

**Pregnancy & Birth Resources
For South Eastern Idaho: Rexburg Area**

Abused Women Shelters & Support Groups

Hotline Phone Numbers:

- National Domestic Violence Hotline: 1-800-799-7233 (1-800-799-SAFE) TTY: 1-800-787-3224
- Domestic Violence Hotline: 800-621-HOPE (4673)
- Crime Victims Hotline: 866-689-HELP (4357)
- The Crisis Idaho Hotline - Women Shelters Idaho P.O. Box 939 Ketchum, ID 83340 Phone: (208) 726-3597 Hotline: (208) 726-3596
- Idaho Domestic Violence Intervention Center: 1050 Memorial Drive Idaho Falls, ID 83402 Hotline: (208) 529-4352

Women's Shelters in Idaho Falls & Rexburg

<http://www.usattorneylegalservices.com/women-shelters-Idaho.html>

- Upper Valley Help For Family Violence P.O. Box 422 Rexburg, ID 83440 Hotline: (208) 624-3068 Phone: (800) 962-5601 and (208) 356-0065
- Family Crisis Center 218 Dividend Dr. #5 Rexburg, ID 83440 Phone: 208-356-0065
- Rape Response & Crime Victim Center 545 Shoup Avenue, suite 339 Idaho Falls ID 83402 Business #: 208-522-7016 Hotline/Crisis: 525-1831
- Help Inc. 1465 Hoopes Ave Idaho Falls, ID 83604-3772 Phone: 208-522-5545

Idaho Domestic Violence Shelters

<http://www2.state.id.us/crimevictim/directory/SheltersByCity.cfm> or <http://icdv.idaho.gov/>

Addiction Services & Support Groups

<http://www.freetreatmentcenters.com/state/idaho>

- *M K Place -Substance Abuse Treatment Program*
110 S 19th
Pocatello, ID - 83204
(208) 234-4722

Addiction Recovery Program Facilitated by the LDS Church

Coronado LDS Church Building

2055 Coronado St, Idaho Falls, ID

LDS Family Service Office Phone: 208-529-5276

meets each Sunday at 7:15PM, Sat at 8AM & 7:15 PM, Fridays at 12PM, Mon at 12PM, Thurs 7:15PM

Birth Centers

- *Agape Birth Center*

Phone: 1-208-745-7571

297 N 3855 East, Rigby ID 83442

Websites: www.agapebirthcenter.com/ , <http://www.agapebirthservice.com/index.html>

Birth Doulas

Julie Harker Buck

St. Anthony

208 313-0331

www.planebeginnings.com

Natalie Sinsbury

Rigby, Idaho

208-313-6914

nataliesainsbury@cableone.net

Kelly McKamey

Rexburg, Idaho

208-709-0123

doulachic@hotmail.com

Brookie Smith
Rexburg, Idaho
208-359-1384
brookiemsmith@aol.com

Leigh Short
Rigby, Idaho
208-697-7115
www.babyminebirth.com

Elan Eddington
Idaho Falls, Idaho
208-270-6517
elan.eddington@gmail.com

Tiffany Palmer
Rexburg, Idaho
Therapeutic_massage4u@yahoo.com

Neeley Butler
Rexburg, Idaho
208-705-6078

Angela Geurts
Pocatello, Idaho
208-637-1343
geurtsang@gmail.com

Linda King
Pocatello, Idaho
801-702-7282
lindablu86@hotmail.com

Natalie Permann
Pocatello, Idaho
208-479-6392
doulanataliesue@gmail.com

Breastpump Equipment Rental

Norco Medical Supply
3908 Washington Pkwy, Idaho Falls, ID
208-552-3113

Breastfeeding Support Groups, Clinics, Classes

Also see Lactation Consultants and La Leche League Resources

Women, Infant and Children Program

7 – Eastern Idaho Public Health District
Serving Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison and Teton counties
www.WIC.dhw.idaho.gov , www2.state.id.us/phd7/
(208)522-3823

Government assistance for mothers and infant nutrition, breast feeding help & education

