

VOLUME 2  
2025  
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## **NATUROPATHIC DOCTOR**

**Dr. Ashton Perroni, ND**

**Naturopathic Doctor and owner of Thyme Integrative Health**

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## **CHIROPRACTIC CARE**

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<https://www.flourishfamilychiropractic.com>



## **LICENSED MENTAL HEALTH PROFESSIONAL**

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**Licensed mental health professional**

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## **LICENSED PSYCHOTHERAPIST**

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## **FAMILY CHIROPRACTOR**

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## **LICENSED MARRIAGE AND FAMILY THERAPIST**

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**Dana Paris**

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## **MINDSET & EMPOWERMENT COACH FOR MOMS**

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**Healer, Mindset, Empowerment Coach for Moms**

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## **PELVIC HEALTH PHYSICAL THERAPIST**

**Jennifer Kinder**

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## **DOULA CARE**

**Kara Berg**

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## **BRAIN WAVES EDUCATIONAL PSYCHOLOGY**

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### **WELL-AWAY RETREATS FOR MOMS**

Maria Rasmussen & Maria Baum  
Boutique wellness retreat experiences for moms in inspiring California locations.  
<https://www.wellawayretreats.com>



### **PERINATAL MASSAGE, YOGA TEACHER**

Darlene Estrada  
Perinatal Massage, Yoga Teacher, Placenta Encapsulation Specialist,  
Mayan Abdominal Massage  
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### **BIRTH & POSTPARTUM DOULA TEAM**

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Lactation, Postpartum Support  
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Email: [info@storkandsprout.com](mailto:info@storkandsprout.com)  
[www.storkandsprout.com](http://www.storkandsprout.com)



### **PACIFICA FAMILIES CLUB**

The Pacifica Families Club (PFC) is a member-led social group formed to provide parents and caregivers with a welcoming and supportive community. Providing age based playgroups and community events.  
<https://pmc.clubexpress.com>

Do you know or are a service provider or resource that would be a great addition?  
Please email: [Maikemancuso@gmail.com](mailto:Maikemancuso@gmail.com).

**FEEL FREE TO SHARE THIS INFORMATION WITH OTHER FAMILIES AND MOTHERS WHO  
WOULD BENEFIT FROM A SUPPORTIVE VILLAGE FOR PRE & POSTNATAL HEALTH AND  
WELLNESS AND FAMILY WELL-BEING.**

*Thank you*

FROM A MOM FOR MOMS AND FAMILIES:  
THIS PROJECT IS SPEARHEADED BY:



**MAIKE MANCUSO**  
FOUNDER: MAMA WELLNESS METHOD  
& MAMA WELLNESS HUB