



Resource Guide for Charlottesville

**bend does not endorse these service providers, just a listing for parents to research services in Charlottesville.*

MEDICAL PRACTICES FOR PREGNANCY AND POST-PARTUM CARE

THE WOMEN'S PLACE AT UVA

<http://hsc.virginia.edu/womens-health>

982-FORU (3678)

Departments include: general obstetrics and gynecology, reproductive medicine and fertility, urogynecology, teen health center, midlife health, gynecologic oncology, maternal fetal medicine, breast care, community classes and education, prenatal diagnosis and treatment center.

UVA GENERAL OB/GYN AT

NORTHRIDGE Appointments: 243-4570

Information on Classes: 924-3791

The General Obstetrics and Gynecology Department for the University of Virginia Health Systems provides services at the Northridge office building between Ivy Road and 250 West, and is a department of the Women's Place at UVA.

CHARLOTTESVILLE WOMENS SERVICES, P.L.C.

(434)244-4590

1490 Pantops Mountain Place, Suite 105

Specializes in gynecological surgery and menopause, infertility, and obstetrical care. Privileges at Martha Jefferson Hospital.

UVA OB/GYN - offers prenatal education classes that are open to whole community. Fees are waived for Medicaid patients. <http://uvahealth.com/services/womens-health/support-resources-1/prenatal-class-information>

For more information call Diane Sampson at 434 924 9920 or email des4v@virginia.edu

Enroll in UVAs email service, that follows you week by week through your pregnancy and the first 3 years of your baby's life. Full of local information, research based articles on all aspects of pregnancy and baby care, and a special breastfeeding support module.

www.theparentreview.com/uva

JEFFERSON OB/GYN

www.jeffersonobgyn.net

977-4488 or 982-7825

1101 E. Jefferson St.

MARTHA JEFFERSON MATERNITY CARE

<http://www.marthajefferson.org/clinical-services-maternity.php> 982-7009

500 Martha Jefferson Drive

Family-centered maternity care. Board-certified primary care and specialty physicians, Breast Health Center, mammography services, prenatal diagnosis center offers first trimester screenings.

CHARLOTTESVILLE FREE CLINIC

Providing free medical care to residents who do not have health insurance. Some income restrictions apply, however do check as these are generous. Also provides limited dental services, prepaid referrals to some specialists, and pharmaceuticals.

<http://www.cvillefreeclinic.org>

NURSE-MIDWIFERY PROGRAMS

Shenandoah University Graduate Nurse-Midwifery Program

The Midwifery Initiative allows students to access our program through four universities in Virginia: Radford, ODU, JMU, and Shenandoah University. The program is flexible and accredited by the American College of Nurse-Midwives Accreditation Commission of Midwifery Education.

Contact: Dr. Juliana van Olphen Fehr, Program Coordinator

Address: 1775 North Sector Court, Winchester, VA 22601

Phone: (540) 678-4382

Email: midwifery@su.edu

Web Site: www.shenandoahgraduatenuersing.com

MIDWIVES

MOUNTAIN VIEW MIDWIVES

Brynne Potter, CPM and Deren Bader, CPM, DrPH

Address: 1111 Rose Hill Drive, Suite #1, Charlottesville, VA 22903

Phone: (434) 962-0148

Email: info@mountainviewmidwives.com

Web Address: www.mountainviewmidwives.com

Debbie Wong, CPM

Nine Moons Midwifery
www.ninemoonsmidwifery.com

debbiewongcpm@gmail.com

434-218-2332

Offering midwifery services for those wanting a homebirth, doula care for those preferring a hospital birth, and Arvigo Techniques of Maya Abdominal Therapy to all women.