Madison Memorial Hospital: Lactation Clinic

Open to all new moms after hospital stay, for consults and visits.
Contact Martha Purse, lactation consultant

450 E. Main Street
Rexburg, Idaho 83440
208-359-6761

Madison Memorial Hospital: Breastfeeding Class

450 E. Main Street
Rexburg, Idaho 83440
(208) 359-6491

Eastern Idaho Regional Medical Center (EIRMC Hospital-Women's Center)

Contact Hillary Coyne, Manager Peer Counseling
Idaho Falls, Idaho
208-529-7171

Child Abuse Protection Agencies

Family Crisis Center
218 Dividend Dr. #5
Rexburg, ID 83440
Phone: 208-356-0065

Childbirth Educators

Madison Memorial Hospital:

<http://www.madisonhospital.org/services/education-classes.html>

Childbirth Class, Childbirth One-Night Refresher, and HypnoBirthing.

Taught by various Certified International Childbirth Educators or a Certified HypnoBirthing Practitioner.

Birthing From Within

<http://www.birthingfromwithin.com>

Nicole Lamb
Pocatello Idaho
Phone: 208-232-5223
Email: http://www.birthingfromwithin.com/teachers/email_form/118

Bradley Method

<http://www.bradleybirth.com/>

Valorie & Stephen Hall
Idaho-Rexburg / Idaho Falls / Ammon
Email: grammydoula@gmail.com , sdhlaw485@gmail.com

Robyn & Jeffery Allgood
Idaho-Pocatello / Chubbuck
Phone: 208-637-0584
Email: robynallgood@yahoo.com

HypnoBabies

<http://www.hypnobabies.com/>

Kelly L. McKamey
Idaho-Rexburg / Idaho Falls
Phone: 208-359-0696
Email: doulachic@hotmail.com , <http://www.joyofbirth.org/>

Leigh Short
www.babyminebirth.com
Rigby, Idaho
Phone: 208-697-7115

Katy Willis
Rexburg, Idaho

208-569-4273

<http://www.bestillservices.com>

HypnoBirthing

<http://www.hypnobirthing.com/default.htm>

Lisa Wright

Rexburg Idaho

Phone: 208-359-6491

Email: Lisa.wright@mmhnet.org

Natalie Permann

Pocatello, Idaho

Phone: 208-479-6392

doulanataliesue@gmail.com

Lamaze Method

Julie Harker-Buck

St. Anthony, Idaho

Phone: 208-313-0331

julie@planebeginnings.com

CAPPA Instructors

<http://www.cappa.net>

Cassie Shilels

Rexburg, Idaho

Phone: 208-313-6971

www.teenytoescbe.com

Linda King

Pocatello, Idaho

Phone: 801-702-7282

lindablu86@hotmail.com

Childcare Options

Apple Tree Learning Center

1238 Stocks Avenue, Rexburg, ID 83440

(208) 356-7050

Carrie's Small Scholars

236 North 3rd East, Rexburg, ID 83440

(208) 356-5498

Eicap Head Start

55 West 2nd North, Rexburg, ID 83440

(208) 656-0782

Acorn Children's Academy

1619 Curlew Dr. #2, Ammon, ID

208-524-7127

www.acorn-academy.com

Sandy's Childcare, LLC

651 L St, Idaho Falls, ID

208-522-9431

www.sandyschildcare.com

Creations of a Child

3645 Potomac Way, Idaho Falls, ID

208-528-7533

Children's Hospitals

<http://eirmc.com/>

Eastern Idaho Regional Medical Center- Phone: 1-208-529-6111
3100 Channing Way
Idaho Falls, ID 83404

