



MARIN COUNTY FAMILY WELLNESS RESOURCE GUIDE

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

Pregnancy and Postpartum Care

MIDWIVES



Homebody Midwifery: Holistic pregnancy, birth, and postpartum care within the northern bay area.
Homebodymidwifery.com | (707) 241-3040



North Bay Midwife: Serving the northern bay area, offering holistic pregnancy, birth, and postpartum care.
Northbaymidwife.com | (707) 321-2078

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



Tinozzi Chiropractic & Massage: Whole-body, nurturing chiropractic care for the entire family.
Tinozzichiropractic.com | (415) 924-8089



Chiromarin: Serving Marin County with gentle, whole-family chiropractic care.
Chiromarin.com | (415) 295-7227

PELVIC FLOOR THERAPY



Blossom PT (Alicia Roberts): Holistic pelvic health care and postpartum sex & intimacy coaching for mothers.
Blossompt.com | (415) 578-5524



Pelvic Path: A pelvic health clinic in Marin offering expert support for pregnancy, postpartum recovery, and overall pelvic floor wellness.
Pelvicpath.com | (415)-480-5352

OCCUPATIONAL THERAPISTS



Wonderland OT: Focus on sensory integration and child-led development.
Wholechildoccupationaltherapy.com | (415) 342-0964



Little Hands OT: Pediatric OT and speech therapy in Marin, supporting kids and teens with personalized care. Offering groups for self-regulation, executive function, social skills, feeding, and social anxiety/selective mutism.
Littlehandsot.com | (415) 758-2768

MASSAGE STUDIOS



Mama Massage: A massage practice in Marin specializing in prenatal, postpartum, and therapeutic care, owned and led by Christina Del Gallo.
Mamamassage.com | (510) 305-3307

Emotional, Mental, & Physical Wellness

LICENSED FAMILY THERAPISTS



Family Matters of Marin: Therapy and support services for children, teens, and adults.
Familymattersofmarin.com | (415) 326-6534

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



Wellspring Acupuncture: An acupuncture practice offering holistic care for fertility, pregnancy, postpartum recovery, and overall wellness.
Wellspringmarin.com | (415) 968-9294



Dr. Susan Fox: Acupuncture and holistic care for fertility, pregnancy, and postpartum.
Drsusanfox.com | (415) 381-8500



Marin Family Acupuncture: Offering acupuncture for fertility, pregnancy, womb health, sports medicine, & emotional well-being.
Marinfamilyacupuncture.com | (415) 307-4747



Wellness Pediatrics Marin: Holistic, integrative pediatric care from birth through young adulthood.
Wellnesspedsmarin.com | (707) 295-3755



Solstice Naturopathic Medicine (Dr. April Blake): ND and midwife, focused on fertility, hormone balance, mood, chronic and mystery illnesses, and immune support.
Solsticenatmed.org | (415) 488-5831

MEDICAL SPAS



Marin Medical Aesthetics: Medical aesthetics, hormone support, vitamin therapy, and prenatal/postnatal care.
Marinmedicalaesthetics.com | (415) 997-5940



B12 Love: A spa-style IV and nutrient therapy lounge, including appointments with an ND, offering vitamin drips, injections, NAD+ treatments, and longevity services to energize, rejuvenate, and nourish your daily life in Novato & Mill Valley.
B12love.com

WELLNESS STUDIOS



Metta Mama Yoga: Yoga for every stage of life—prenatal, mom & baby, kids of all ages, and adults—in a welcoming, family-friendly space.
Mettayogastudio.com | (415) 868-3569

GROUP FITNESS FOR MOMS & LITTLES



Fit4Mom Marin: Fitness and wellness programs for moms at every stage—from pregnancy to postpartum and beyond.
Marin.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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