified Cooperative Childbirth Educator (CCCE) through the Metropolitan New York Childbirth Education Association is currently teaching monthly classes in N. Muskegon. She also does private classes.

**[www.birthquestservices.com](http://www.birthquestservices.com)**

Mandi Garvey: certified by Rebecca Decker to teach the Evidence Based Birth workshop. Mandi has a Masters in Health Education and is available for private comprehensive CBE **[mandi.garvey@gmail.com](mailto:mandi.garvey@gmail.com)**

#### **Fremont**

Samantha Kauffman: teaches at Spectrum Gerber in Fremont. She is a Certified Childbirth Educator and HypnoBirthing Practitioner. Her classes are a mix of ICEA, Lamaze, Bradley, and more. **231-924-1344**

DVD Series:

Happy Healthy Child: A Holistic Approach. This series is a 4 hr childbirth course that comes highly recommended. \$89.79 for 4-Disc Boxed Set. Easy to order through Amazon.

*\*This list is updated often, but sometimes things change without our knowledge. If you see something that is outdated or have new information, please let us know. Please email any suggestions to [aobmidwives@gmail.com](mailto:aobmidwives@gmail.com). Thank you!*