THE BIRTHING PLACE

182 Spotnap Rd
Charlottesville, VA 22911
(434) 471-0419

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

HOMEBIRTH MIDWIFERY

SERVICE Kim Mosny, CPM, LM

Address: 13541 Boundary Rd, Suite 101, Midlothian, VA 23112

Phone: (804) 651-0608 office (901) 292-4876 cell

kmosny@yahoo.com

www.richmondmidwife.com

Birthwise Midwifery
3630 Glenaire Dr.
Charlottesville, VA
(434)293-8210

Marla Robbins, CNM
313 2nd Street, SE, Ste 209
Charlottesville, VA
(434)293-5574

Debbi Little-Meslar
1003 E. High St.
Charlottesville, VA
(434)984-1633

Trinley Wood, CPM
110 Washington Street
Madison, VA 22727
(540)948-6858

Donna F. Vinal, CNM, Ph. D.
400 Locust Ave.
Charlottesville, VA
(434)293-9800

Woman Care
730 Lyons Avenue
Charlottesville, VA
(434)296-3332

DOULAS

Month 10 Postpartum Doula Services – www.month10.com

Cynthia Jordan Fisher

cjfmoms@yahoo.com

434-960-7077

Dianne Bearinger

doulamail@earthlink.net

434-989-3311

Emily Koester

delfinadoula@gmail.com

434-996-8021

Individual Doulas

Merrie Anderson
merrie@intuitivebirth.biz
434-202-1184
www.intuitivebirth.biz

Izabela Bielnicka
434 227-6754
blissful.passage.doula@gmail.com

Megan Bloom
megan@bloominbirth.com
434-962-5438
www.bloominbirth.com

Dominique Clothiaux
dclothiaux@yahoo.com
434-996-5095
www.resonance-bodywork.com

Cynthia Corle, CD (DONA)
cynthiacorle@gmail.com
804-564-8253

Priya Curtis
priyadoulabird@gmail.com
434-882-2499
www.mamabirdbirthservices.com

Sarah Davis
sarahdavis2@gmail.com
434-825-4160
www.onegentlebeginning.com

Adrienne Claire Elworth
elworthac@gmail.com
540-494-8322

Zoe Krylova
zoekrylova@gmail.com
434-760-3098
www.windflowerdoula.com

Brook van der Linde
beevee17@netzero.net
434-531-5605

Janet van der Linde
janetvdl@yahoo.com
434-978-4009

Kyung Lee
Phone: (434)293 3616

Michele Durham
434-977-5930

Rita Hunt
ritahunt213@aol.com

Nichole Smith
434-987-1543

Deb Traub
debraub@yahoo.com

Ellen Williams
ellenflourpower@gmail.com

Carroll Ann Friedmann
month10@earthlink.net
www.month10.com

Christine Murray
(434)984-1353
motherjourneys@gmail.com

Mundy Richards
(434)977-8609
www.mundyrichards.com

Rachel Yoder
abundantlifedoula@yahoo.com
(434)981-8650
346 11th St. NW
Charlottesville, VA 22903

Emily Koester
delfinadoula.com
434.996.8021 mobile
delfinadoula@gmail.com
postpartum support for families with newborns

Cathy Quick (The Birthing Place)
(434)996-5571

ADDITIONAL RESOURCES FOR PREGNANCY

PARENCARE E-MAIL

SERVICE UVA Women's Place.

ParentCare e-mail service offers weekly e-mails that follow the months through pregnancy and the first year of baby's life. Fun, free and full of great information. Contact: Diane Sampson. Email: des4v@virginia.edu. For more info call: 924-9920.

<http://www.theparentreview.com/parentsignup.jsp?id=54523908&sid=77577083>

BIRTH MATTERS

This group advocates for informed birth options and choices, with a focus on natural childbirth and avoiding over-medicalized births. Locate midwives and alternative birthing options in Charlottesville and surrounding areas.

www.birthmattersva.org

COUNSELING

Julie Convisser - LCSW

(434)806-8516

Trained in dance-movement therapy, and believes in an integrated approach to mental health, incorporating the mind, body, and spirit. Through moment-to-moment awareness and honest dialogue, paying particular attention to the signals and communications of the physical body, Julie works with her clients to tap into their native strengths and resources. She has particular interest in helping pregnant and parenting women through the amazing and challenging passage we call motherhood, and has expertise in the healing of trauma, loss, depression and anxiety.

Neg Mahmoodzadegan, Ph.D.

Licensed Clinical Psychologist, Individual Psychotherapy

420 Third Street, N.E.

Charlottesville, VA 22902

negmahmood@hotmail.com

CLASSES FOR PREGNANCY

BREASTFEEDING CLASS - This class will discuss the benefits of breastfeeding, getting started, common problems and the father's role. The Anne Cary House. Email: info@mjh.org. Reservations are required. For more info call: 654-7009.

BABY AND ME: A CLASS FOR BIG BROTHERS AND SISTERS - Martha Jefferson Hospital.

Letting children know what to expect from a new family member can help them adjust. Your child will have the opportunity to visit the hospital, learn how to hold the baby and what it means to be a big brother or big sister. Helpful information for parents is also given. Email:

info@mjh.org. For more info call: 982-7009.

