

Baltimore Area

POSTPARTUM RESOURCES

COUNSELORS

Karen Kindig- LCSW-C, PMH-C
Karen@WombRoom.Mom

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Lauren@WombRoom.Mom

MENTAL HEALTH SUPPORT

thebalanceafterbaby.com

[Afterglow Therapy Group
at The Womb Room](#)

[After the Afterglow Therapy Group
at The Womb Room](#)

[Equilibrium: Anxiety Therapy Group](#)

BIRTH DOULA

Odile Penet
mybirthcompanion.com

Brielle Weber
birthbybrielle.com

Shante Ferguson
louishands.wordpress.com

POSTPARTUM DOULA

Cara Crowe
wombroom.mom/cara-crowe

Meg Ruzicka
thenurturingroot.com

Karen Kelly
karenkellydoula.com

RELATIONSHIP SUPPORT

mylovethinks.com

getlasting.com

PHYSICAL THERAPY

Indigo Physiotherapy
indigophysio.com

Blue Lotus Physical Therapy
bluelotusphysicaltherapy.com

LACTATION

Dr. Monique Soileau-Burke
thepediatriccenter.org
443-451-1600

Katy Linda, IBCLC
katylinda.com
410-929-2455

Baltimore Breastfeeds
baltimorebreastfeeds.com
baltimorebreastfeeds@gmail.com

FEEDING

Solid Starts
solidstarts.com

My Little Eater
mylittleeater.com

The Formula Mom
theformulamom.com

CAR SEAT SAFETY

Baltimore County Government
mdh.kiss@maryland.gov
800-370-SEAT

Safe In The Seat
safeintheseat.com

HOME SAFETY

Consumer Product Safety Commission
cpsc.gov/Recalls

Dog Meets Baby
dogmeetsbaby.expert

Safe Beginnings
safebeginnings.ca

PHOTOGRAPHERS

Simply Picturesque Photography
simplypicturesquephotography.com

Jade Nikkole Photography
jadenikkolephoto.com

Michaela Fox Photography
michaelafoxphotography.com

FOR IMMEDIATE SUPPORT
PLEASE CALL

POSTPARTUM SUPPORT
INTERNATIONAL
PSI HELPLINE
1-800-944-4773