



Brooklyn Birthing Center (BBC) is the only private, free-standing birthing center in the New York metro area. Since 1999, our board-certified midwives have offered a range of women's health services, including routine gynecological care, family planning, and BRCA testing in addition to prenatal, intrapartum, and postpartum care.

Our Midwives

Today's midwife is a highly skilled professional, able to draw upon the vast resources of modern medicine while carrying on the centuries-old tradition of providing compassionate care to women and their newborns. A certified midwife must possess an undergraduate degree in nursing or another discipline and a graduate degree from an accredited midwifery program. To become board certified, midwives must pass a rigorous examination administered by the American College of Nurse Midwives.

The midwife, while independently overseeing the care of healthy women and their newborns, is affiliated with physicians who are available for consultation and referral if needed. Any woman who is generally in good health may take advantage of a midwife's services during her childbearing years and beyond. In addition to maternity care, midwives provide gynecological care, including pap smears, family planning, breast exams, and BRCA testing.

Brooklyn Birthing Center's staff midwives are all board-certified nurse-midwives licensed to practice in New York State. Our midwives believe pregnancy and childbirth are normal, healthy processes, and strive to offer sensitive, individualized, and family-centered care. For more information about our midwives, please see the staff bios in this packet!

Our Birthing Center

Our birthing center features three large, private birthing suites, a birthing tub, a kitchen, and a family room. As of June 2013, we will be conducting routine office visits on the lower level of the building. This expansion will allow us to minimize traffic on the birthing floor, offering birthing families additional privacy and space. Unlike many hospitals, we allow laboring moms to bring multiple support team members to their births. After delivery, family members and moms may relax and bond in their private birthing room— and moms and newborns are never separated unless medically necessary.

"It was a wonderful experience," said Yonina Shineweather, the first woman to give birth at BBC. "It was like having a customized birth. Instead of me having to conform to an existing system, everything was built around me and what I wanted."

Our Affiliated Hospital, Maimonides Medical Center

BBC midwives also have privileges at the nearby and highly-regarded Maimonides Medical Center, and are able to manage normal deliveries in a hospital setting. Clients who feel more comfortable birthing in a hospital can receive prenatal care at BBC, and then deliver with one of our midwives at Maimonides. Occasionally, our midwives and consulting physicians

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www.brooklynbirthingcenter.com

determine that a hospital birth would be safer for an individual client or her baby. This determination may be made during the course of prenatal care, or while the client is in labor. In the event that a hospital birth is medically indicated, our midwives can accompany clients to Maimonides Medical Center and manage normal singleton vaginal deliveries.

Brooklyn Birthing Center Fact Sheet

- Brooklyn Birthing Center (BBC) is the first birthing center in Brooklyn and the only freestanding birthing center in the New York metro area.
- Our birthing center is a homelike facility offering a safe and pleasant alternative to the hospital setting.
- If a hospital birth is desired or necessary, our midwives are able to attend normal deliveries at Maimonides Medical Center.
- BBC offers routine well-woman care, gynecological care including pap smears, family planning, and breast exams, and BRCA testing.
- BBC is guided by principles of prevention, safety, sensitivity, self-reliance, appropriate medical intervention and cost effectiveness in the maintenance of family health.
- BBC encourages family participation by allowing the presence of children and relatives (or anyone whom the laboring woman desires) at the birth.
- Reports by the Institute of Medicine illustrate that midwives are effective in managing the care of pregnant women, resulting in fewer premature and low-weight infants, as well as lower cesarean section rates.
- BBC and its midwifery care are covered by most major health insurance programs, including Medicaid.

Our Philosophy

- We believe that childbirth is a normal, healthy process. The role of the midwife, in collaboration with obstetricians, pediatricians, and other health care providers, is to support and promote this normal process. Our team approach ensures that clients receive the best possible care.
- Through careful screening, deviations from the norm are recognized and addressed. We always prioritize the safety of our childbearing clients and their babies.
- We believe that all women have the right to health care that is medically safe, fits their lifestyle, and respects diverse physical, psychological, social, cultural, and economic needs. We take pride in the fact that our clientele reflects the diversity of our city.
- Women and their families have the right and responsibility to assume an active role in their own health care. Patient education is an essential part of our practice. The free exchange of information between staff and clients empowers women and their families to make informed choices about their care.
- Maternity care should honor and support family unity and development. Family members, including siblings, should be involved in the childbearing experience to whatever extent the family desires.