BASICS IN BABY CARE - Being comfortable with the details of caring for a baby can give you an extra measure of confidence. This class is designed to prepare you for the care of your newborn. It includes bathing, feeding, infant stimulation and safety. Martha Jefferson Hospital. Email: info@mjh.org. Reservations are required. For more info call: 982-7009.

BREASTFEEDING BASICS - UVA Health System. A Lactation Consultant will help you prepare for a good start and provide support and information for a great breastfeeding experience. Fee includes a book to take home: "Breastfeeding 101." University Hospital. Contact: Diane Sampson. Email: des4v@virginia.edu. Reservations are required. For more info call: 924-9920.

HOSPITAL TOUR FOR EXPECTANT PARENTS - For those considering or planning to deliver at Martha Jefferson Hospital, this tour will help prepare you for the hospital experience by introducing you to the Family Centered Maternity Care Unit, which includes the birthing area, nursery and postpartum rooms. Reservations are required. For more info call: 982-7009.

NEWBORN NEWS - This class covers the basics in baby care. Learn about health and safety issues, as well as information about newborn behavior. Instructors will give you practical tips and increase your confidence in caring for your new baby. University Hospital. Contact: Diane Sampson. Email: des4v@virginia.edu. Reservations are required. For more info call: 924-9920.

PARENTCARE E-MAIL SERVICE - UVA Women's Place. ParentCare e-mail service offers weekly e-mails that follow the months through pregnancy and the first year of baby's life. Fun, free and full of great information. Contact: Diane Sampson. Email: des4v@virginia.edu. For more info call: 924-9920.

PREPARATION FOR CHILDBIRTH - Martha Jefferson Hospital. The Anne Cary House. Prepare yourself and your support person for the birth of your baby. This series of classes includes the following topics: understanding and managing the different stages of labor through relaxation, labor positions and breathing techniques; medication options; and Caesarean birth. Class space is limited, register early in your pregnancy! Reservations are required.

PREPARED CHILDBIRTH QUICK CLASS - This one day class will help you understand stages of labor, and discuss relaxation techniques and other coping skills. Includes information about interventions and postpartum care. A tour of labor and delivery is included. University Hospital. Contact: Diane Sampson. Reservations are required. For more info call: 982-3678.

PREPARING FOR BIRTH AND BABY - UVA Health System. This five part series will cover all you need to know about the labor process, relaxation techniques, options for pain relief and hospital policies. We will also discuss how to work with your health care team to make the best birth experience for you. Basics in baby care and typical newborn behavior is covered in the third class of the series by a Nursery nurse. It is a comprehensive class that will help you gain confidence for the birth of your baby and starting out your new family. Contact: Diane Sampson. Email: des4v@virginia.edu. Reservations are required. For more info call: 982-3678.

SIBLING CLASS - A class for expectant siblings aged 2-10. A nursery nurse will talk to the children about what a new baby is like, how they can help and a peek at a labor room and the nursery. A fun way to get children talking about the changes to come! University Hospital. Recommended for ages 2 to 10. Contact: Diane Sampson. Email: des4v@virginia.edu. Reservations are required. For more info call: 924-9920.

BIRTHING EDUCATION

Birthing From Within Educator/Facilitator
Christine Murray
3785 Graemont Drive, Earlysville, VA
22936 (434) 984-1353
MotherJourneys@gmail.com

Birthing From Within Educator/Facilitator
Danielle Miller (540) 471-7706 peacefulpassages@yahoo.com
<http://peacefulpassagesdoula.wordpress.com/birthing-from-within-classes/>

Birthing with Awareness - Kristen Robertson
(434) 979-5063

Brio Birth - Jenny McManus
An evidence-based 12-week series for mothers and coaches ryanandjennifermcm@yahoo.com
(540) 241-5534
Hypnobirthing -Steve Mustoe
(434) 963-9933

Better Birth...For Moms, Dads, and Babies Classes

Interactive, natural childbirth classes are taught by childbirth educators who are also experienced doulas and students of midwifery. Classes meet once a week for 6 weeks.

*There are two class facilitators listed below, and addition information can be found on either website.

