



## Uma Center Resource List

Visit our calendar of events at: [www.umacenter.com](http://www.umacenter.com)  
414 S. Jefferson St, Moscow, ID – [umacenterinfo@gmail.com](mailto:umacenterinfo@gmail.com)

### **Uma Center Monthly Newsletter**

Contact [umacenterinfo@gmail.com](mailto:umacenterinfo@gmail.com) to sign up.

### **Prenatal/Postnatal Yoga, Wednesdays, 5:15-6:30pm**

Cost: \$10/class or \$8/class with 10-class punch card. Contact [umacenterinfo@gmail.com](mailto:umacenterinfo@gmail.com) for more info.

### **The Healing Group: 2<sup>nd</sup> & 4<sup>th</sup> Saturday each month, 9am-10am**

The Healing Group is a place for postpartum mothers to come together to experience kindness, commiseration, community and letting go. The Healing Group provides a space for compassionate support, check ins, and strengthening your mom support network. If you have questions about postpartum experiences or the Healing Group, please call Lisa Malcolm, LICSW for more information at (509) 339 5936.

### **Grieving Parents Group: 2<sup>nd</sup> Monday each month, 5:10-6:10 pm**

Losing a child is perhaps the most heartbreaking challenge we humans have to endure. It changes everything. It's hard to know what to do or how to cope. This group doesn't offer any answers or solutions. Rather, we seek to create a space to be with other grieving parents, to build community and to offer companionship on this most difficult of journeys.

### **Mamas & Papas Coop Program: 1<sup>st</sup> Monday of every month at 9:30am**

This monthly meeting is for new and expectant parents on the Palouse. The group is designed to offer education and support for mamas, papas, wee ones and expecting families. Meetings are free and childcare assistance is always provided.

### **La Leche League: 1<sup>st</sup> Monday in each month from 5:30pm-7:00pm**

Breastfeeding Support Group. Come and sit with moms and watch and learn about breastfeeding and all the other realities of motherhood. Contact Betsy Johnson at [betsyjohnson@frontier.com](mailto:betsyjohnson@frontier.com).

### **Prenatal Yoga Partner Workshop with Kristine Petterson**

This special two-hour workshop invites you and your partner to come to your mat together for two full hours of mindful practice to support your path to parenthood. Enjoy breathing and relaxation exercises, poses for a strong and supportive pregnancy, partner activities to support pregnancy and labor, labor support/birthing positions, deepening your connection, to each other and baby, tea, and time for Q&A following class.

## **Other Resources & Contacts**

### **Postpartum Support Group with ViviAnne Fisher, Fridays, 11am-12pm**

Calling all postpartum mamas on the Palouse! Join ViviAnne Fisher at The Nest in Pullman (425 South Grand Ave, Pullman) every Friday from 11am-12pm. Kids are welcome! Contact [hello@nestbirthandwellness.com](mailto:hello@nestbirthandwellness.com)

## **Respectful Sleep Solutions with Kristine Petterson, Slumber Specialist**

Empowering tired families to get the rest they need for well-being and proper development, using personalized education and support about how to achieve healthy sleep habits from newborn to adult. For more info contact: [kpetterson4@gmail.com](mailto:kpetterson4@gmail.com)

## **Birth Doulas**

Rebecca Haley, Palouse Women's Wellness – [rebeccahaleydoula@gmail.com](mailto:rebeccahaleydoula@gmail.com)

Jessica Smith, Prairie Blooms – [prairiebloomswellness@gmail.com](mailto:prairiebloomswellness@gmail.com)

Mariah Maki, Salt & Light Birth – [hello@saltandlightbirth.com](mailto:hello@saltandlightbirth.com)

Brittney Luck – [brittneyluck127@gmail.com](mailto:brittneyluck127@gmail.com)

## **Midwives**

Nancy Draznin, LM, CPM, The Nest Birth & Wellness – [office@nestbirthandwellness.com](mailto:office@nestbirthandwellness.com) – (509) 330-5539

Vivianne Fischer, LM, CPM, The Nest Birth & Wellness – [midwife@nestbirthandwellness.com](mailto:midwife@nestbirthandwellness.com) – (509) 330-5539

Bobbi Bennett-Wolcott, ARNP, CNM, Palouse Medical P.S. – (509) 332-8847

## **Birth Centers**

The Nest Birth & Wellness – [www.nestbirthandwellness.com](http://www.nestbirthandwellness.com) – 425 S. Grand Ave, Pullman, WA

## **Pelvic Floor Physical Therapy**

Lauren Jentges, DPT, Gritman Medical Center – [jentgl@gritman.org](mailto:jentgl@gritman.org) – (208) 882-4511

## **Birth Photography**

Catherine Taylor, CBleme Photography – [www.cbelmephotography.com](http://www.cbelmephotography.com)