

Pregnancy, Birth & Postpartum Resources

Louisville, KY & Southern, IN

Abuse shelters and support groups

- The Center for Women and Families
24 Hour Crisis Line: 1.844.BE.SAFE.1 (1-844-237-2331)
www.thecenteronline.com
Locations in Southern Indiana, Louisville, KY and Shelbyville, KY

Acupuncture

- Meridian Louisville
Amelia Pantalos
311 Wallace Avenue, Louisville, KY, 40207
502-290-8788
meridianlouisville@gmail.com
- Classical Acupuncture & Herbs
Martha Graziano, [L.Ac.](#)
502-489-1068
1999 Brownsboro Road, Louisville, KY

Children's Consignment Shops/Sales

- Little Treasures
www.littletsale.com
Info@littletsale.com
- KidStuff Consignment
www.kidstuffsale.com
- Once Upon a Child - Multiple Louisville, KY locations
Children's and Maternity consignment
<https://www.onceuponachild.com/>

Children's Hospitals

Norton Women's and Children's Hospital - multiple locations with multiple levels of care available

- Norton Children's Hospital
231 E. Chestnut Street
Louisville, KY 40202
(502)629-6000

Pregnancy, Birth & Postpartum Resources Louisville, KY & Southern, IN

- Norton Children's Medical Center—Brownsboro
4910 Chamberlain Lane
Louisville, KY 40241
(502)446-5000
- Norton Women's and Children's Hospital, St. Matthews
4001 Dutchmans Lane
Louisville, KY 40207
(502)893-1000

Chiropractors

- Dr. Justine Schueher
https://wildbloomchiropractic.janeapp.com/#staff_member/1
- Louisville Family Chiropractic
Dr. Leah, Dr. Cassie, Dr. Marium
<https://lfchiro.net/>
- Kuperus Family Chiropractic
Dr Rachael Kuperus
www.drkuperus.com
7410 New La Grange Rd #202, Louisville, KY 40222
(502)426-6715

Counseling (Pregnancy, postpartum)

- Bloom Counseling
6500 Glenridge Park Place, Suite 8, Louisville, KY 40222
502-303-2449

Craniosacral Therapy

- Caroline, CST
www.drkuperus.com
- Healing Current Somatics
healingcurrentsomatics.com
Elizabeth Butterworth, CST
- Lauryl Leksrisawat, OT
(502) 296-9897

Early Intervention Programs/Support for children with Special Needs

- First Steps
Provides resources in education, social services and health to special needs children

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and their families

<https://chfs.ky.gov/agencies/ccshcn/Pages/poe.aspx>

275 E. Main St., HS2W-C

Frankfort, KY 40621

(502) 564-3756

- Molly Johnson Foundation
<https://www.themollyjohnsonfoundation.org/>
502-724-0067
robin@themollyjohnsonfoundation.org

Holistic Women's Care

- Full Circle Holistic Women's Health Care
Rebecca Cohen, MD
<https://www.fullcirclelouisville.com/>
info@fullcirclelouisville.com
(502) 309-9630

Herbal Support

- Shekinah Herbals
www.shekinahherbals.com

Infant Massage

- Louisville Prenatal Massage
Samantha Davis
1313 Lyndon Lane, Suite 210, Louisville KY 40222
502-257-5994

Lactation Consultants

- Kate Morrow, IBCLC
Tricare approved
<https://www.katemorrowibclc.com>
- Esther Beard
In home lactation support
www.mamamilksupport.org
- Bonnie Logsdon, IBCLC
<https://bonnieknowsbreast.com/>
hello@bonnieknowsbreast.com
- Tereza Peercy, IBCLC
Latched Louisville
tereza@latchedlouisville.com

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Massage Therapists

- Meridian Louisville
Amelia Pantalos
311 Wallace Avenue, Louisville, KY, 40207
502-290-8788
meridianlouisville@gmail.com
- Louisville Prenatal Massage
Samantha Davis
502-257-5994
www.louisvilleprenatalmassage.com

Midwives & OB Practices

- WomanCare - delivers @ Norton Clark Hospital
Midwives + OB
Jeffersonville, IN 47130
(812) 282-6114
- Women's First of Louisville - delivers @ Baptist Hospital
www.wfoflou.com
502-891-8788
- UofL Health - OB/GYN & Women's Health - delivers @ University of Louisville Hospital
401 E Chestnut Street Louisville KY 40202
(502)588-4400
- Advocates for Women's Health - delivers @ Norton Women's & Children's Hospital
Midwives + OB
4123 Dutchmans Lane, Suite 601, Louisville, 40207
502-423-9595

Pediatricians with alternate vaccine options

- Direct Pediatrics
Dr. Erica Bailen
www.directpediatrics.com
502-515-6601
- Future Hope Pediatrics
Dr. Laura White
231 Midland Park Suite 101, Shelbyville, KY 40065
(502)633-6411

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Louisville, KY & Southern, IN

- Mt. Washington Pediatrics
138 East Brooke Court #115, Mt Washington, KY 40047
(502) 617-4068

Physical Therapists (pelvic floor, pregnancy, postpartum)

- Mamas In Motion
<https://www.mamasinmotionllc.com>
- Dunn Physical Therapy
2 Louisville Locations
(502) 899-9363, (502) 425-1716

Photographers (Birth, Maternity, Newborn, Family)

- Katie Lacer - MommaKT Shoots
<https://www.mommaktshoots.com/>
(502) 220-8363

Placenta Encapsulation/Services

- Purely Placentas
<https://purelyplacentas.com/>
Sarah Toma, BS, APPAC (APPA-Certified Placenta Specialist)
502-396-3329
purelyplacentas@gmail.com

Pregnancy Support

- BsideU For Life - providing medical services and life skills education
502.589.9400.
www.bsideuforlife.com
- A Loving Choices (ALC)
Pregnancy Resource Center
Locations in Shepherdsville, KY & Shelbyville, KY

Prenatal / Postpartum exercise classes

- Yoga Baum
www.yogabaum.com
317 Wallace Ave #208, Louisville, KY 40207

Pregnancy, Birth & Postpartum Resources Louisville, KY & Southern, IN

- FIT4MOM
<https://louisville.fit4mom.com/>
Mom & baby postpartum workouts