Sarah Davis, doula and childbirth educator
www.onegentlebeginning.com
sarahdavis2@gmail.com
434-825-4160

Merrie, Doula and Childbirth
Educator www.intuitivebirth.biz
Email: merrie@intuitivebirth.biz
Phone: 801-787-0729

PEDIATRICIANS

Pediatric Associates of Charlottesville
www.charlottesvillepeds.com

Piedmont Pediatrics
www.piedmontpediatrics.net
900 Rio East Court, Suite

A Phone: (434) 975-7777

Fax: (434) 975-7774

UVA's Pediatric Services

The following four clinics are part of the University's Children Hospital. The Children's Hospital also has services in a wide variety of pediatric specialties ranging from cardiology to urology.

UVA Primary Care Center
2955 Ivy Road, Suite 303
924-5321

Pediatrics at Northridge
1215 Lee Street
980-6555

Teen Health Center
1400 W Main Street
982-0900

661 University Lane
Orange, VA
(540)661-3025

Alexander - Reynolds | [Rheuban - Zanelli](#)

[Dr. Whitney Alexander](#)

Pediatrician
2411 Ivy Rd
Charlottesville, VA 22903

[Dr. Pamela Duff](#)

Pediatrician
2211 Hydraulic Rd
Charlottesville, VA 22901

[Dr. Matthew Ledoux](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Susan Anderson](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Karen Fairchild](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. David Lim](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Carlos Armengol](#)

Pediatrician
1011 E Jefferson St
Charlottesville, VA 22902

[Dr. Susan Gaston](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Raymond Marotta](#)

Pediatrician
1450 Sachem Pl
Charlottesville, VA 22901

[Dr. Joshua Attridge](#)

Pediatrician

2955 Ivy Rd
Charlottesville, VA 22903

[Dr. Jay Gillenwater](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Nancy McDaniel](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Lori Balaban](#)

Pediatrician
1011 E Jefferson St
Charlottesville, VA 22902

[Dr. Howard Gutgesell](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Mark Mendelsohn](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. James Blackman](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Teresa Hashisaki](#)

Pediatrician
1011 E Jefferson St
Charlottesville, VA 22902

[Dr. Robert Michel](#)

Pediatrician
900 Rio East Ct
Charlottesville, VA 22901

[Dr. Carol Boersma](#)

Pediatrician
900 Rio East Ct
Charlottesville, VA 22901

[Dr. David Hawkes](#)

Pediatrician
2411 Ivy Rd
Charlottesville, VA 22903

[Dr. Katherine Mika](#)

Pediatrician
1522 Insurance Ln
Charlottesville, VA 22911

[Dr. Stephen Borowitz](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Gregory Hayden](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Mark Niehaus](#)

Pediatrician
416 Albemarle Sq
Albemarle Square Family Health
Charlottesville, VA 22901

[Dr. Andy Bowman](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Meredith Hayden](#)

Pediatrician
400 Brandon Ave
Elson Student Health Center
Charlottesville, VA 22903
[Dr. Kenneth Norwood](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Robert Boyle](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Martha Hellems](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Lauren Pankratz](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Patrick Brown](#)

Pediatrician
1221 Lee St
Charlottesville, VA 22908
[Dr. Wendy Hirsh](#)

Pediatrician
400 Brandon Ave
Elson Student Health Center
Charlottesville, VA 22903
[Dr. Nancy Payne](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Martha Carpenter](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Christine Houlihan](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. James Plews-Ogan](#)

Pediatrician
1412 Sagem PI
Charlottesville, VA 22901

[Dr. William Clarke](#)
Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. John Hunt](#)
Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Heather Quillian](#)

Pediatrician
1215 Lee St University Hospital Charlottesville, VA 22908
[Dr. Susan Dabrowski](#)

Pediatrician

1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. John Kattwinkel](#)

Pediatrician

1215 Lee St University Hospital Charlottesville, VA 22908

[Dr. Colin Ramirez](#)

Pediatrician

400 Brandon Ave

Elson Student Health Center

Charlottesville, VA 22903

[Dr. Sheila Davis](#)

Pediatrician

1011 E Jefferson St

Charlottesville, VA 22902

[Dr. David Kaufman](#)

Pediatrician

1215 Lee St University

Hospital Charlottesville,

VA 22908

[Dr. Anne Ranney](#)

Pediatrician

1215 Lee St University

Hospital Charlottesville,

VA 22908

[Dr. Mark DeBoer](#)

Pediatrician

1215 Lee St University

Hospital Charlottesville,

VA 22908

[Dr. Gary Kupfer](#)

Pediatrician

1215 Lee St University

Hospital Charlottesville,

VA 22908

[Dr. David Reynolds](#)

