

Perinatal Resources

Western Suburbs



24 hour Hotline for perinatal women
866.364.MOMS

Doulas

**Nicki Worden, LMT (birth doula & licensed
massage therapist)** 630.854.5940
www.nickiworden.com

**Meg Smith & Kelsey Haliti (birth &
postpartum doulas & childbirth educators)**
Cloud Nine Births 630.899.9570
www.innerstrengthdoula.org
www.cloudninebirths.com

Lactation Consultants

Heather Dvorak, IBCLC, RLC
847-691-7100
<http://ABabyPlaceBBB.com>
Provides in-office & in-home service and
accepts insurance.

Melissa Schif, IBCLC, RLC
Makana Breastfeeding 773-575-2629
makanabreastfeeding@gmail.com
<http://makanabreastfeeding.com>
Provides in-home service and accepts
insurance

Chiropractors

Jessica Leighton, DC
Alliance Chiropractic 630.995.3189,
Downtown Naperville
<https://alliancechiropracticwellness.com>



www.bricolagewellness.com

Dr. Cathy Subber, Advanced Health in Naperville

<http://advancedhealthnaperville.com/>

Acupuncture

Jessica Leighton, DC

Alliance Chiropractic 630.995.3189,
Downtown Naperville

Psychiatrists

Fatima & Syed Ali, MDs

Dupage Mental Health Services in Wheaton. Specializes in women's mental health, eating disorders and reproductive & maternal mental health 630.690.222
<http://dupagementalhealth.com>

Mazhar Golewale, MD (BCBS HMO)

Suburban Behavioral Health Services in Oak Brook Terrace. Specializes in General and Addiction Psychiatry, and is knowledgeable with treating pregnant and breastfeeding women. 630.613.9800
<https://www.sbhs-chicago.com>

Sarah Masri, PA-C

Lott Behavioral Health in Lisle. Specializes in women's mental health, including maternal mental health and eating disorders. 630.730.5506

Fitness

Pilates by Carrie

Carrie Koziol, who is a PT, Prenatal & Postnatal Pilates Specialist and Diastasis Recti Expert.

She offers live and online classes for prenatal/postnatal pilates and DRA Rehab & Core Restore

<https://pilatesbycarrie.com>

Birth FIT Coach/ Groups

Molly Hankins-Oswego

www.birthfitfoxvalley.com

Fit4Mom Dupage County- Stroller Strides, Stroller Barre, Run Club & Fit4baby

<https://dupagecounty.fit4mom.com>

Pelvic Floor P/T

Michaela Campagnolo

636 Raymond Drive Suite 105

Naperville, IL 60563

phone: 630-922-2300

direct line: 630-315-1732

michaela.campagnolo@nm.org

Athletico PT in St. Charles (Erin Koenig)

<http://www.athletico.com/locations/st-charles-west/>

[Good Samaritan Health and Wellness Center](#)

Sara Oldham, 3551 Highland Avenue,
Downers Grove, IL 60515 630-275-2600



Sleep Trainer

Sarah LaPorte 617.962.3887
Rockabye Sleep Solutions
<http://rockabyesleepsolutions.com>

Living Wills and Estate Planning

Cindy K. Campbell 866.566.9494
Campbell Long, A Boutique Family Firm
Offices in DT Naperville and the Loop
www.clcounsel.com

Family Financial Planning

Tess Zigo, CFP 630.864.1068
Emerge Wealth Strategies
4225 Naperville Rd, Ste 265, Lisle
www.emergewealth.com

Information on Medication in Pregnancy & Breastfeeding

Motherisk www.motherisk.org/prof/drugs.jsp

Infantrisk www.infantrisk.com

MothertoBaby www.mothertobaby.org
(brochures in the office)

Massachusetts General Women's Health
www.womensmentalhealth.org

Podcasts

Mom & Mind, Dr. Kat Kaeni, PsyD

The Expectful Podcast, Kimberly Johnson

Pregnancy Meditations, Catherine Stone

Books

Anything by Karen Kleiman

<https://postpartumstress.com/karen-kleiman-msw-lcsw>

Becoming Us: 8 Steps to Grow a Family that Thrives, by **Elly Taylor**

Mommy Deconstructed: A Postpartum Depression and Anxiety Recovery Guide, by **Christina Vanneste**

Happy Endings, New Beginnings: Navigating Postpartum Disorders, by **Susan Benjamin Feingold**

The Pregnancy and Postpartum Anxiety Workbook, by **Pamela Wiegartz**

One Mom's Journey to Motherhood: Infertility, Childbirth Complications, and Postpartum Depression, Oh My! by **Ivy Shih Leung**

The Journey to Parenthood: Myths, Reality and What Really Matters, by **Diana Lynn Barnes**