Meet Our Staff

Executive Director

Fran Schwartz, CEO

Fran has been developing and managing midwifery and OB / GYN practices in the New York City area since 1991. She was the Executive Administrator of a large private OB/GYN practice for 13 years, which she developed into five offices delivering over 2,500 babies at Maimonides Medical Center. Most importantly, she spearheaded its merger and acquisition of another practice to provide an extensive midwifery program for women in Brooklyn. She also founded a midwifery practice, WomEncare, in 1992 and served as Executive Administrator. Her goal is to use her expertise to showcase Brooklyn Birthing Center as the best place for a woman to naturally birth in a warm, nurturing, out-of-hospital setting. She plans on expanding BBC so that it can provide more services for clients and families.

Director of Midwifery

Linda Gaglioti, CNM

Linda Gaglioti received her BSN at Adelphi University in 1983, and received her MSN (Clinical Nurse Specialist, Perinatal Track) from Adelphi University in 1992. She went on to receive a Certificate in Nurse-Midwifery from Columbia University in 1994, and earned a Certificate in Teaching (focus on midwifery) from the University of Pennsylvania in 1997. Linda served as a labor & delivery nurse from 1983 to 1994, and began her career as a nurse-midwife at Maimonides Medical Center in 1994. She was the Assistant Director of Midwifery at Maimonides from 2009 to 2012, when she was hired as the Midwifery Director at BBC.

Staff Midwives

Andrea Diamond, CNM, CLC

Andrea earned a BS in Psychology at Brooklyn College in 1992, completed a certificate program at the Swedish Institute for Massage Therapy in 1996 (she specializes in prenatal massage!), and obtained her yoga teaching certification from the Sivananda Vedanta Ashram in 2001. Andrea went on to earn her BSN in 2004 and her MSN in 2007, both from SUNY Downstate. She has been working as a nurse and as a midwife in New York since 2004, and she joined the BBC team in 2008.

"I began my midwifery career working in a hospital where the majority of my time was spent charting notes as opposed to being with a woman during her labor. Office visits weren't much better, as I had little time to spend truly addressing women's needs. The hospital setting, where low risk women were routinely subject to unnecessary interventions and cookie-cutter treatments, truly went against the grain for me. I'm thrilled to have been asked to join Brooklyn Birthing Center (BBC), where I am free to practice midwifery the way I believe it should be done— as individualized as each woman and each labor is. At BBC, I have the opportunity to form relationships with our patients and their families; spend quality time addressing their concerns; and to ultimately share in their labor experience as more than just a provider, but as someone with a deep connection and caring for the women I have shared a nine month journey with."

Laurie Brucia, CNM

Laurie Brucia earned her BS in Nursing from Florida Atlantic University in 1988, and went on to earn a MS in Parent-Child Nursing, specializing in Midwifery, from The University of Miami in 1994. Since 1994, she has worked as a Nurse-Midwife in Iowa, Florida, Tennessee, and New York. In addition to her extensive clinical experience, Laurie initiated the first CNM service at Allen Memorial Hospital in Waterloo, Iowa; served as Secretary and Treasurer for the Iowa ACNM Chapter; served as a preceptor for nursing students, advanced practice nursing students, medical students and residents in OB/GYN; developed educational preceptorships for labor & delivery, pediatrics and NICU settings; and taught maternal-child health courses for aspiring LPNs. She joined the BBC team in 2012.

"I believe that we are privileged to assist women in bringing life into the world, to educate and support all women with respect to their bodily functions, and enhance safe and satisfying health maintenance throughout the woman's life cycle. Midwifery is not just a profession but a belief system...a belief that the woman's body is designed to work in harmony with her mind and spirit. Our function as Midwives is to offer evidence-based health information and provision of care in partnership with women. This allows a woman the opportunity to make good health choices during her interdependent role within family and society so as to cultivate a life direction unique to her which may include pregnancy and birth controlled by choice."