Pediatrician

1522 Insurance Ln

Charlottesville, VA 22911

[Dr. Michael Dickens](#)

Pediatrician

1011 E Jefferson St

LACTATION CONSULTANTS

The Lactation Corner (MJH Hospital)
(434) 296-4TLC (4852)

UVA, Katie Heck
(434) 982-3316

Pediatric Associates, Lisa McRea
(434) 296-9161

La Leche League of Charlottesville
lllcville.blogspot.com
LLL Leaders:

Allyson

shamesa@comcast.net

Barbara (434) 296-8875,
marsbar078@yahoo.com

Briana

briana.tillman@gmail.com

Sara (434) 295-7679

sararuth42@yahoo.com

Sarah (434) 970-1863,
sarahville@gmail.com

Cynthia (434) 244-7491,
ckb4x@yahoo.com

Skyline Lactation Care Adrienne
Uphoff, IBCLC, RLC
skylinelactation.com
(434) 466-5664
aeuphoff@gmail.com

PRENATAL MASSAGE/CHIROPRACTIC

Cindy Janechild
(434)960-8625

www.cindyjanechild.com

Structural and soft tissue massage, Zero Balancing, CranioSacral, Lymphatic Drainage, Visceral Manipulation

Sarah Handley
(434)962-2532

Fireandwatercville.com

The Glass Building

313 2nd Street SE

Charlottesville, VA 22902

Belvedere Integrated Healing Arts

Kate White - massage and craniosacral therapist, certified lactation counselor, and specialist in prenatal, birth and attachment therapy. She offers a variety of specials for the pregnant and postpartum period, and especially works with moms and babies. She has been in private practice since 1995.

Phone: (434) 996-2002

Email: katercst@gmail.com
Web Address: www.belvederearts.com

Bodywork for Birth
Dawn Ann Woodring, NCTMB
Phone: (540) 456-6599
Web Address: www.bodyworkforbirth.massagetherapy.com

Lisa Eller, CMT
1114 E. High St.
(434) 244-7424

Kristen Robertson
(434)979-5063

Dawn Woodring
(434) 286-3600
dawn.woodring@gmail.com

Ivy Commons Family Chiropractic
4422 Ivy Commons, Charlottesville, VA
(434)293-2779, www.ivychiropractic.com
- A modern facility known for its range of Chiropractic techniques and other services.
Spinal adjustment, On-Premise X-Ray Facility, SEMG(Surface EMG and Thermal Scan,
Nutritional Consultation, Massage Therapy.

Spinal Health and Wellness
Dr. Dolly Garnecki
673 Berkmar Circe
Charlottesville, VA 22902, www.scoliosisdoc.com/tag/dr-dolly-garnecki
(434)566-0126

PREGNANCY/FAMILY PHOTOGRAPHY & ART

Cramer Photo
Sarah Cramer Shields
www.cramerphoto.com

Martha Loving Orgain
434-295-5706 or 434-996-5766 (mobile)

Pregnancy Belly Sculpting - Emily R. Aylor
540-219-8734

Amy Benoit Photography
www.amybenoit.com
Specializing in expecting mamas, the tiniest of babies, children of all ages.

PARENTING CLASSES AND RESOURCES

MARTHA JEFFERSON PREGNANCY EDUCATION

<http://www.marthajefferson.org/clinical-services-maternity-pregnancy.php#maternity>
Parenting classes, tours of hospital, lactation services, etc.

SIX EASY STEPS PARENTING CLASS Children, Youth & Family Services.

A parenting class for parents of children 2-12 years old. The program uses a nationally recognized curriculum called "STEP" which includes topics: ages and stages of child development, respectful communication, setting limits and giving choices. Children, Youth & Family Services. Contact: Beth Castro. Email: bcastro@cyfs.org. For more info call: 296-4119.

CHILDBIRTH CLASSES TO GO - English and Spanish pregnancy, birth and parenting videos for adults, bedrest moms and teens, childbirth classroom supplies and much more at www.ChildbirthClassToGo.com

SURVIVING THE TEEN YEARS Children, Youth & Family Services.

This is a six-week class designed for parents with their youth ages 10-18. The fee includes the six classes plus three optional follow-up family coaching. Contact: Jack Gallagher. For more info call: 589-1171.

INFANT AND CHILD CPR AND SAFETY COURSE

University Hospital. Contact: Diane Sampson. Email: des4v@virginia.edu. call: 924-9920.

