



# Birth & Beyond: A Resource Guide for Families

March 2010

The **Oklahoma BirthNetwork** encourages you to seek providers who support your personal philosophies. BirthNetwork National does not endorse or recommend providers, but lists those providers who endorse the **Mother-Friendly Childbirth Initiative (MFCI)** and are paid **BirthNetwork National members**. BirthNetwork National does not guarantee the provider information contained in this guide and BirthNetwork National does not check the validity or accuracy of credentials including, but not limited to, certifications, licenses or training of any listed provider. There are variations in the philosophies and practices of providers listed. It is the responsibility of each consumer to verify the credentials of providers and BirthNetwork National encourages consumers to interview providers in order to find the care that is right for each individual and family.

## Childbirth Educators

**Lamaze Certified Educators**  
**Kathryn Konrad, LCCE**  
(405) 359-9207  
kkonrad@cox.net

**Karen Prior, LCCE**  
(405) 474-3302  
karen.prior@me.com

**Anne Coffee, TM, LCCE**  
www.heavensentbirth.com  
(405) 787-7730

### The Bradley Method

**Nikki Schumaker, AAHCC**  
www.bradleybirth.com  
(405) 410-4678  
nschumaker@gmail.com

**Heather Cooper**  
Provisional Bradley Instructor  
(405) 708-8848  
stylehair@yahoo.com

### Childbirth Education Center

**Birth Matters**  
www.birthmattersok.com  
(405) 831-4473  
birth.matters@sbcglobal.net

## Healthcare Providers

### Midwifery - Homebirth

#### VBAC-Vaginal Birth After Cesarean

**Heaven Sent Births**  
Margarett Scott, CPM  
Anne Coffee, TM  
www.heavensentbirth.com  
(405) 787-7730  
oklahomamidwife@yahoo.com

#### Community Midwifery Services

Michelle Robidoux, CPM  
Gail Brown, CPM, ND  
Netri Teref-Ta, CNM  
Yvonne Silbernagel, CM  
Angelica Johnson, CPM  
www.cmsmidwife.com  
(405) 447-9433  
cmsmidwife@att.net

### Midwifery - Hospital

#### VBAC-Vaginal Birth After Cesarean

**Dorothy (Dusti) Cleveland-Grupe,**  
CNM, MSN, Registered Nurse  
m1zgroupe@aol.com  
(405) 410-7311

## Breastfeeding Support

### Breastfeeding Education

**Birth Matters**  
www.birthmattersok.com  
(405) 831-4473  
birth.matters@sbcglobal.net

### Home Visits & Support Group

**Karen Prior, CBC**  
(405) 474-3302  
karen.prior@me.com

## Doulas

### Heaven Sent Births

www.heavensentbirth.com  
(405) 787-7730  
oklahomamidwife@yahoo.com

### Birth Matters Doula Service

**Chris Cleary, CD(DONA)**  
www.birthmattersok.com  
(405) 831-4473  
birth.matters@sbcglobal.net

### Karen Palumbo, CD(DONA)

heartandhandsdoulacare.com  
(405) 401-9692  
karen@heartandhandsdoulacare.com

### Taryn Goodwin, CD(DONA)

**Spirited Doula™ Birth Services**  
www.SpiritedDoula.com  
(405) 413-7337  
Taryn@SpiritedDoula.com

### Erica Smith, CD(DONA)

www.startwell.org  
(405) 227-5339  
erica.thedoula@sbcglobal.net

### Danielle Lugrand,

**CD(DONA), PCD(DONA)**  
www.agapedoulaservice.com  
(405) 701-2739  
agapedoula@hotmail.com

### Karen Prior, CD(DONA)

(405) 474-3302  
karen.prior@me.com

### Doula Association of Central Oklahoma DACO Inc.

www.dacoinc.org  
(405) 455-1500  
president@dacoinc.org

## Support Groups

### Cesarean Support Group

**ICAN of Central Oklahoma**  
Contact: Brooke Smith  
(405) 570-8763  
Brookesmith03@yahoo.com

### OKC VBAC Support Group

Contact: Jenn Watts  
(405) 692-6115  
OKCVBACSupport@live.com

### Homebirth Meet Up

**Heaven Sent Births**  
www.heavensentbirth.com  
(405) 787-7730  
oklahomamidwife@yahoo.com

## Chiropractic Care

### Active Care Chiropractic

**Jason Block, DC**  
(405) 478-1507  
activecarechiro@hotmail.com

### Cooper Chiropractic

**Dr. Brandon Cooper, D.C.**  
(405) 340-1930  
dr.cooper.dc@gmail.com

### Heartland Health Centers

**Micah D. Carter, D.C.**  
(405) 340-4400  
n8chiropractic@yahoo.com  
www.heartlandhealthcenters.com

## Other Services

### Babywearing - Slings & Carriers

**Piper Nard, CD(DONA)**  
www.BabywearingDoula.com  
(405) 773-4333  
piperdanai@yahoo.com

### Baby Shower Game

**Baby 411**  
Daphne Hennesey  
(405) 833-2933  
baby411@cox.net

### Birth/Newborn Photography

**Brandi Traina**  
www.trainaphotography.com  
(405) 209-6463  
brandi@trainaphotography.com

### Happiest Baby on the Block

**Birth Matters**  
www.birthmattersok.com  
(405) 831-4473  
birth.matters@sbcglobal.net

### Parenting Classes

**Birth Matters**  
www.birthmattersok.com  
(405) 831-4473  
birth.matters@sbcglobal.net

### Prenatal & Postnatal Yoga

**Karen Prior, E-RYT**  
www.MamasteYoga.com  
(405) 474-3302  
karen.prior@me.com

## MFCI Information

The original Mother-Friendly Childbirth Initiative (MFCI) which includes the Ten Steps of Mother-Friendly Care is available for free download from the Coalition for Improving Maternity Services (CIMS) at: <http://www.motherfriendly.org>

This guide is published by the **Oklahoma BirthNetwork**. To get listed in our guide or to find out more information about our work visit us online at [www.OklahomaBirthNetwork.com](http://www.OklahomaBirthNetwork.com).