Gail Raymon, CNM

Gail Raymon earned a BA in Biology in 1986 and a BS in Nursing in 1989, and went on to earn an MS in Nursing, a Nurse-Midwife Certificate, and an OB/GYN Nurse Practitioner Certificate in 1992. She worked as a Nurse-Midwife in Missouri from 1992 to 2005, providing gynecological and prenatal care through county health departments, clinics, and a regional Planned Parenthood. During this time she also worked as a home birth midwife and attended births at FamilyCare, Inc., a birthing center in Reeds Spring, MO. In 2012, Gail completed a clinical fellowship at Holy Family Birth Center, a freestanding birthing center serving communities near the US-Mexico border in Weslaco, Texas. In addition to these qualifications, Gail worked as an Assistant Professor of Nurse-Midwifery at the University of Puerto Rico from 2001 – 2003 and as an Assistant Professor of Nursing at Dominican College of Blauvelt from 2005 – 2011. She is proficient in medical Spanish.

Lillian Priante, CNM

Lillian Priante earned a BA in Biology and Chemistry from Hofstra University in 1995, and went on to earn a BSN from NYU in 1999. After completing her nursing degree, Lillian worked as a professional RN at New York Presbyterian Hospital and as a home visit nurse with the Visiting Nurse Service of Brooklyn. She went on to earn an MS in Midwifery in 2002, and worked at Maimonides Medical Center, BBC's affiliated hospital, from 2002 to 2006. After nearly 7 years working as a full-scope midwife in a private OB/GYN practice, Lillian joined the Brooklyn Midwifery Group in August of 2013.

"I believe that pregnancy is a normal process and that the woman should direct her own birth. My role as a midwife is to be 'with the woman.' I am there to provide labor support and to provide a safe environment for the woman to have her baby. It is always an honor and privilege to be a part of one of the most intimate moments of a woman's life. I am so happy to provide care for the women at Brooklyn Birthing Center. After many years as a hospital midwife, I felt I needed to get back to the natural birth process."

Midwifery Fellow

Aki Shishido, CNM

Aki Shishido earned her BSN at the Japanese Red Cross College of Nursing in 1998. Immediately after completing her nursing and midwifery degree, Aki began working as a midwife with the Japanese Red Cross Medical Center in Tokyo, where she delivered over 300 babies between 1998 and 2004. In addition to providing intrapartum care, Aki provided inpatient prenatal and postpartum care and patient education (including childbirth preparation, newborn care, and lactation support). After relocating to New York and working as a nurse in a variety of settings, Aki was accepted into the MSN Midwifery program at New York University. She completed her MSN in 2011, and was selected for BBC's first yearlong Midwifery Fellowship in 2013. Aki is fluent in Japanese.

Consulting Obstetricians and Owners

Medical Director

James Ducey, MD, FACOG

James Ducey, MD is a board certified OB/GYN and Perinatologist (high risk specialist). He is Director of both the Division of Maternal / Fetal Medicine and the Center for Women's Health at Staten Island University Hospital (SIUH) North Shore LIJ. He will not permit any attending OB physician at SIUH to perform a primary elective cesarean section. He is convinced of what is already becoming apparent— that the maternal mortality rate in the US (while low) is on the rise because of the dramatic increase in unnecessary cesarean sections.

Dr. Ducey is available 24/7 for consultation on any question regarding our clients. He reviews all new OB charts, and reviews all client charts at 36 weeks to ensure that clients are eligible to birth at BBC in compliance with our Policies and Procedures. When appropriate, Dr. Ducey co-manages higher risk pregnancies with our midwives.

Executive Physician

Norma Veridiano, MD, JD, MBA

As co-founder of Brooklyn Birthing Center, Norma Veridiano, MD, has been an invaluable source of support and guidance in the development of our practice. She is a board certified OB / GYN with a large private practice in Brooklyn. Although she has retired from the practice of obstetrics, she remains a terrific referral for clients in need of gynecological follow-up not within the purview of midwives. One of her offices is located downstairs from BBC.

