

Resources & Referrals

For Your Growing Family

Gogebic County Michigan Area
Updated: 2021

Breastfeeding

Local Support to Gogebic-Iron Counties

Lynnea Laessig, peer breastfeeding support & education
www.healingbirth.net

WIC Breastfeeding Peer Support + CLC (Health Dept)

Ashland Birth Center- Ashland, WI Lactation Counseling Services

Linda Magnuson, LC Winter WI ldearhamerrad@gmail.com, 715-409-0319

Books

The Womanly Art of Breastfeeding. Le Leche League*

Jack Newman's Guide to Breastfeeding. Jack Newman

Ina May's Guide to Breastfeeding. Ina May Gaskin

Breastfeeding Made Simple. Nancy Mohrbacher

Latch. Robin Kaplin.

Online Support

KellyMom

The Milk Meg

Le Leche League

LactMed App or Website

Find a IBCLC here

Facebook:

Michigan Tongue & Lip Tie Support Group

Wisconsin Tongue Tie

The Badass Breastfeeder

Human Milk 4 Human Babies

YouTube Videos

Breastmilk Constitutions & Suckle Patterns here

{Channel: Developing Doulas}

Attaching Your Baby to the Breast here

{Channel: Global Health Media Project}



Women's Health

Midwives

Sandra Pera, CPM, LM - Wakefield, MI
906-250-1969

Ashland Birth Center - Ashland, WI
715-292-6367

Michigan Midwives Association:
www.michiganmidwives.org

Wisconsin Guild of Midwives:
www.wisconsinguildofmidwives.org/

Doulas

Lynnea Laessig Birthtime & Motherhood
www.healingbirth.net

Family Planning

Western Upper Peninsula Health Dept, Bessemer, MI
906-667-0200

See Also: Midwives, Medical Care, and the next page.

Medical Care

Aspirus Grand View Ironwood MI
Clinic 906-932-1500
Hospital 906-932-2525

Rocco's Medical Clinic
Wakefield MI
906-229-5336





Natural Fertility Resources

BOOKS

Taking Charge of Your Fertility by Toni Weschler

Everything Below the Waist by Jennifer Block

The Fifth Vital Sign by Lisa Hendrickson-Jack

Wise Woman Herbal for the Childbearing Years by Susan Weed

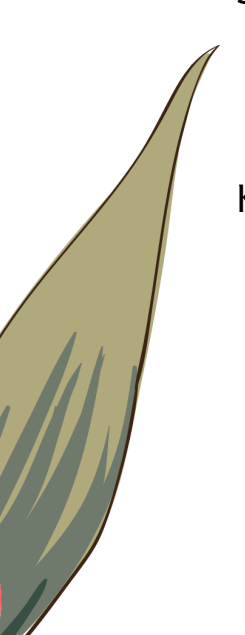
PODCASTS

Fertility Friday
Mastering Your Fertility

ONLINE RESOURCES

www.asheservices.com
www.wombmedicine.com
www.wombenwellness.com
www.beldomwomancare.com
www.beautifulcervix.com

OTHER RESOURCES



Sandra Pera, LPM, CM
Midwife in Wakefield, MI
906-

Kierstin Andreson at Center Life Health
Acupuncture/ Traditional Chinese Medicine
Hurley, WI
www.centerlifehealth.com

