



## 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)

### **Prenatal Yoga with Marijka Haverhals, Wednesdays, 5:15-6:30pm**

Cost: \$7/class or \$5/class with 10-class punch card

### **Postnatal Yoga with Kristine Petterson, Tuesdays, 5:15-6:30pm (infants welcome)**

Cost: \$7/class or \$5/class with 10-class punch card

### **Mamas Meet & Greet: Saturday, 10am-12pm (Fall, Winter, Spring)**

Connect and meet other Palouse mamas during this informal social hour(s). Network and learn more about available activities and support in your community. Drop by anytime and kids of all ages are welcome!

### **The Healing Group: Saturdays, 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 screening and information at 509 339 5936.

### **Grieving Parents Group: 3<sup>rd</sup> Monday each month, 6-7pm**

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.

### **Labor Support Workshop with Nicole Werner**

This 4 hour "crash course" will prepare you and your partner for childbirth. This class is best for couples who have given birth before and are looking for a refresher, those with a history of rapid labors, and those with limited time to take a comprehensive course. Learn about normal labor, coping strategies, and empowered communication with providers, Cost is \$120 per couple. For more info contact [nicole@moscowdoula.com](mailto:nicole@moscowdoula.com)

### **Early Pregnancy Course with Nicole Werner**

The early pregnancy course will help couples make evidence-based decisions like, "Who will care for my baby during pregnancy, birth and beyond?", "Where should I give birth?", and "What are my options if I've had a

prior Cesarean delivery?” Extensive resources for pregnancy, birth and postpartum will be shared. Cost is \$25 for the 2-hour course. For more info contact [nicole@moscowdoula.com](mailto:nicole@moscowdoula.com)

### **Birth Matters Classes with Nicole Werner**

Are you expecting a baby? This comprehensive childbirth preparation course goes beyond what hospital-based childbirth classes teach to include extensive practice in comfort measures and proven strategies for avoiding unnecessary interventions. Discounts and payment plans are available. For more info contact [nicole@moscowdoula.com](mailto:nicole@moscowdoula.com)

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

This special two-hour workshop with yoga instructor and Doula, Kristine, invites you and your partner to come to your mat together for two full hours of mindful practice to support your path to parenthood. For \$20 per couple you will 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@nestbirthingandwellness.com](mailto:hello@nestbirthingandwellness.com)

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

Kristine empowers 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**

Nicole Werner, Moscow Doula Services – [nicole@moscowdoula.com](mailto:nicole@moscowdoula.com) - (208) 596-2557

Rebecca Haley, Palouse Women’s Wellness – [rebecca@palousewomenwellness.com](mailto:rebecca@palousewomenwellness.com)

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

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

### **Postpartum Doulas**

Martha Snyder, Brave Steps Doula Services – [bravebeginningsdoulaservices@gmail.com](mailto:bravebeginningsdoulaservices@gmail.com)

### **Midwives**

Nancy Draznin, LM, CPM, Motherwise Midwifery – [motherwise@genesee-id.com](mailto:motherwise@genesee-id.com)

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

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

### **Pelvic Floor Physical Therapy**

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