Sol Neuhoff, MD

As co-founder of Brooklyn Birthing Center, Sol Neuhoff, MD realized his long-held dream of opening the first freestanding birth center in Brooklyn. His persistence and dedication to the vision of providing a birthing center option for NYC-area families enabled BBC to finally open its doors after nine years of planning.

Dr. Neuhoff is a board certified OB / GYN. Over the course of his long and distinguished career, he has worked in academic, hospital, and private practice settings. As a traditionally-trained obstetrician, he is skilled in techniques that facilitate, rather than interfere with, the natural birthing process. Dr. Neuhoff is semi-retired, but remains engaged with our practice.

Office Staff

Practice Administrator Marissa Harvey

Marissa Harvey began her career in health care administration in 2000, when she was hired as a Medical Secretary in the East Meadow, NY office of Robert P. Griggs, MD. In 2007, she went on to work as an Assistant Practice Manager for the Department of Obstetrics & Gynecology at Columbia University. While at Columbia, Marissa coordinated a 15-person team and was responsible for human resources, workflow optimization, medical records management, and patient satisfaction. In addition to her medical office and OB/GYN experience, Marissa has an extensive retail management background, served as a volunteer educator with the Caribbean Women's Health Association, and is pursuing a BS in Health Services at Long Island University. Marissa joined our team as Practice Administrator in 2013.

Clinical Manager / Birthing Assistant Maggie Torrance

Maggie Torrance began her career in human services in 2005, when she started working as a counselor for at-risk adolescents at Ramapo for Children in Rhinebeck, NY. During her tenure at Ramapo for Children, Maggie taught independent living skills, developed a GED curriculum, and conducted outreach. She was eventually promoted to Program Manager. In 2006, Maggie worked with pregnant and parenting adolescents (including young women in labor) at the Triple L Youth Ranch. In 2011, she completed a DONA Birth Doula Training and started her freelance doula practice. Maggie was hired as an on-call birthing assistant at BBC in 2011, and joined our full-time staff as MA in 2012. She holds a BA in Family Science from Anderson University.

"I began working with pregnant and parenting clients and attending births in 2006. I immediately fell in love with birth work, and I have since attended over 75 births. I enjoy working with women and their families, and I feel honored to be present during their special, life-changing events."

Catarina Baraona, Medical Assistant

Catarina Baraona earned a BSN from the Federal University of Espírito Santo in Brazil. During her nursing education, she interned at the University Hospital Cassiano Antônio Moraes, conducted home visits for the Maruípe Public Clinic, and conducted environmental health research studies. After completing her nursing degree, Catarina worked as a teaching assistant for LPNs and volunteered in the maternity ward at the University Hospital Cassiano Antônio Moraes. Her duties included newborn care, postpartum teaching, and helping new mothers to initiate breastfeeding. Catarina began training as a BBC Birth Assistant in the spring of 2013, and was immediately recognized as a capable and compassionate provider. She was hired as a part-time Medical Assistant a few months later. Catarina hopes to obtain her RN license in the US and pursue graduate studies in nurse-midwifery.

Patient Coordinator

Geanine Hunte

Geanine Hunte has held multi-faceted administrative roles in busy office environments since 1995. Her prior experience in a variety of legal, business, and non-profit settings included phone triage, database management, document preparation, accounting assistance, liaising with partner organizations, and working with Brooklyn teens. When she applied to join the BBC team, her stellar organizational and interpersonal skills were immediately recognized. As BBC's Patient Coordinator, Geanine is known for her sharp memory and attention to individual patient needs.

"When I first began working at BBC, I was impressed by the sense of community among staff members and patients. I enjoy working in an environment where women receive empowering, compassionate, and family-centered care."