HERBAL SUPPORT

www.arielledemartinez.com
www.learningherbs.com



Postpartum Centric Care

Local Support to Gogebic-Iron Counties

Lynnea Laessig - Birthtime & Motherhood Support

www.healingbirth.net

See Midwives and Medical Care on previous page

Books

The First 40 Days by Heng Ou

The Fourth Trimester by Kimberly Johnson

Nourishing Newborn Mothers by Julia Jones

Natural Health After Birth by Aviva Romm

Building Your Nest by Kestrel Gates

The Postnatal Depletion Cure by Oscar Serrallach

Online Support

Center for Sacred Window Studies sacredwindowstudies.com

Healing Birth www.healingbirth.net

Innate Traditions innatetraditions.com

Placenta Encapsulation: Contact Midwives or Doulas above for referral



Postpartum Away from Your Baby

Adoption & Foster Care

Michigan Adoption Resource Exchange www.mare.org

MI Depart. Health of Human Services <https://www.michigan.gov/mdhhs/>

Abortion

Post Abortion Counseling 1-800-228-0332

Early Birth & Infant Death

Lani Raven, Birth & Death Keeping

www.wildwombwitch.com @wild.womb.witch

Still Birthday www.stillbirthday.com

March of Dimes www.marchofdimes.org

NICU

March of Dimes www.marchofdimes.org

See also Postpartum Centric Care & Mental Health Resources!

Safe Surrender of a Newborn

Michigan's Safe Delivery of Newborns Law and Wisconsin's Safe Haven Law protect all parents who surrender their newborn up to 3 days of age to any police station, fire department, or hospital, or by calling 911. You may surrender your baby anonymously. If the infant is older than 3 days, or shows any signs of harm, you may need to provide identifying information.

Michigan Safe Delivery Hotline: 1-866-733-7733

Wisconsin Safe Haven Hotline: 1-877-440-2229

Nutrition

Local+ Support to Gogebic-Iron Counties

Pine Creek Wellness, Ashland WI
www.jennymahan.com

Chequamegon Food Co-op
700 Main St, Ashland WI
715-682-8251 www.chequamegonfoodcoop.com

Northwinds Food Co-op
116 S Suffolk St, Ironwood, MI
906-932-3547 www.northwindcoop.org

Gogebic County Farmers Market
608-345-1916
www.facebook.com/olddepotfarmersmarket

Iron County Farmer's Market
906-285-0757

Women, Infant, and Children (WIC) Program
www.wuphdhd.org
Gogebic County: 906-667-0200

Gogebic-Ontogagon Community Action Agency (GOCAA)
100 S Mill St, Bessemer, MI 49911
906-667-0283 gocaa.org

Department of Health & Human Services
Gogebic County: 906-663-6200
301 E Lead St, Bessemer MI 49911

See Also: See Postpartum Centric Care & Community Assistance

Herbal Support

Local+ Support to Gogebic-Iron Counties

Superior Holistics

119 S Suffolk St Ironwood MI

907-319-9030 www.superiorholistics.com

Northwinds Natural Food Co-op, *see Nutrition*

Chequamegon Co-op, *see Nutrition*

Books

Wise Woman Herbal for the Childbearing Year, Susan Weed

Natural Health After Birth, Aviva Romm

Naturally Healthy Babies & Children, Aviva Romm

Online Resources

Learning Herbs www.learningherbs.com

Center for Sacred Window Studies www.sacredwindowstudies.com

Mountain Rose Herbs www.mountainroseherbs.com

Arielle Martinez www.arielledemartinez.com



Non-Allopathic Therapies

Mattson's Chiropractic

520 E Ayer St, Ironwood, MI

906-932-4605 www.mattsonschiropractic.com

Aukee Chiropractic

200 E Ayer St, Ironwood, MI

906-932-7411

Black River Valley Therapeutic Massage, _

127 E Mary St, Bessemer, MI

906-663-0274 brvtm.massagetherapy.com

Offers include pre + postnatal massage

A Nice Touch Massage,

320 E Aurora St, Ironwood, MI

906-285-2928

Therapeutic Swedish Massage, pregnancy massage coming soon.