Primary Children's Medical Center

100 North Mario Copecchi Drive
Salt Lake City, Utah 84113
(801) 662-1000

Chiropractors Massage Therapist, Reiki Practitioners

Align Your Health Chiropractic

www.Rexburgchiropractic.com/

859 South Yellowstone Highway
Rexburg
(208) 356-6159

Egbert Chiropractic

www.egbertchiropractic.com/

1134 Bond Avenue
Rexburg
(208) 356-8818

Booth David DC

<http://www.backtohealthrexburg.com/>

60 South 2nd West
Rexburg
(208) 359-2264

Advanced Health Chiropractic and Massage

645 S Woodruff Ave., Idaho Falls, ID
208-522-9886

www.chiropracticidahofalls.com

Spine Align Chiropractic

1491 Curlew Dr., Ammon, ID
208-227-0400

www.spinealignchiropractic.com

Monika Buerger, Webster Technique-Sensory Integration Issues and Baby Flipping

Eagle Canyon Wellness & Sensory Development Center
1516 S. Midway Ave, Ammon, ID 83406
208-346-7763

Fit 4 Life Chiropractic Service

Baden Patterson-accommodates pregnancy
2086 E 25th St., Idaho Falls, ID 83401
208-391-3484

Massage Therapist

Advantage Therapeutic Massage

Kate@rexburgmassage.com

Madison Ridge Chiropractic
1096 Erikson Drive
Rexburg, ID 83440

208-359-2000

Rexburg Massage Therapy

www.curetouch.com/

32 Carlson Avenue

Rexburg

(208) 717-9253

Old Remedies

www.rexburg-massage.com/

176 North Center Street

Rexburg

(208) 390-3818

Retreat Day Spa

1489 Curlew Dr., Ammon, ID

208-523-5355

www.retreatdayspaandsalon.com

Manual Solutions

Jeremy Jones

2375 E Sunnyside Rd., Idaho Falls, ID 83404

208-552-2248

www.manualsolutionsphysicaltherapy.com

Reiki Practitioners

Health Plus Therapeutic Massage

310 N 2nd E

Rexburg, ID 83440

(208) 359-2000

Healing Hands Reiki and Massage

429 B St, Idaho Falls, ID

208-542-5446

www.healinghandsreikiandmassage.com

Community Services and Programs

Homeless Shelters

CLUB, Inc. (208) 524-8143

25.55 miles from city center Rexburg

545 3rd Street

Idaho Falls, ID 83401

CLUB, Inc 208.529.4673

26.08 miles from city center Rexburg

2001 S. Woodruff Ste 6

Idaho Falls, ID 83404

City of Refuge 208-552-5575

25.84 miles from city center Rexburg

840 Park Avenue

Idaho Falls, ID 83402

Family Care Center - Pearl House 208-535-2273

25.85 miles from city center Rexburg

1740 E. 17th Street, Suite B

Idaho Falls, ID 83404

Free/Subsidized Food Opportunities

The Soup Kitchen (208) 557-5750

Location is 25.82 miles from city center Rexburg
301 S Boulevard Idaho Falls, ID 83401

Soup Kitchen

Location is 26.18 miles from city center Rexburg
270 N Placer Ave Idaho Falls, ID 83402

Women, Infant and Children Program

7 – Eastern Idaho Public Health District

Serving Bonneville, Clark, Custer, Fremont, Jefferson, Lemhi, Madison and Teton counties

www.WIC.dhw.idaho.gov , www2.state.id.us/phd7/

(208)522-3823

Government assistance for mothers and infant nutrition, breast feeding help & education

Early Intervention Programs for Babies with Special Needs

Idaho Health and Welfare Early Childhood Intervention Program

<http://www.healthandwelfare.idaho.gov/ContactUs/tabid/127/Default.aspx>

<http://www.healthandwelfare.idaho.gov/default.aspx?TabId=78>

If you think your child has a developmental delay and you have questions,
call the Idaho CareLine at 2-1-1 or 1-800-926-2588

Family Doctors / Pediatricians

Seasons Medical

www.seasonsmedical.com

534 Trejo #400

Rexburg, ID 83440

(208) 356-0234

Family Medical Center, Dr. Michael Packer

www.rexburgfamily.com/

1 Professional Plaza

Rexburg, ID 83440

(208) 356-9231

Idaho Falls Pediatrics

2375 Coronado St., Idaho Falls, ID

208-522-4600

www.ifpeds.com

Dr. George Groberg

3430 Washington Pkwy, Idaho Falls, ID

208-523-3060

Idaho Community Care Medical Center

www.idahocommunitycare.com/

72 East Main Street

Rexburg, ID 83440

(208) 359-1770

Teton Medical Group

www.drTomJones.com/

32 West 1st South

Rexburg, ID 83440

(208) 356-7585

Rexburg Medical Center, Prince Clay MD/ Dr. Watson
www.rexburgmedicalcenter.com/
292 East 2nd North
Rexburg, ID (208) 356-5401