Administrative Coordinator Rachel Anne M. Libon

Rachel Anne M. Libon has worked in a variety of social service and public health settings since 1999. Her experience includes assisting with community sanitation projects in the Dominican Republic and Nicaragua, working as a residential aid in a homeless shelter in Ireland, and spearheading cooperative development initiatives in Minneapolis, Minnesota and Portland, Oregon. In addition to her background as a direct service provider, Rachel Anne has extensive experience as a bookkeeper / finance manager, outreach coordinator, and community organizer. She was hired at BBC in 2012, where she maintains financial records and practice statistics, manages BBC's web presence, organizes events, conducts outreach, and liaises with patients. She holds a BA in Cultural Studies from Macalester College and is proficient in Spanish.

"I believe everyone deserves compassionate, empowering, and individualized health care and health education. The knowledge I gained while working at BBC during my own pregnancy was invaluable, and I strive to make BBC's midwifery services and educational resources as accessible as possible."

Office Assistant/ Insurance Coordinator Jennifer Sanchez

Jennifer began her customer service and management career at the Gap, Inc., where she worked from 2006 to 2011. She went on to work as Office Manager at Overcall, Inc., where she handled accounts payable and accounts receivable, managed company records, and assisted clients. Jennifer's interest in maternity and newborn care was sparked by the birth of her daughter in 2011. She completed DONA training in February of 2013, and joined the BBC team the following month. Jennifer enjoys supporting women during their transitions into motherhood, whether she is assisting in the BBC office or attending births as a doula. She is fluent in Spanish.

"I believe all moms should have an amazing labor and birth, no matter the method or result. Contrary to popular belief, birth matters! I love working for a place that honors the mother-baby dyad throughout prenatal care all the way to birth. I only wish more moms knew about and took advantage of this type of evidence-based care."

Financial Obligation of the BBC Client

Insurance Plans

Brooklyn Birthing Center's providers are in network with almost all major insurance plans. The use of the birthing center instead of a hospital has also been successfully contracted with many major insurance payers as an in-network facility. In the few circumstances otherwise, BBC has worked out agreed terms with those insurers.

It is important that you know your insurance policy. Find out whether your policy requires that you pay a deductible (an amount you must pay out-of-pocket each year before the insurance company will pay any bill). Are you responsible for co-pays? Does your policy require that you get a referral to see a midwife? Does your policy contract with a lab?

To Verify Your Insurance Benefits

If you have any insurance we require you to take the following steps to verify your benefits:

1. Go to www.larsenbilling.com
2. From the PARENTS tab, select VERIFICATION OF BENEFITS
3. Select REGISTRATION FORM
Complete and submit the Patient Registration Form
Your Provider PIN is 11826
4. Choose TYPE OF INSURANCE from the drop-down menu
5. Select PAY NOW, and pay the verification fee of \$20 (Medicaid recipients are not subject to this fee)

Prenatal Care Access Program (PCAP) Medicaid for the Uninsured

This Program provides Medicaid through a Medicaid Managed Care Plan. At the present time, we have arrangements to accept Medicaid patients under the managed care plans of HealthPlus Amerigroup.

If you have no insurance, we will check your eligibility and help you apply. If you are already enrolled in another plan and early in your pregnancy, you will most likely be able to switch your plan to HealthPlus Amerigroup.

Baby's Insurance

Please be aware that your baby must be covered by a health plan within 30 days of birth. If you have private (non-Medicaid) insurance, find out whether you can enroll your child in your plan as soon as possible.

All children are eligible for Medicaid under New York State's Child Health Plus Program, which operates on a sliding scale. You should enroll your newborn soon after birth— coverage will not begin until the first of the month after you enroll your baby. PCAP allows you to enroll your baby as soon as you know you are pregnant.

Please be advised that your midwife will perform a well baby exam at birth and either the midwife or a registered nurse will do so again 2-3 days later in your home. State mandated blood tests, hearing screens and other exams will be performed. These check-ups ensure the health and well-being of your baby and will be billed to your baby's insurance. In the absence of an insurance plan for your baby, **you will be responsible for these charges.**

Kindly make the necessary arrangements and inform the receptionist during your pregnancy (for Medicaid / PCAP patients) by your 34th week which insurance plan will be covering your child and the ID number.