Higher Level Suites,

174 E. Michigan Ave, Ironwood MI

715-862-0490 ambs@centurytel.net

Offers reiki, massage, craniosacral therapy

Free Monthly Reiki Share: offered 2nd Tuesday from 6-8 pm

Center Life Health,

501 Granite St, BSMT o, Hurley WI

715-329-1414

www.centerlifehealth.com

Traditional Chinese Medicine +

Holistic Rehabilitation

Earth & Sky Day Spa

719 Douglas Blvd, Ironwood MI

906-285-7443

www.earthskydayspa.com



Mental Wellness

GENERAL

Aspirus Grand View

10531 Grand View Ln, Ironwood MI
Clinic 906-932-1500 Hospital 906-932-2525

North Lakes Clinic

115 5th Ave, Hurley WI
715-329-1288 <https://nlccwi.org/locations/hurley/>

Gogebic Range Community Mental Health

103 US-2, Wakefield MI
906-229-6120 <http://www.gccmh.org/>

GRIEF SUPPORT

Regional Hospice support group, Ironwood MI 906-932-7076

Griefshare Hotline 1-800-395-5755

ADDICTION

Phoenix House, Bessemer MI 906-663-2141

Great Lakes Recovery Center, Ironwood MI 906-364-7506

AA & NA Groups: see your local Community Calendar

Drug Abuse National Helpline: 1-800-662-4257

ABUSE + SEXUAL ASSAULT

Dove, Inc, Ironwood MI

709 Sutherland Dr, Ironwood, MI
906-932-4990 www.dove-inc.net

New Day Advocacy Center, Ashland WI

www.ndshelter.org
Business: 715-682-9566 Hotline: 715-682-9565

REPORTING CHILD ABUSE 1-800-342-3720

SUICIDE PREVENTION HELPLINE 1-800-784-2433

Emergencies: Call 9-1-1



Home + Lawn Care Relief

Lawn Care + Snow Removal Services

Northwoods Lawncare & Landscaping 906-364-0313

Jaws

Bucky's Snow Removal + Lawn Care 906-663-4240

Laundromats

Speed Queen Laundry

302 Lahti St, Wakefield MI

Bessemer Express Laundromat, Open 24/7

204 E Lead St, Bessemer MI

Ironwood Cleaners & Laundromat

1135B E Cloverland Dr 906-932-4168

Restaurants with Delivery Service

Tacconelli's To-Go

www.tacconellistogobessemer.com 906-663-9900

Grocery Pickup: Walmart, Ironwood MI

Grocery Delivery Programs: Thrive, Hello Fresh



Pet Care & Related Resources

Bluffview Kennel, Pet Sitter

E5944 E Bluffview Rd, Ironwood MI 906-932-0957

Airport Molly's, Pet Boarding & Grooming

E6194 Airport Rd, Ironwood MI 906-932-0100

Puppy Parlor, Dog Grooming

127 Luxmore St, Ironwood MI 906-932-2600

Iron King Dog Park

South West Corner of E Ayer & Bonnie St, Ironwood MI

Hope Animal Shelter

590 Easy St, Ironwood MI 906-932-1511



Parenting Resources

Local to Us

MSU-e msu.edu Gogebic County Extension: 906-663-4045

Early On + Head Start Gogebic County Extension: 906-663-4302

GOISD goisd.org/great-start/new-parent-resources/

Gogebic-Ontonagon Communities that Care <https://upcnetwork.org/parents>

Books

How to Talk so Children Listen and Listen so Children Talk

the 5 love languages of children Gary Chapman

Gentle Birth, Gentle Mothering, Sarah

Online Resources

goisd.org

kellymom.com

kellybroganmd.com



Newborn + Infant Care

Sleep

"Safe Sleep" Guidelines <https://www.cdc.gov/vitalsigns/safesleep/>
Bedsharing <https://www.llli.org/the-safe-sleep-seven/>

Circumcision + Intact Humans

Your Whole Baby www.yourwholebaby.org
Intact America www.intactamerica.org
Post-surgical Care: Follow the post-operative instructions from your provider.

Carseats

K.A.R.S. Program- provides carseat education and low cost carseat options to WIC recipients. See your local health department for more information.