PARENTS RESOURCES

SWADDLE – www.swaddleville.com. Motherhood concierge services for all types of mothering needs (time management with kids, daily routines, 'mom' confidence, nursery set-up and design, baby-wearing, sleep training, baby gear, baby proofing)

The Stork – Cloth Diaper Service in Charlottesville and Richmond
(434)295-2594
<http://www.thestork.biz/>

EMPOWERING FAMILIES PARENTING EDUCATION GROUP

A parenting education group consisting of eight sessions covering communication skills, discipline, structure, sibling relationships and parental burn-out. Contact: Dr. Daniel Price, Psy.D., 971-8454.

PARENT RESOURCE CENTER

Serves families of children in special education in Albemarle, Charlottesville, Fluvanna, Greene and Nelson Counties. The PRC operates on the philosophy that parents are a valuable resource in planning the education of their special child. Consulting, groups, classes, lending library, and more. 225 Lambs Lane. Email: sblech@albemarle.org. For more info call: 975-9400.

STRENGTHENING FAMILIES PROGRAM (Charlottesville)

Parents and children (ages 6-11) participate together in this FREE 14-week family skills training program. Program Manuals are also available in Spanish. Monica Maughlin, Program Coordinator, at 434-972-1870 or monicam@regionten.org.

NUTRITION

Susan E. Del Gobbo. MPH.RD
ADA certified in Adult Weight Management
Charlottesville Nutrition
404 8th St. NE
Charlottesville, VA. 22902
(434) 760-1298
www.charlottesvillenuitrition.com

Susan has worked as a nutritionist for over 30 years. Her specialties include pre- and post-natal nutrition, family nutrition, weight management, eating disorders, sports performance, cardiovascular nutrition and wellness. She has worked with the UVA athletes for over 20 years and currently serves as the nutrition therapist for the athletes with eating disorders. Due to the nature of the conditions she specializes in, she has also developed in-depth knowledge of gastrointestinal conditions, food allergies and intolerances, vegetarianism and vitamin and mineral needs. She also taught at the community college and university level for years. Her professional interests include the nexus between nutrition, agriculture and the pleasure of eating, culinary and medicinal herbs and the power of vinegar and other individual foods and beverages in health.

SOCIAL SERVICES

City of Charlottesville Department of Social Services, 120 7th Street NE, 970-3400
<http://www.charlottesville.org/index.aspx?page=36>

Albemarle County Department of Social Services, 1600 5th Street, Suite A , P. O. Box 297
Charlottesville, VA 22902, 434-972-4010, FAX: 434-972-4080
<http://www.albemarle.org/department.asp?department=dss>

WIC PROGRAM (Women, Infants and Children)

Provides nutritional counseling and health assessments of children (0-5) and/or pregnant, postpartum or breast-feeding women. 972-6206

UNITED WAY INFORMATION AND REFERRAL CENTER

806 East High St. Charlottesville, VA
(434)972-1703

United Way provides referrals to over 2000 local health and human service programs, including resources on child care, children's health insurance, food, health care, housing, support groups and other organizations.

THE WOMEN'S INITIATIVE

This organization provides counseling services, social support and education to empower women to transform challenging life situations into opportunities for renewed well-being and personal growth. Offers free support groups

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

PARTNERSHIP FOR CHILDREN

Provides families of children 0-6 with information about healthy development, family life, and available community resources. 1000 East High Street. For more info call: 220-5437 ext. 240.

VOICES FOR VIRGINIA'S KIDS

This organization is committed to building a powerful voice for children. The website offers information on early child education, legislative updates, KIDS COUNT, TEACH-VA, and other related links. www.vakids.org

UVA WOMENS CENTER

The Center teaches students how to create powerful and positive change, in themselves, in their communities, and in their world.

womenctr@virginia.edu <http://womenscenter.virginia.edu>
982-2361

CHARLOTTESVILLE/ALBEMARLE COMMISSION ON CHILDREN AND FAMILIES

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

Citizens working to identify local needs related to families, facilitate community strategies, increase access to family-related information, and advise local government.
(434) 872-4545

VIRGINIA INSTITUTE OF AUTISM (VIA)

Virginia Institute of Autism (VIA) is a non-profit organization providing a day-school and other resources for families, educators and health professionals seeking services, training or information about autism and evidence based interventions. Some current programs includes Yoga Spectrum, Playgroups in the Park, and Pathways which is a social skills programs for children and teens with Asperger Syndrome, high functioning Autism and related social challenges.
www.viaschool.org

THE ARC OF THE PIEDMONT

The Arc of the Piedmont provides service, advocacy and education to families, infants, children with support needs due to intellectual, developmental and other disabilities.
<http://www.thearcofthepiedmont.org>

PARENT GROUPS

MOMS CLUB OF CHARLOTTESVILLE.