For the Self-Paying Client:

The charges for the use of Brooklyn Birthing Center as a facility and the professional fees of the midwives total \$9,000, which includes all prenatal care, delivery, recovery, initial newborn exam, a postpartum home visit, and sixth week postpartum visit. Essential and / or optional laboratory tests and sonograms are billed directly by the lab or perinatology center.

In the event of hospitalization or any hospital service required, the cost thereof shall be the obligation of the client, who will be billed directly.

If you plan to pay out-of-pocket for the services described above, you may select one of the following plans of payment by initialing the appropriate box. If you select plan A, a discount of \$500 will be given.

PLAN A. Payment in full upon acceptance

PLAN B. Payment will be made in installments as follows:

1. \$2,000 shall be due upon acceptance
2. \$1,000 shall be due one month after acceptance
3. \$2,000 shall be due two months after acceptance
4. \$2,000 shall be due three months after acceptance
5. \$2,000 shall be due four months after acceptance

All fees must be paid in full no later than the 34th week of pregnancy. Checks should be made payable to Brooklyn Birthing Center. **If the cost presents a difficulty, please discuss your concerns with us so that we may assist you.**

STATEMENT OF CLIENT'S RIGHTS & RESPONSIBILITIES

The staff of the Brooklyn Birthing Center believes that families and health care providers should work together to provide safe, high quality care during, with each party having right and responsibilities.

CLIENT RIGHTS

Clients have the right to:

1. Receive services without regard to age, race, color, sexual orientation, religion, marital status, sex, national origin or source of payment.
2. Be treated with consideration, respect and dignity including privacy in treatment.
3. Be informed of the services available at the birthing center and of the identity, qualifications and liability insurance status of care providers, consultants and related services or institutions.
4. Be informed of the provisions for off-hour emergency coverage.
5. Be informed of the charges for services, eligibility for third party reimbursements and if applicable, the availability of free or reduced cost care.
6. Receive an itemized copy of their account statements, upon request.
7. Obtain from their health care providers complete and current information concerning diagnosis, treatment and prognosis in terms that can be reasonably understood, so that clients may participate in decisions relating to the plan for management of their care.
8. Receive from their providers information necessary to give informed consent prior to the start on any non-emergency procedure or treatment or both. It shall include, at minimum, the provision of information concerning the specific procedure or treatment or both, the reasonably foreseeable risks involved, and alternatives for care of treatment, if any, as a reasonable medical practitioner under similar circumstances would disclose in a manner permitting the client to make a knowledgeable decision.
9. Be informed by their providers of any potential direct or indirect effects, risks or hazards to the client or unborn or newborn infant which may merit consideration of alternative therapy.
10. Be informed, prior to the proposed therapy, not only of the benefits, risks and hazards of the proposed therapy, but also of known alternative therapies.
11. Determine for themselves, without pressure from their providers, whether they will accept the risks inherent in the proposed therapy of screening procedure or refuse the drug or procedure, and to be informed of the medical consequences of their actions.
12. Refuse to participate in experimental research or student education programs.
13. Voice grievances and recommend changes in policies and services to the birth center's staff, or the New York State Department of Health without fear of reprisal.
14. File written complaints with the Midwifery Director of the Birth Center around any aspect of their care and / or file complaints with the State Education Department about a licensed professional, or about the care and services provided.
15. Be accompanied during the labor and birth process by someone to whom they can look for emotional comfort and encouragement.
16. Privacy and confidentiality of all information and records pertaining to their treatment and care.
17. Approve or refuse the release or disclosure of the contents of their medical record to any health-care practitioner and / or health-care facility except as required by law or third party payment contract.
18. Access their complete clinical records and to receive a copy upon payment of a reasonable fee pursuant to the provisions of Section 18, Subpart 50-3 of the Public health law.
19. Be of all events that occur during birth, and of the client's and baby's continuing health care needs.

