



SAN FRANCISCO 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 in-home in the bay area.

Homebodymidwifery.com | (707) 241-3040



Wisewoman Childbirth Traditions: Holistic pregnancy, birth, and postpartum care in-home in the bay area.

Wisewomanchildbirth.com | (415) 627-8246



San Francisco Birth Center: Serving the northern bay area, offering holistic pregnancy, birth, and postpartum care.

Sfbirthcenter.com | (415) 780-0848

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



Thriving Life Wellness Center: Whole-body, nurturing chiropractic care for the entire family.

Thrivinglifewellnesscenter.com | (415) 814-2442



SF City Chiropractic & Massage: Serving SF with gentle, whole-family chiropractic care.

SFcitychiro.com | (415) 463-0695

PELVIC FLOOR THERAPY



Origin PT: Holistic pelvic health and physical therapy to support every stage of life.

Originpt.com | (213) 893-4268



Pelvic Wellness PT: Holistic pelvic health and physical therapy to support every stage of life.

Pelvicwellpt.com | (415) 504-2447

WELLNESS STUDIOS



Earthbody Massage: Day spa in SF offering eco-friendly massages, specializing in prenatal & postnatal massage.

Earthbody.net | (415) 552-7200



The Pad Studios (Yoga): SF Yoga studio offering all-level classes from vinyasa to yin, including prenatal and mom & baby yoga.

Thepadstudios.com | (415) 929-1690



Folk Yoga: A welcoming studio offering a variety of classes for all levels — including vinyasa, yin, and prenatal yoga.

Folksf.com | (415) 552-9644

Emotional, Mental, & Physical Wellness

LICENSED MENTAL HEALTH THERAPISTS



Jessica Brown, LMFT: Therapy and support for perinatal mental health including infertility.

Jessicabrowntherapy.com | (510) 775-1200



A Good Place Therapy (LMFT's): Providing in-person and telehealth psychotherapy in San Francisco for adults, couples, teens, and families.

Agoodplacetherapy.com | (415) 329-2882

INTEGRATIVE & HOLISTIC HEALTH



Nest Acupuncture: Serving San Francisco and Marin with acupuncture and holistic care for women's health, fertility, and pregnancy.

Nestacupuncture.com | 415-673-6378



Blue Ova Acupuncture: San Francisco clinic offering acupuncture, functional medicine, and holistic care for fertility, pregnancy, and postpartum.

Blueova.com | (415) 795-3900



Nova Wellness (Dr. Jenn Mann, ND): A nurturing naturopathic clinic offering personalized, whole-family care grounded in natural medicine and individualized healing.

Novawellnessmed.com | (415) 484-9871



Bay Natural Medicine (Dr. Minna Yoon, ND, L.Ac.): San Francisco clinic offering naturopathic medicine and acupuncture for hormones, digestion, skin health, fatigue, and overall wellness.

Baynaturalmedicine.com | (415) 564-3200

PEDIATRICIANS



GetzWell Personalized Medicine: A holistic San Francisco pediatric practice providing personalized, unhurried care that integrates traditional medicine with nutrition, genetics, and emotional well-being.

Getzwell.com | (415) 548-7710

OBGYN'S



Golden Gate OBGYN: A trusted San Francisco practice providing compassionate, personalized care in obstetrics, gynecology, and women's wellness.

Goldengateobgyn.com | (415) 666-1250

MEDICAL SPAS



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 SF,

B12love.com (415) 360-9008

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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