



OAKLAND/BERKELEY FAMILY WELLNESS

RESOURCE GUIDE

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

Pregnancy and Postpartum Care

MIDWIVES

Emunah Midwifery: Holistic pregnancy, birth, and postpartum care in-home in the bay area.
Emunahmidwifery.com | (510) 459-3938

East Bay Midwives: Holistic pregnancy, birth, and postpartum care in-home in the bay area.
Eastbaymidwives.com | (510) 679-1119

Pacifica Family Maternity Center: Birth center serving the northern bay area, offering holistic pregnancy, birth, and postpartum care.
Pacificamaternity.com | (510) 280-5543

HYPNOBIRTHING EXPERTS

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

Bay Area Hypnobirthing: Offering group and private classes (in-person and virtual) that teach relaxation, breathing, and self-hypnosis for a calm, confident birth.
Bahypnobirthing.com (408) 674-1502

CHIROPRACTORS

The Bay Chiro: Whole-body, nurturing chiropractic care for the entire family. Including a full team of acupuncturists and massage therapists as well.
Thebaychiro.com | (510) 821-4030

Oak Family Chiropractic: Serving Oakland with gentle, whole-family chiropractic care.
Oakfamilychiro.com | (510) 761-1870

Flow Chiropractic: Serving Berkeley with gentle, whole-family chiropractic care.
Berkeleyflow.com | (360) 402-4550

PHYSICAL THERAPY

Nurturing Health PT: Holistic pelvic health and physical therapy to support every stage of life, in Berkeley.
Nurturinghealthphysicaltherapy.com | (510) 327-5730

Bayo Vista PT: Located in Alameda, they specialize in women's pelvic health and postpartum recovery.
Bayovistapt.com | (628) 400-7696 info@bayovista-pt.com

WELLNESS STUDIOS

Conscious Belly Therapy Massage: Located in Berkeley, she specializes in prenatal and postpartum massage.
Consciousbellytherapy.com | (831) 915-1305

Arise Yoga: Oakland Yoga studio offering all-level classes from vinyasa to yin, including prenatal and mom & baby yoga.
Arisayoga.com

Berkeley Yoga Center: Located in Berkeley, they offer prenatal yoga and other classes for strength, flexibility, and mindfulness.
Berkeleyyogacenter.com

Emotional, Mental, & Physical Wellness

LICENSED MENTAL HEALTH THERAPISTS

Robyn Cutler, LMFT (The Postpartum Therapist): Therapy and support for perinatal mental health including anxiety, burnout, and depression
Algonamft.com | (415) 309-8464

Jessica Brown, LMFT: Providing in-person and telehealth psychotherapy in Berkeley for adults and couples, focusing in perinatal health.
Jessicabrowntherapy.com | (510) 775-1200

INTEGRATIVE & HOLISTIC HEALTH

East Bay Acupuncture: Serving Oakland and the east bay with acupuncture and holistic care for women's health, fertility, and pregnancy.
Eastbayacupuncture.com | (510) 900 9063

Mitchell Family Acupuncture: Berkeley clinic offering acupuncture, functional medicine, and holistic care for fertility, pregnancy, and postpartum.
Mitchellfamilyacupuncture.com | (510) 558-0117

Womens Vitality Center (ND's): A nurturing naturopathic clinic offering personalized, whole-family care grounded in natural medicine and individualized healing.
womensvitalitycenter.com | (510) 859-4572

Womanhood Wellness (Dr. Rose Nurse, ND): California clinic offering naturopathic medicine for fertility, hormones, digestion, fatigue, and overall wellness.
Womanhoodwellness.com

PEDIATRICIANS

Sage Pediatrics (Dr. Amy) : A holistic San Francisco pediatric practice providing personalized, unhurried care that integrates traditional medicine with nutrition, genetics, and emotional well-being.
Sagepediatrics.com | (510) 418-9331

OBGYN'S

East Bay Women's Health: A trusted east bay OBGYN practice providing compassionate, personalized care in obstetrics, gynecology, and women's wellness.
Obgyn-eastbay.com | (510) 653-0846

MEDICAL SPAS

B12 Love: A spa-style IV and nutrient therapy lounge offering vitamin drips, injections, NAD+ treatments, and longevity services to energize, rejuvenate, and nourish your daily life in SF,
B12love.com (510) 443-4250

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, birth & postpartum doula care, and more.

info@foxandcubfamilywellness.com | Foxandcubfamilywellness.com | [@foxandcubfamilywellness](https://www.instagram.com/foxandcubfamilywellness)

