

VOLUME 5
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EDIT

The
Mama Wellness
Hub



Our trusted
LOCAL VILLAGE

FOR MOTHERHOOD
AND FAMILY LIFE

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BAY AREA, CA

THE MAMA WELLNESS HUB

Building your **VILLAGE FOR MOTHERHOOD AND FAMILY LIFE** *Pregnancy, Postpartum & beyond*



This symbol indicates virtual services are available with that provider.



PRE AND POSTNATAL FITNESS AND WELLNESS TRAINER

Maïke Mancuso

Personal Training, Health Coaching, Yoga & Health Coaching for Moms

Phone: 415-650-7002

Email: maïke.mancuso@gmail.com

www.maïkemancuso.com



HOLISTIC NUTRITIONIST

Jean Naughton

Holistic Nutritionist and Restorative Wellness Practitioner

Phone: 650 303-9192

Email: jeanneichiban1@gmail.com

www.healthylifewithjean.com



NATUROPATHIC DOCTOR

Dr. Ashton Perroni, ND

Naturopathic Doctor and owner of Thyme Integrative Health

Phone: 650-380-0089

Email: info@thymehealth.com

<https://www.thymehealth.com/>



CERTIFIED PEDIATRIC SLEEP CONSULTANT

Lena Gratz

Certified Pediatric Sleep Consultant

Phone: 415-579-6661

Email: lena@hushlittleowl.com

<https://www.hushlittleowl.com/>



CHIROPRACTIC CARE

Gabby Bonfigli

Chiropractic care: Pediatric | Perinatal | Families

Phone: 802-238-0758

Email: gabbybonfigli@gmail.com

<https://www.flourishfamilychiropractic.com>



LICENSED MENTAL HEALTH PROFESSIONAL

Samantha Howard

Licensed mental health professional

Phone: 650-262-1917

Email: samanthahowardlmft@gmail.com

<https://www.samanthahowardlmft.com/>



COVE PT, DPT, PRPC

Monica Candelore

In-home concierge pelvic floor physical therapy

Phone: (650) 242-5095

Email: monicacandelore@cove-pt.com

<https://www.cove-pt.com/>



FAMILY CHIROPRACTOR

Dr. Lisa Walsh

Owner and Lead Doctor of Chiropractic at Coastal Family Wellness

Phone: 650-359-6800

Email: admin@coastalfamilywellness.com

<https://coastalfamilywellness.com>



LICENSED MARRIAGE AND FAMILY THERAPIST

Livia Ondi, LMFT

Licensed Marriage and Family Therapist, Biodynamic Craniosacral Therapist

Phone: 415-841-2868

Email: livia.ondi.lmft@gmail.com

<https://liviaondilmft.com/>



CERTIFIED PARENT COACH AND BRAINSPOTTING PRACTITIONER

Dana Paris

Certified Parent and Family Coach and a Brainspotting Practitioner

Phone: 715-864-5898

Email: livestouchedcoaching@gmail.com

www.livestouchedcoaching.com



EMOTIONAL WELLBEING SUPPORT FOR CHILDREN & FAMILIES

Kristi Espinoza

Healer, Mindset, Empowerment Coach for Moms

Phone: 650-504-5535

Email: kristiespinozahealing@gmail.com

mindfulmothermethod.com



PELVIC HEALTH PHYSICAL THERAPIST

Jennifer Kinder

Pelvic Health Physical Therapist focuses in perinatal care

Phone: 650-381-9506

Email: jennifer.kinder2@ucsf.edu

www.refitwell.com



DOULA CARE

Kara Berg

Kara's Doula Care - Certified Postpartum Doula and Certified Lactation Specialist

In home support and education during the postpartum period.

Phone: 415-378-9226

Email: karasdoulacare@gmail.com

Web: www.karasdoulacare.com



TIME MANAGEMENT AND STRESS REDUCTION COACH

Alexis Haselberger

Time Management, Productivity and Stress Reduction

1:1 Coaching, Group Coaching, Workshops and Courses

Phone: 415 463 3800

Email: alexis@alexishaselberger.com

<https://www.alexishaselberger.com>



BRAIN WAVES EDUCATIONAL PSYCHOLOGY

Rachel Holowicki, Licensed Educational Psychologist #4257

Phone: 650-549-5015

Email: rachel@brainwavespsych.com

www.brainwavespsych.com



BIRTH & POSTPARTUM DOULA TEAM

Stork & Sprout

Birth Doula Support, Childbirth Education, Placenta Encapsulation, Lactation, Postpartum Support

Phone: 650-227-3223

Email: info@storkandsprout.com

www.storkandsprout.com



MICHELLE KWOCK

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IBCLC

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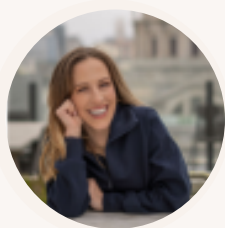
CERTIFIED POSTPARTUM DOULA, CERTIFIED LACTATION COUNSELOR

Clara Miller, Certified Postpartum Doula, Certified Lactation Counselor

Phone: 4152448352

Email: clara@portalbirthwork.com

portalbirthwork.com



NATURAL RESOURCES

We nurture families

Classes, information, community and products to support new and growing families.

(not officially connected with the Mama Wellness Hub, yet such a great resource to know!)

More helpful **RESOURCES FOR MOTHERHOOD**

we love and recommend



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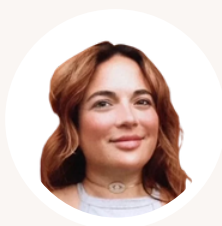
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WELL-AWAY RETREATS FOR MOMS

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

Phone: 310-483-6365

Email: info@thymehealth.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>



SURFING MOMS PACIFICA

Meet other moms to watch each others kids, while taking
turns surfing. Alison is the leader of the Pacifica Chapter.

<https://surfingmoms.org>

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