CLIENT RESPONSIBILITIES

Clients have the responsibility to:

1. Learn about the physical and psychological process of pregnancy, birth and postpartum recovery.
2. Provide complete and accurate information regarding health history and lifestyle to their care provider.
3. Discuss the birth setting and assure that both partners are in agreement as to the chosen setting.
4. Arrange for a companion or support person to share in their plans for birth and to accompany them during the experience, including care at home for the first week.
5. Make preferences known clearly to her providers.
6. Obtain information in advance regarding the cost of their care.
7. Listen with an open mind to their chosen providers, just as they expect them to listen openly to them.
8. Learn about the client's and baby's continuing care needs after discharge through reading and attending required classes. This includes arranging for an appropriate infant care provider and for help with housework and childcare in the postpartum period.
9. Change their providers, if desired, and notify all concerned, well in advance of the birth if possible, and inform them of the reasons for the change.
10. Behave toward those caring for them with the same respect and consideration they themselves would like.
11. Put in writing constructive comments and feelings of satisfaction and / or dissatisfaction with the care provided.
12. Obtain information in advance regarding the approximate cost of maternity care and then meeting this financial commitment.

Doulas

“When a doula is present during and after childbirth, women report greater satisfaction with their birth experience, make more positive assessments of their babies, have fewer cesareans and requests for medical intervention, and less postpartum depression.” *DONA website, Doula Facts*

We believe that for a Brooklyn Birthing Center birth, doulas are particularly useful in the early stages of labor and can assist you one-on-one with any emotional, physical, or information support that you might need at home. Once in the active phases of labor, a doula becomes part of the BBC birth team, helping to maintain the continuity of care and reinforce the careful nurturing of a mother in labor.

In order to find the best doula for you, we suggest interviewing at least 3 doulas to ensure that they have the skills, experience and energy that you want for your birth. **Please also note** that some doulas offer their services *before* and *during* a birth, while others specialize in working with families *post-partum*. Some doulas also offer childbirth education, breastfeeding support, or placenta encapsulation. Please explore the websites listed below or contact the doulas directly to learn more.

We have seen the following doulas in action and recommend their services:

DOULAS

Emily Cohen-Moreira, CD, CBE, CLC

BBC's childbirth educator works as a doula and CLC
www.lucythelaborer.com

Amber Ford, CD

Amber is a BBC birth assistant trainee and doula
www.nycitydoula.com

Tatiana Escobar

Tatiana is a BBC birth assistant and doula
birthsbytatiana.com

Melissa Madera, CD, CLC, CBE

Labor and post-partum doula, CBE, CLC
www.empoweringthebody.com

Shalawn Facey, CD, CLC

Senior BBC Birth Assistant, labor and post-partum doula, and CLC
<http://about.me/ShalawnFacey>

Karla Pippa, CD

Karla is a DONA-certified doula who has attended several births at BBC
www.birthingwithkarla.com

Winter's Play Place

Post-partum bonding support for moms with post-partum depression and mental health issues
www.wintersplayplace.com/about.html

DOULA GROUPS WITH TIERED EXPERIENCE

NYC Doula Collective

www.nycdoulacollective.com

Birth Focus

www.birthfocus.com

VOLUNTEER DOULAS

The Doula Project

(for families making less than 30K)
www.doulaproject.org

Ancient Song Doula Services

Affordable services and workshops
www.ancientsongdoulaservices.com

By My Side Birth Support

For women in zip codes:
11201, 11212, 11216, 11221, 11233
Contact Mary Powel Thomas
[Mthomas7 @health.nyc.gov](mailto:Mthomas7@health.nyc.gov)

E-mail info@brooklynbirthingcenter.com
for more volunteer doula recommendations!

PLEASE SEE OUR WEBSITE DIRECTORY FOR OUR MOST CURRENT DOULA LISTINGS!

Childbirth Education

“Childbirth education can bring birth back to the basics and help you let go of fear (really). The end result is a safer, more empowered birth.”

Lothian, Judith. 2011 Guide to a Healthy Birth by Choice in Childbirth

Birth Preparation with Emily Cohen-Moreira, co-sponsored by BBC!