Email: cvillemoms4you@yahoo.com. For more info call: 4349902674.

FOCUS Single Mothers' Network

Phone: 434-293-2222 ext. 19

STUDENTS WITH CHILDREN

Network with other parents who are also attending the University of Virginia. Organized by the Office of the Dean of Students. Call for location and times. Call for location and times. Email: studentswithchildren@virginia.edu

PARENTING NETWORK OF CHARLOTTESVILLE (PNOC)

Parenting Network of Charlottesville.

PNOC: Parenting Network of Charlottesville, serves parents with children of all ages in the greater Charlottesville area as a networking and discussion forum. PNOC is a place to exchange ideas and information, and to network about activities and resources. All topics related to parenting are open for discussion. All ages welcome.

BIRTH CIRCLE COMMUNITY NIGHT

New and expectant parents gather for an informal discussion of pregnancy, birth, and all aspects of parenthood. Community Night provides a welcoming space for partners, spouses, friends, and relatives to enjoy the community that Birth Circle regularly creates and nurtures among moms and moms-to-be. Sugar Snap Consignment. Contact: Sugar Snap. Email: sugarsnap@me.com. For more info call: 434-973-0736.

MOPS (Mothers of Preschoolers) Group

Crozet United Methodist Church. MOPS is a Christian ministry of support for mothers of preschoolers. Limited childcare available. Each meeting includes inspirational story, special speaker, discussion, craft, and refreshments. Contact Terry Lynn Petty tjpetty@ntelos.net
<http://http://www.crozetumc.org/templates/System/details.asp?id=27698&PID=273024>

INFORMATION ON CHILDCARE/ SCHOOLS/ & BABYSITTERS

FIRST LEAPS - (434)220-2885

Recommended by local parents of children with Autism - preschool, tutoring and consulting for special needs families.

MONTICELLO AVENUE

<http://avenue.org/education.htm>

This local community site has information about schools and links to school websites, as well as information about camps, and other education resources.

CHILDREN, YOUTH, and FAMILY SERVICES

Will provide a list of home-care providers, day-care centers, and preschools as well as information on how to become listed. 296-4118 116 W. Jefferson Street

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

CITY OF CHARLOTTESVILLE RESIDENTS HOME PAGE

An incredible collection of information about city services. some of the lists include daycare providers, city schools, neighbourhoods, etc...

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

CHARLOTTESVILLE CITY SCHOOLS GUIDE

Great resource providing links to and info on all of the city's public schools.

<http://www.ccs.k12.va.us/>

ALBERMARLE COUNTY PUBLIC SCHOOLS GUIDE

Lists the Albemarle County public schools, <http://k12.albemarle.org>

ALBERMARLE HOMESCHOOLERS NETWORK

Albemarle Homeschoolers is open to all homeschoolers (and those considering homeschooling) in Albemarle Co, and the surrounding area.

<http://groups.yahoo.com/group/AlbemarleHomeschoolers>

COLLEGE QUICK JOBS

Hire UVA students for any short term job: babysitting, tutoring, yard work, pet care, etc.

<http://www.collegequickjobs.com>

BABYSITTERS

Both the UVA Nursing School and The Women's Center keep updated lists of babysitters including their contact info and availability. Both lists are updated each semester.

The Women's Center Babysitter List: Contact Sue Gerrans at (434) 982-2361.

UVA School of Nursing Babysitter List: Call (434) 924-0141.

LOCAL PRESCHOOL AND DAYCARE LIST

The UVA Law School Website maintains a very thorough list of options in and around Charlottesville. http://www.law.virginia.edu/html/insider/family_schools.html

DATE NIGHT DROP-OFF Virginia Discovery Museum.

A night out for you and your kids! This pre-registration drop-off program includes a craft, and lots of games, pizza, a beverage and free time to play in the Museum! Pre-registration required/Space is limited to 12 children per week and will not run without a minimum of 4 children. Virginia Discovery Museum. Recommended for ages 4 to 7. Email: gallerymanager@vadm.org. Reservations are required. For more info call: 977-1025.

