

Community Resources

Women's perinatal and post natal fitness Coach

-Erica Friedman

www.ericafriedmanwellness.com

IG: [ericafriedman_wellness](https://www.instagram.com/ericafriedman_wellness)



Mental health

-Ashley Halverson, (LoveStrong Wellness)

www.inclusivereproductivehealing.com

Marriage and family therapist

-Sherry Kalish Therapy (LoveStrong Wellness)

sherrykalishtherapy.com

858-215-1073

Lactation Counseling

-FullCRCL -Dietician and lactation consultant

fullcrcl.com, Carlsbad Ca

-Cradle & Latch- Lactation Counseling and postpartum support

www.cradleandlatch.com, Sydney White 760-206-3655

IG: [@cradleandlatch](https://www.instagram.com/cradleandlatch)

-Nightingale Nursing (LoveStrong Wellness)

www.mynightingalenursing.com, Jennifer Gathman

858-225-4691

Infant Sleep coach

-Sugar Night Night, www.sugarnightnight.com

Jen Varela 949-280-4500 (LoveStrong Wellness)

Child Life Specialist

-EmpoweringKidz.com, Alyssa Pettingill

916-402-3384 (LoveStrong Wellness)

Chiropractor

-www.pacificwellness.sd, Dr. Liz Farrell Wray (LoveStrong Wellness)

IG: [@drlizchiro](https://www.instagram.com/drlizchiro)

Pacific Beach and Rancho Bernardo

-www.thevitalistco.com, Dr. Corey Belt 760-542-8570

Vista, Ca

-www.drchloelightner.com, Dr. Chloe Lightner 858-484-0444

Carmel Mountain, SD

-www.awakenchiro.com, Dr. Maddie Wallace 619-776-9603

La Jolla, Ca

MidWifery

-www.paulasmidwifery.com, Arianna Escobar-Marin 760-990-0675

San Diego, Ca

-www.birthwavesmidwifery.com, Tatiana Koontz 858-221-6040

San Diego, Ca

Doula Services

-tendernestdoula.com, Danielle D-Andrea 760-410-6803, postpartum Doula

-www.doulasofnorthcounty.com, Kelly Brusch founder

760-519-3051. IG [@doulasofnorthcounty](https://www.instagram.com/doulasofnorthcounty), North County San Diego

Acupuncture

-IG [@ninamjung](https://www.instagram.com/ninamjung), Nina Jung, Fertility and Motherhood, contact through instagram

San Diego, Ca

-www.apolloacu.com, Daniel Schwartz, 760-607-6868

Vista, Ca