We strongly recommend this class for BBC clients. Emily’s class is specifically designed for families planning out-of-hospital births, and is more affordable than most comprehensive childbirth education series. For more information, call us at 718-376-6655 or visit brooklynbirthingcenter.com.

Other Childbirth Education Classes:

BklynBirth

Phone: 718-512-5002

info@bklynbirth.com

www.bklynbirth.com

Maimonides Labor & Delivery

Affordable birthing and parenting classes

Phone: 718-283-7614

SUNY Downstate CBE

Free childbirth education classes

Phone: 718-270-8245 or 718-270-8846

HypnoBirthing NY

Maeva Althus, CHt

Phone: 347-217-0299

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

Tribeca Parenting (Lamaze)

8 Locations in Brooklyn and Manhattan

Phone: 646-863-4500

www.tribecaparenting.com

Shara Frederick

Emphasis on out-of-hospital, sliding scale

Mary Esther Malloy-Hopwood

hello@sharafrederick.com

<http://www.sharafrederick.com>

London King of Push Love Doula

Private classes

Phone: 917-496-8119

www.pushlove.com

Healthy Start Brooklyn

Free for Medicaid / WIC patients

Phone: 718-637-5244

E-mail: tprice@health.nyc.gov

Birth Day Presence

Phone: 917-751-6579

www.birthdaypresence.net

Lucy the Laborer (Emily Cohen-Moreira)

Private classes, brief refresher classes

Doula and lactation consultant services

Phone: 917-921-7733

www.lucythelaborer.com

Adina Lerer

Private classes, brief refresher classes

Flexible scheduling and pricing

Phone: 347-420-2824

Ellen Chuse Childbirth

Phone: 718-789-1981

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

Mindful Birth NY (Bradley Method)

Phone: 646-253-5716

www.mindfulbirthny.com

Please see the “Resources” section of our website for our most complete and up-to-date list of birthing classes.

Other Recommended Practitioners

Massage

Red Moon Doula

Lena DeGloma
Offering doula services, massage, and CBE
www.redmoonmassagetherapy.com/

Integrative Bodywork

Amy Baker, LMT
Amy is a former BBC patient!
She offers bodywork for moms and babies
Phone: 917-509-6115
www.amybaker.org

Acupuncture

2nd Nature Acupuncture

Esther Hornstein, L.Ac., MSAc
Menstrual irregularity, fertility issues, pregnancy
Phone: 917-414-3831
acupunctureesther@gmail.com

Breastfeeding Support

The First Latch

Paula Utila, IBCLC
Jennifer Leopold, IBCLC, LMSW
Paula and Jennifer both lead classes and groups at BBC
Phone: 718-208-5710

Shalawn Facey, CD, CLC

Shalawn is a doula, and BBC's Senior Birthing Assistant
Phone: 347-232-0511

Emily Cohen-Moreira, CBE CD, CLC

Emily is a childbirth educator, doula, and lactation counselor
Phone: 347-232-0511

Please see the Resources Directory section of our website for our most comprehensive and up-to-date list of recommended doulas, childbirth educators, pediatricians, and other practitioners.

Physical Therapy

Renew Physical Therapy

Phone: 1-877-736-3978
Pelvic floor restoration
<http://renew-pt.com/>

Yoga

Brooklyn Yoga Collective

Affordable, sliding-scale pre-natal yoga
<http://brooklynयोगcollective.com/>

Harlem Yoga Studio

Affordable, donation-based prenatal yoga
<http://www.harlemyogastudio.com>

Prenatal Yoga Center

Yoga and workshops
Phone: 212-362-2985
www.prenatalyogacenter.com

GoGo Babies

Pre-natal and baby yoga, bodywork, classes
Phone: 718-643-6064
<http://www.gogobabies.net/>

MAIMONIDES LABOR & DELIVERY TOUR



FOR COUPLES
7:00 PM on MONDAYS

WOMEN ONLY
7:30 PM on MONDAYS

TOURS LAST APPROXIMATELY 1 ½ HRS

CALL (718) 283 – 7614 TO MAKE AN APPOINTMENT

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