Rexburg Medical Center, Jeffrey Zollinger MD
393 East 2nd North
Rexburg, ID 83440
(208) 356-5401

Health Food Stores

Nature's Nook
www.naturesnook.net
160 E. Valley River Drive #2
Rexburg, ID 83440
(208) 356-5284

Natural Grocer
1270 E 17th St, Idaho Falls, ID 83404
208-523-6100
www.naturalgrocers.com

Wealth of Health
120A S. Woodruff Ave, Idaho Falls, ID 83401
208-542-0015
www.wealthofhealthnutrition.com

Hospitals / Minor Emergency Services

Madison Memorial Hospital
Phone: 1-208-359-6900
<http://www.madisonhospital.org>
Family Maternity Center –Phone: 1-208-359-6750
450 E. Main Street
Rexburg, ID 83440

Eastern Idaho Regional Medical Center
Phone: 1-208-529-6111
<http://eirmc.com/>
3100 Channing Way
Idaho Falls, ID 83404

Bingham Memorial Women's Center
Phone: 1-208-782-3900
<http://www.binghammemorial.org/bmh-services/the-birthing-center.html>
Bingham Memorial Hospital- Phone: 1-208-785-4100
98 Poplar Street
Blackfoot, Id 83221

Incest / Sexual Abuse Support Groups

Hotline Phone Number
Rape & Sexual Assault Hotline: 212-227-3000

Idaho Coalition Against Sexual and Domestic Violence
<http://womenshealth.gov/violence-against-women/get-help-for-violence/resources-by-state-violence-against-women.cfm#ID>

"The mission of the Idaho Coalition Against Sexual & Domestic Violence (ICASDV) is to provide education, assistance, and support to individuals, programs and organizations dedicated to ending Sexual Assault and Domestic Violence."

Address:

300 E. Mallard Dr. Ste. 130
Boise, ID 83706

Toll-free phone number: 888-293-6118

Phone number: 208-384-0419

Fax: 208-331-0687

Email: thecoalition@idvsa.org

Website: <http://www.idvsa.org/>

Infant Massage Services

Lori Stevens, Infant Massage

(208) 356-6810

51 S 1st E

Rexburg, ID 83440

Trisha M. Pennell, Infant Massage

(208) 745-7620

420 N 4200 E

Rigby, ID 83442

Elaine Weisberg and Rita Day at EIRMC

<http://eirmc.com/hl/?/14351/Loving-touch--the-benefits-of-infant-massage>

208-529-6111 connect to Women's Services or Labor and Delivery

Lactation Consultants

IBCLC

Hilary Coyne

2152 John Adams Pkwy

Idaho Falls, Idaho 83401

208-529-7171

Email: fuzzypainter@msn.com

Martha Purse Outpatient Clinic

Martha Purse

Rexburg, Idaho 83440

208-359-6761

La Leche League

La Leche League of Idaho

<http://www.llusa.org/web/Idaho.html>

Rexburg meets on the second Thursday of each month at 12:00 p.m. (noon)

in Madison Library's Community Room:

73 North Center

Rexburg, Idaho 83440

Vicki 317-332-8789

Carolyn 208-356-3177

La Leche League Leaders are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns.

La Leche League of Idaho Falls

Contact: 208-557-3922

<https://www.facebook.com/LLofIdahoFallsandRigby>

Libraries

Madison Library
www.Madisonlib.org
73 North Center Street
Rexburg, ID 83440
(208) 356-3461

Idaho Falls Public Library
457 W Broadway, Idaho Falls, ID 83402
208-612-8460

Maternity / Nursing Clothes & Supplies

Madison Memorial Hospital: Lactation Store
450 E. Main Street
Rexburg, Idaho 83440
Family Maternity Center: 208-359-6750

The Lactation Store provides a variety of breastfeeding supplies including bras, pump accessories, gels pads, and much more. Come visit us for all your breastfeeding needs between 10:00 am and 5:00 pm, Monday through Friday.