CHARLOTTESVILLE NANNIES - This group is a resource for people seeking and offering childcare in the Charlottesville, VA area. (Examples: A Nanny, A babysitter, home daycares, moms, dads, etc.) :)

WEBSITE: <http://groups.yahoo.com/group/CharlottesvilleNanny/>

ADDITIONAL RESOURCES: [Care.com](http://www.care.com) and [Sitters.com](http://www.sitters.com)

Cool local services/shops we love to support :

rock paper scissors

225 east main street
charlottesville, va 22902

[434.979.6366](tel:434.979.6366) t

[434.220.6334](tel:434.220.6334) f

www.thinkrockpaperscissors.com

offering both modern and traditional design in baby shower invitations, birth announcements, family holiday cards, stationery and more; plus planners for busy moms, keepsake photo albums, baby's first book, cards, gift wrap, ribbon, and other useful organizational accessories!

Sweetness Without Sugar – www.sweetnesswithoutosugar.com Local mother, registered dietician. Wendy Vignor-Hess, RD, (434)996-6768

SWADDLE – www.swaddleville.com. Motherhood concierge services for all types of mothering needs (time management with kids, daily routines, 'mom' confidence, nursery set-up and design, baby-wearing, sleep training, baby gear, baby proofing). (434)825-5185, kikipatsch@gmail.com

Baby Boot Camp www.babybootcamp.com, kira.sullivan@babybootcamp.com

Baby Boot Camp is an exercise class that allows moms to work out with their baby. The class combines cardio and strength exercises and babies are entertained throughout with singing, counting, and bubbles. Moms get a great workout, meet other moms, and have a fun time with their baby or toddler!

Guerrilla Yoga Project - donation based community yoga, <http://www.gypcville.com>

Petit Bebe 115 S. First St. Charlottesville, VA. www.petitbebe.com
Children's and maternity boutique offering everything from beautiful, unique children's clothing to modern eco-friendly furniture, and gear.

O'Suzannah 114 4th Street N.E., 434.979.746 <http://osuzannahnews.blogspot.com>
Gifts and goodies for all ages, with a large selection of bags, wallets, and stationery for mamas and books, toys, and clothing for babies and toddlers.

Blue Ridge Eco Shop 313 E. Main Street, Downtown Mall www.blueridgeecoshop.com
Natural and organic products for your home and baby. Green living made easy with everything from healthy paints for your new nursery to organic children's clothes.

Suzy Said Charlottesville www.suzysaid.com/charlottesville/
SuzySaid is the go-to website for Charlottesville women in the know. From the mom-to-mom family beat to daily deals to fashion to fave places for a date or girls night out - Suzy's got everything you need to know to make daily life in Cville rock.

Virginia Discovery Museum East End of the Downtown Mall, www.vadm.org
The Virginia Discovery Museum brings young children and families together to engage minds, excite imaginations and explore the world around them. VDM offers hands-on programs, exhibits, camps and events geared to children ages 1-10. The Museum is open Tuesday-Sunday.

The Hip Joint 110 2nd Street NE, 434-971-6888. <http://www.thehipjointdances.com/> The Hip Joint, Dance and Yoga Apparel specializes in fitting people of all ages and sizes in shoes, clothing and accessories for the movement arts, as well as carrying fun, movement inspired fashion.

Baby Signs® with Gillian www.babysignsprogram.com/withgillian Baby Signs® is the world's leading sign language program for hearing babies. Gillian, an Independent Certified Instructor for the Baby Signs® Program, is now offering Parent Workshops and Play classes to the Charlottesville community

Derriere de Soie, 105 East Main Street, Downtown Mall, Charlottesville
<http://shop.silkybottom.com/store/pc/home.asp> Derriere de Soie is dedicated to providing quality and luxury undergarments, sleepwear, loungewear, and swimwear from brands ranging from small, unique designers to larger companies that have been favorites for generations. We have a range of maternity bras, underwear and sleepwear that will fit you throughout your pregnancy and beyond, so come in for a personalized fitting today

Explorations Play Studio, Nicole Root: Owner
1919 Commonwealth Drive, (434) 227-0258
www.explorationsplaystudio.com
Explorations Play Studio is aesthetically and purposefully designed to entice young children to explore and discover. Best suited for children ages 2-8 years old. Visit our website and sign up for a free visit!