See Also: Breastfeeding, Parenting, Nutrition, & Community Assistance



Childcare Resources

Local to Gogebic County, MI

Early Childhood Care Center Search: <https://www.greatstarttoquality.org/>

Shoots & Ladders, Daycare
Ironwood MI 906-364-7707

Trinity Lutheran Church, Daycare
Ironwood MI 906-932-3022

Head Start, Preschool
Bessemer, MI 906-663-4302

Learn & Play, Daycare Center
Bessemer MI 906-667-5025



Parks & Playgrounds

Wakefield, MI

Eddy Park- Sunday Lake, Chicago Mine Rd

Ramsay, MI

Ramsay Park- Ramsey River, Main St

Bessemer, MI

Bluff Valley Park- 600-698 N Moore St

Barber Field- S. Woolsey St

Ironwood

Norrie Park- Montreal River, Norrie St

Little Girls Point- Lake Superior, N. Lake Rd

Longyear Park- 299-201 W Arch St

Historic Depot Park- N. Lowell St/ E. Frederick St



Community Assistance/ Protective Services

Michigan Dept. of Health & Human Services 906-663-6200

assistance with childcare, emergency relief, food, health care coverage, housing, etc.

Western U.P. Health Department 906-663-0200

environmental health, services for children & pregnant women, reproductive and sexual health, etc.

Gogebic-Ontonagon Community Action Agency 906-667-0283

nutrition/ supplemental food, housing/ weatherization, head start , etc.

Public Transportation

Gogebic County Transit Authority 906-932-2523

Consignment Shops

St Vincent De Paul

Bessemer: 103 N Case St, Bessemer MI 49911 906-663-0089

Ironwood: 216 W Aurora St, Ironwood, MI 49938 906-932-4547

New Beginnings Resale Shop- 130 W Aurora St, Ironwood MI 906-932-7472

MICHIGAN 2-1-1 mi211.org phone: Dial 2-1-1

24/7 help connecting you to housing support, financial assistance, and other resources

Prescription Drug Disposal Centers:

MI State Police, 100 Sunday Lake St, Wakefield MI 906-229-5372

Gogebic County Sheriff, 100 W Iron St, Bessemer MI 906-667-0203

Ironwood Public Safety Dept., 123 W McLeod Ave, Ironwood MI 906-932-1234



JUST FOR PARTNERS

RESOURCES FOR DADS AND NON-BIRTHING PARTNERS

National Fatherhood Initiative	www.fatherhood.org
National Center for Fathering	www.fathers.com
Fatherly	www.fatherly.com
City Dads Group	www.citydadsgroup.com/resources

Our True Colors www.ourtruecolors.org
A resource for members of the sexual minority community



JUST FOR BIG SIBLINGS

RESOURCES FOR BIG SIBLINGS ON TAKING CARE OF BABY, FAMILY, SELF

Attending Women's Circles and family centered events offers social exposure to other babies, siblings, and what to expect, how to help, and how to communicate their needs.

Books + Online Resources

- *Now We Have a Baby*, Lois Rock - An intro to the needs & adjustments of integrating a newborn into the family
- *You Were the First*, Patricia MacLachlan - A tribute to first-born children
- *It's Not the Stork*, Robie Harris - A book about bodies, babies, friends, and families
- *My Sibling Still*, Megan Lacourge - for those who have experienced infant sibling death





Extended Resources

for Northeast Wisconsin &
Michigan's Western Upper Peninsula

Please Note:
This Guide Contains
Live Links. Some
Value Will Be Lost if
Printed.



Doula & Birthkeeper Directory



Lynnea Laessig | Healing Birth

Gogebic County MI & NE Wisconsin

www.healingbirth.net

@healingbirth

Anna Kangas | Keeweenaw Doula

Keeweenaw Area

906-231-9854

@keeweenawdoula

Lacy Anderson | UP Family Doula Care

Marquette + Iron Mountain Area

906-458-5678

Clara Gill | Northern Roots Doula

Keeweenaw Area

@northernrootsdoula

Marquette Doula

Marquette Area

www.doulasofmarquette.com

906-869-0000 | @doulasofmarquette

Full Moon Rising Wellness

Iron Mountain

www.fullmoonwellness.com

@fullmoonrisingwellnessstudio



Erin Tenney

Washburn

etenney@gmail.com

Corinna Tikka

Ashland

715-813-7015

Ashland Birth Center

Ashland

715-292-6367

@ashlandbirthcenter



Midwife Directory



Sandra Pera, Precious Blessings
Wakefield MI- Serves MI & WI
906-250-1969

Ashland Birth Center

Ashland WI

715-292-63-67

www.ashlandbirthcenter.com

@ashlandbirthcenter



Britton Doolittle, Homespun Midwifery

Washburn WI

715-209-5660

@homespunmidwifery

Search for Licensed Midwives:

Michigan Midwives Association

Wisconsin Guild of Midwives



Placenta Resources

Options for Honoring Your Placenta

Spontaneous 3rd Stage

Lotus Birth

Burial Ceremony

Placenta Prints & Photos

Placentophagy: Capsules, Tincture, Cooked, Raw

Processing Your Own Placenta

Things to Consider:

Placenta anatomy & function

Sanitation & Safe Handling:

Medications, Hospital Influence, Pathogenic Precautions

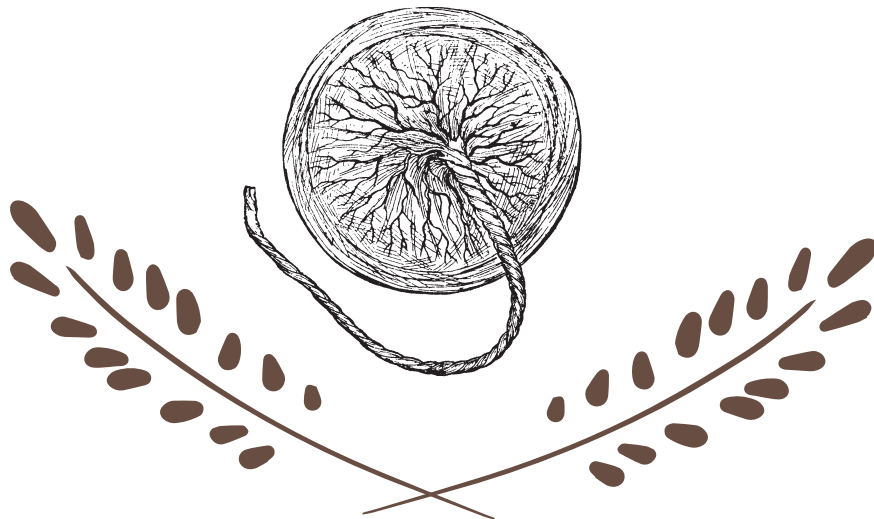
Equipment: dehydrator, capsules, etc

Placenta Medicine

Certified Placenta Encapsulists

Ask your local Doula or Midwife for Referrals

Evidence Based Birth on Placentophagy.



Breastfeeding Resources

Certified Lactation Consultants

Ashland Birth Center, Ashland WI

715-292-6367

www.ashlandbirthcenter.com

Rosa Gardiner, Sault Ste Marie

616-550-0654

gardinerrosa7@gmail.com

Le Leche League

Linda Magnuson, Winter WI

Additional Resources

Michigan Breastfeeding Network

UP Breastfeeding Network

Your Local Health Department

CDC

Kellymom

Milk Meg

Nancy Mohrbacher

Your Local Chiropracter

Dr. Jack Newman



See Also: Doulas & Midwives Above

For Book Lovers:

Womb Cycle Wisdom

Taking Charge of Your Fertility

The Fifth Vital Sign

Preconception & Pregnancy

Pushed by Jennifer Block

Everything Below the Waist by Jennifer Block

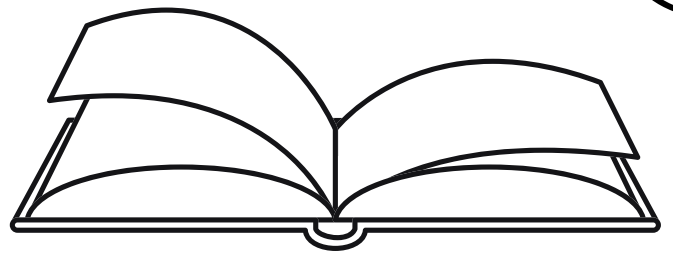
Real Food for Pregnancy

Real Food for Gestational Diabetes

Birth

Gentle Birth, Gentle Mothering by Sarah Buckley

Orgasmic Birth by Debra Pascali-Bonaro



Postpartum

The First 40 Days by Heng Ou

Nourishing Newborn Mothers by Julia Jones

The Fourth Trimester by Kimberly Johnson

Sex After Baby by Debra Pascali-Bonaro

Breastfeeding

The Womanly Art of Breastfeeding by Le Leche League

Dr. Jack Newman's Guide to Breastfeeding

Placenta

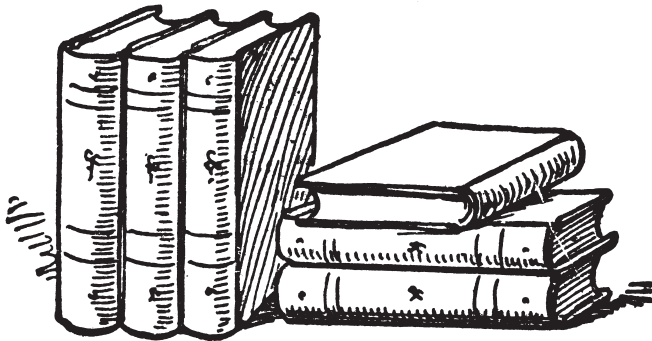
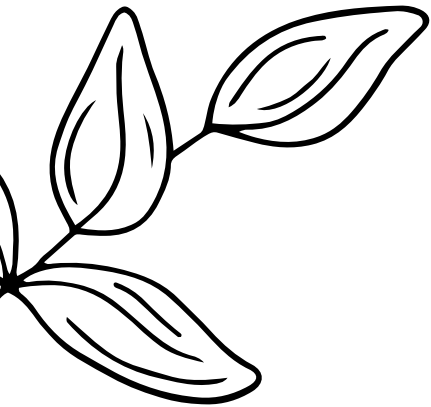
Placenta, The Forgotten Chakra

Parenting

How to Talk So Children Will Listen

The 5 Love Languages of Children

Raising our Children, Raising Ourselves



For Podcast Lovers:



The Midwitch

Conscious Birth & Connection to Self

Healing Birth

Healing From Birth Trauma & Bodily Sovereignty



Free Birth Society

Physiologic Birth & Wild Mothering

Taking Back Birth

All things Preconception through Postpartum

Fertility Friday

Womb Cycle Wisdom

Honey Talks

Life, Sex, Relationships & Pleasure



Wild Womb Witch

Early Birth & Pregnancy Release





MORE

SUUNTA INTEGRATIVE HEALTH

Mental Health Services to address perinatal mood disorders & support healthy attachment with your baby.

906-273-0964

KRISTI KIRKPATRICK

Cranial-Sacral, Myofascial Release for Adults, Childrens, Infants, Newborns, Pregnancy

906-523-5016

Houghton Area

ENCOMPASS THERAPEUTIC MASSAGE

906-934-2700

www.encompasstim.com

Massage for Pain, including pre and postnatal

AMANDA DEYAERT, DC

Superior Family Chiropractic in Chassell.
Certified Webster Technique for pregnancy
Certified Pediatric Chiropractic

906-482-2400

www.superiorfamilychiropractic.com

A Final Note:

Your family's wellness is important. Discovering the right support to meet your needs in each given moment is invaluable.

This resource guide was created for you, with you in mind, and with the intention of offering you a variety of supportive modalities that are accessible locally and beyond.

I encourage you to keep an open mind, an open heart, and use the resources here that resonate with you, as you need or desire them.



~Lynnea Laessig~

Healing Birth, LLC

www.healingbirth.net
contactus@healingbirth.net
[@healingbirth](https://www.instagram.com/healingbirth)