Motherhood Maternity
2387 E. 17th St, Idaho Falls, ID 83402
208-523-2402
www.motherhood.com

Midwives

Seasons Medical Center
<http://seasonsmedical.com/services/ob-gyn/providers/>
36 Professional Plaza
Rexburg, ID 83440
208.356.0234
Helene Reusser CNM
Rachel Johanson CNM
Karen Owens CNM

Rosemark Women's Services
Susan Binegar, CNM
www.rosemark.net
208-557-2900

Agape Birth Center
<https://sites.google.com/site/agapebirthserviceandcenter/our-company/our-staff>
297 North 3855 East
Rigby, ID 83442
(208) 745-7571
Kathy LeBaron, LM, CPM
Shayna Daniels, LM
Dani Boettcher, student midwife

Valerie Hall, LM, CPM
serving Rexburg and Idaho Falls, ID
grammydoula@gmail.com
sdhlaw485@gmail.com
208-524-0423

Mother's Centers / Child Centers

Mother Centers Collation (MINE)
<http://www.mine.cc/>

The Children's Center (for Children's Mental Health)
<http://www.tccslc.org/>

Naturopathic / Homeopathic Services / Stores & Clinics

Integris Integrative Medical Center
3840 E Sunnyside Rd, Idaho Falls, ID
208-524-1046
<http://integrismed.com>

Natural Grocer
1270 E 17th St, Idaho Falls, ID 83404
208-523-6100
www.naturalgrocers.com

Wealth of Health
120A S. Woodruff Ave, Idaho Falls, ID 83401
208-542-0015
www.wealthofhealthnutrition.com

Natropathic Website (answers to questions)
<http://www.justanswer.com/sip/homeopathy?r=dd|yellowpages|homeopathy&mpch=ads>
Idaho Falls Holistic Parenting Facebook Forum
<https://www.facebook.com/groups/HolisticParentingIF/>

New Mothers Groups

Family at Home Network
<http://www.familyandhome.org/>

Parenting Classes

Love and Logic Parenting Class http://www.rexburgstandardjournal.com/calendar/love-and-logic-parenting-class/event_d23de692-3f91-11e0-a244-001cc4c002e0.html#axzz1pp5j2crX Taught by John Dennis. Free to attend. Childcare is available but limited.
Located at Burton Elementary School
2211 W. 1000 S
Rexburg, ID 83440

Individual Family & Couples Counseling Center, LLC
Parenting Classes
Idaho Falls, ID
208-413-6791
http://groups.psychologytoday.com/rms/prof_detail.php?profid=98662&sid=1393437807.3379_4511&county=Bonneville&spec=16&gid=49488

Moms Club of Idaho Falls
info@momsclubif.org
<http://www.momsclubif.org/index.html>

Obstetricians

Seasons Medical Women's Center
<http://seasonsmedical.com/our-clinics/womens-center/>
37 S 2nd E, Rexburg, ID
208-356-0234
Drs. Gary Lovell & Robert Meredith, OBGYN

Rosemark Women's Center

www.rosemark.net

3450 Potomac Way, Idaho Falls, ID
208-557-2900
Drs. Jeffery Baker and Steven Robinson, OBGYN

Monarch Healthcare

Margaret Huggins, MD
2990 Cortex Ave, Idaho Falls, ID
208-535-0440

Leavitt Women's Healthcare

Glenn Leavitt, MD
1550 Elk Creek, Idaho Falls, ID
208-529-5942

<http://leavittwomenshealthcare.com>

Perinatal Loss Support Groups / Bereaved Families Support Groups

COPE (Connecting Our Paths Eternally)

is a non-profit grief and healing organization dedicated to helping parents and families living with the loss of a child.

