



bloomSPOKANE

Growing a Better Birth Community
A BIRTHNETWORK NATIONAL CHAPTER



BIRTH & Beyond

2012 RESOURCE GUIDE



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It's Your Birth. Know Your Options!

Bloom Spokane provides up-to-date information and resources for pregnant women and their families in the Inland Northwest, encouraging them to know their options, advocate for their choices, and push for the safest and best birth possible.

We recognize birth as a normal, healthy process—not an illness or disease. Women in our community should have the opportunity to birth instinctively and freely, whether they choose to give birth at home, birth center or hospital. Bloom Spokane is here to help you understand your options and to feel confident in the choices you make.

Bloomspokane.org

- Online Provider Directory
- Free Classes
- Scholarships
- Local Birth Stories
- Calendar of Events
- Support Groups
- Breastfeeding Resources

Become A Member

Support our mission of a safe and positive birth for every woman. Visit our website for information on membership benefits and to apply.

Consumers: \$25/year

Professionals: Starts at \$50



Bloom Spokane is an official chapter of BirthNetwork National, a 501c3 nonprofit organization leading a grassroots movement based on the belief that birth can profoundly affect our physical, mental and spiritual well-being.

Mother-Friendly Care Providers

This provider directory is a listing of Bloom Spokane professional members who provide mother-friendly services to expecting women and families. Our members support a woman’s right to make informed decisions about her pregnancy and birth options and advocate evidence-based care as defined by the Mother-Friendly Childbirth Initiative.

Acupuncture

Becky Oos, L.Ac.

20 W Main Ave., Spokane, WA 99201
 (509) 230-4580
www.beckyoos.com

Each listing is allotted a 300-character (including spaces) description that follows the provider name, business name, address, phone number and website. We will not publish email addresses in the guide. Descriptions should consist of running text in one paragraph. No bullet points or other formatting.

Rebekah Giangreco, EAMP

New Moon Family Acupuncture
 906 S Cowley, Spokane, WA 99202
 (253) 273-5235
www.newmoonacupuncture.com

Each listing is allotted a 300-character (including spaces) description that follows the provider name, business name, address, phone number and website. We will not publish email addresses in the guide. Descriptions should consist of running text in one paragraph. No bullet points or other formatting.

Coleen Smith, RN, EAMP, FABRM

Point of Origin
 12211 E. Broadway, Spokane Valley, WA 99206
 (509) 928-2777
www.spokaneacupuncture.com

Each listing is allotted a 300-character (including spaces) description that follows the provider name, business name,

address, phone number and website. We will not publish email addresses in the guide. Descriptions should consist of running text in one paragraph. No bullet points or other formatting.

Breastfeeding Support

BREASTFEEDING EDUCATORS

Dawn M. Brown, LCCE, CD, CBE

Baby Steps Spokane
 (509) 217-6673
www.baby-steps-spokane.com

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Andrea Kennedy, LMP, CLE

Insightful Touch
 4028 N. Whitehouse St., Spokane WA 99205
 (509) 230-7715
www.insightfultouchspokane.com

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Xylina Weaver, HBCE, CLE

Spokane Birth Support

(509) 448-1006 & (509) 496-3526

www.spokanebirthsupport.com

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LACTATION CONSULTANTS

Melissa Morgan, IBCLC

Nurture Normally

(509) 621-5045 Ext. 102

www.nurturenormally.com

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PHYSICIANS

Dr. Nathan Meltzer, MD

Valley Obstetrics & Gynecology

1415 North Houk Road, Suite A, Spokane Valley, WA

(509) 924-1990

www.valobgyn.com

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SUPPLIES & SUPPORT

Inspired Solutions

101 W 8th Ave Suite 1700, Spokane, WA 99204

930 N Mullan Suite 1, Spokane Valley, WA, 99206

(509) 474-4040

www.inspiredsolutionsmedical.com

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Mothers Haven

2112 N. Government Way, Coeur d'Alene, ID 83814

Phone: (208) 676-1300

Website: mothershaven.com

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