



SONOMA COUNTY FAMILY WELLNESS RESOURCE GUIDE

TRUSTED PROVIDERS FOR PREGNANCY, POSTPARTUM, AND WHOLE-FAMILY CARE

Pregnancy and Postpartum Care

MIDWIVES



Born Wild Midwifery: Holistic pregnancy, birth, and postpartum care.
Bornwildmidwifery.com | 707-892-4784



The Midwives: Serving Sonoma & Napa Counties, with birth center locations in Santa Rosa & Napa.
Themidwives.com | (707) 287-2822

HYPNOBIRTHING EXPERTS



Deep Sea Hypnosis: Hypnotherapy for anxiety, birth preparation, and emotional healing.
Deepseahypnosis.com | (707) 858-9102



Hypnobirth (TerriAnne Gutierrez): Holistic hypnotherapy to ease anxiety, support childbirth, and promote emotional balance.
Hypnobirth.org

CHIROPRACTORS



Soul Shine Family Chiropractic: Holistic, gentle, family-focused chiropractic care.
Soulshinechiro.com | (707) 525-9950



Acorn Chiropractic Club: Serving Sonoma County with gentle, whole-family chiropractic care.
Acornchiropractic.com | (707) 708-4466

PELVIC FLOOR THERAPY



Pivotal Pelvis (Cassidy McCurdy): Pelvic floor therapy for pregnancy, postpartum, and core recovery.
Pivotalpelvis.com | (707) 200-3577

PHYSICAL THERAPISTS



Redwood Family Pediatric Therapy: Providing pediatric physical and occupational therapy focused on development and family-centered care.
Redwoodpediatric.com | (707) 546-9160

OCCUPATIONAL THERAPISTS



Whole Child Occupational Therapy: Focus on sensory integration and child-led development.
Wholechildoccupationaltherapy.com | (707) 200-8367

FITNESS TRAINING



Terri Lynn Heath: Strength and mobility training for pregnancy, postpartum, and beyond.
Culturefitness.fit | (415) 310-8152

Emotional & Mental Wellness

LICENSED FAMILY THERAPISTS



Sonoma Family Therapy: Therapy and support services for children, teens, and adults.
Sonomafamilyinc.com | (707) 483-9061

LICENSED MENTAL HEALTH THERAPISTS



Mills Perinatal Wellness Group: Therapy and support for perinatal mental health, birth trauma, and parenting.
Millsperinatalwellnessgroup.com | (650) 241-9102

INTEGRATIVE & HOLISTIC HEALTH



Acupuncture Mama: Acupuncture and holistic care for fertility, pregnancy, and postpartum.
Acupuncturemama.com | (707) 303-7200



Sage Staggs, L.Ac.: Offering acupuncture for fertility, pregnancy, womb health, chronic pain, & emotional well-being.
Sagestaggs.com | (503) 939-1051



AnthroSonoma (Dr. Daci Iancu, MD): From difficult pregnancies to everyday wellness, Dr. Daci supports the whole family with holistic, individualized care.
Anthrosonoma.com | (707) 295-3755



Willowbend Natural Medicine (Dr. Sara Thyr): Naturopathic care for healing, balance, and long-term wellness.
Drthyr.com | (707) 780-6033

MEDICAL SPAS



Shaped Aesthetics (Michelle Maldonado): Medical aesthetics, hormone support, vitamin therapy, and prenatal/postnatal care.
Shapedaestheticsmedspa.com | 707-304-8300

WELLNESS STUDIOS



Peak Wellness Studio: Cold plunge, infrared sauna, full body red light, PEMF, vibration and more.
Peakwellnessstudio.com | (707) 710-7325



Soul Yoga & Wellness Studio: Science-backed services to enhance performance, support recovery, and promote intelligent aging.
Soulyogasr.com | (707) 696-4382

GROUP FITNESS FOR MOMS & LITTLES



Fit4Mom Santa Rosa/Windsor: Fitness and wellness programs for moms at every stage—from pregnancy to postpartum and beyond.
Sesantarosa.fit4mom.com

This guide is brought to you by Fox & Cub Family Wellness

Providing virtual and in-person support for families from pregnancy through postpartum and early childhood—including lactation counseling, pediatric sleep consulting, health & wellness coaching for moms, postpartum doula care, and more.

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