<http://www.copefoundation.org/?gclid=CJqS69Lg-a4CFQIBQAodOVYEWQ>

(516) 364-COPE (2673) : COPELINE

Aiding Mothers/Fathers Experiencing Neonatal Death

<http://www.amendgroup.com/>

Share, National Pregnancy and Infant Loss Support, Inc.

<http://www.nationalshare.org/ID.html>

<http://www.nationalshare.org/support-resources.html>

<http://www.nationalshare.org/links.html>

Now I Lay Me Down To Sleep (nonprofit organization)

<http://www.nowilaymedowntosleep.org/>

<http://www.youtube.com/watch?v=KCnIAzcl7po&feature=related>

Postpartum Exercise and Yoga Classes

Rexburg Yoga

Ballet Arts Studio

566 S 5th W

Rexburg ID 83440

Katy Willis Contact

Kundalini yoga taught by Yogi Bhajan

Rexburg, Idaho

208-569-4273

<http://www.bestillservices.com>

Mountain View Hospital Free Weekly Prenatal Yoga

2325 Corondao St, Idaho Falls, ID 83404

208-557-2700

<https://www.mountainviewhospital.org/fitness-academy/weekly-classes/prenatal-yoga/>

Postpartum Depression Resources & Support Groups

<http://www.freetreatmentcenters.com/state/idaho>

Mental Wellness Center

Vanessa French and Renee Katter

2420 E 25th St, Idaho Falls, ID
208-542-1026
<http://mwcid.com>

Help Line/Behavioral Health Center
2280 E 25th E
Idaho Falls, ID - 83404
(208) 227-2100

"24-hour mental health crisis line. Call and talk to a mental health professional. May make an appointment for area of need evaluation, no cost no obligation. Callers will be referred to service providers specializing in the area of need of caller. Referral could be with-in our office or outside"

Postpartum Doulas

Julie Harker Buck
St. Anthony
208 313-0331
www.planebeginnings.com

Agape Birth Center also has some postpartum doulas-Dani Boettcher

Support Groups for Parents of Children with Special Needs

Idaho Health and Welfare, Early Intervention Services
<http://healthandwelfare.idaho.gov/Children/EarlyChildhoodInfo/SpecialNeeds/tabid/168/ctl/ArticleView/mid/1408/articleId/757/Early-Intervention-Services.aspx>
Idaho CareLine at 2-1-1 or 1-800-926-2588

Friendship Circle Blog: Special Needs Resources for Parents & Educators
<http://blog.friendshipcircle.org/>

Teen Parent Support Groups / Educational Services

<http://www.yourlifeyourvoice.org/AskIt/Pages/Abuse.aspx?gclid=CKe7qduvjK4CFWgZQgod8DmP5Q>
Discussion Groups and Support Information Topics: Abuse, Relationships, Suicide, Drugs & Alcohol

Idaho Youth Ranch - Harbor House
<http://www.freetreatmentcenters.com/state/idaho>
288 N. Ridge Ave.
Idaho Falls, ID - 83402
(208) 529-6696

"Harbor House is a 10 bed, 24 hour group care facility located in Idaho Falls. The program serves boys and girls ages 12 to 17 in need of crisis or transitional care. Harbor House operates a short-term shelter for youth in need of temporary placement, as well as education and residential services"

VBAC Support Groups

International Cesarean Awareness Network
<http://www.ican-online.org/>

Idaho Birth Forum Facebook Page
<https://www.facebook.com/groups/114814715207265/>

Well Baby Clinics

Teton Medical Group
www.drTomJones.com/
32 West 1st South
Rexburg, ID 83440
(208) 356-7585

Seasons Medical
Seasonsmedical.com

534 Trejo #400
Rexburg, ID 83440
(208) 356-0234

Idaho Falls Pediatrics
2375 Coronado St., Idaho Falls, ID
208-522-4600
www.ifpeds.com

Idaho Health and Welfare, Rexburg: medical care, free or for low income- well checks
<http://www.healthandwelfare.idaho.gov/ContactUs/Region7/RexburgOffice/tabid/733/Default.aspx>
333 Walker Drive
Rexburg, Id. 83440