

Uma Center Resource List

Visit our calendar of events at: www.umacenter.com
414 S. Jefferson St, Moscow, ID – 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: 1st Saturday of every month, 10am-12pm

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

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: 1st 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: 1st Monday in each month from 5:30pm-7:30pm

Breastfeeding Support Group. Come and sit with moms and watch and learn about breastfeeding and all the other realities of motherhood.

Spring Women's Wellness Fair

Join us for this exciting event featuring women's health and wellness from birth to beyond.

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

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

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

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@nestbirthandwellness.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: kpettersen4@gmail.com

Birth Doulas

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

Rebecca Haley, Palouse Women’s Wellness – rebecca@palousewomenwellness.com

Mariah Maki, Salt & Light Birth – hello@saltandlightbirth.com

Postpartum Doulas

Martha Snyder, Brave Steps Doula Services – bravebeginningsdoulaservices@gmail.com

Midwives

Nancy Draznin, LM, CPM, Motherwise Midwifery – motherwise@genesee-id.com

Vivianne Fischer, LM, CPM, The Nest Birth & Wellness – midwife@nestbirthandwellness.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 – (208) 882-4511