



YOUR BIRTH YOUR WAY

UNTAMED BIRTH

Doula Services by Sydney Hagan



WELCOME

I have carefully compiled a list of local resources to best help you before, during, and after birth. A lot of these resources are based out of Virginia, but we do have some in our tiny town of Elizabeth City and Moyock.

every woman deserves birth support



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MIDWIVES & BIRTH CENTERS

We currently no longer have a home birth midwife in Elizabeth City. However, there are plenty of birth center options just over the line into Virginia.

SEVEN CITIES MIDWIFERY

Jennifer Green, LM, CPM + Sydney Mustard, LM, CPM
Home Birth Midwives
Location: 5267 Greenwich Rd STE 201
Virginia Beach, VA
Website: sevencitiesmidwifery.com
Phone: (757) 740-0197
Email: midwives@sevencitiesmidwifery.com

MERAKI MIDWIVES

Ildiko Baugus, CPM, LM; Brittney Westbrook CPM, LM
Home Births in VA and Birth Center
Location: 1025 Executive Blvd Suite 111,
Chesapeake, VA
Website: merakimidwives.com
Phone: (757)884-3378
Email: midwives@merakimidwives.com

JAMII BIRTH WELLNESS SERVICES

Nichole Wardlaw, CNM
Home Births in NC/VA
Location: 3333 Station House Rd Suite B, Chesapeake, VA
Website: jamiibirthandwellness.com/rev
Phone: (833)JAMII4U
Email: customersupport@jamiibirthandwellness.com

EVA HOMEBIRTH

Christina Owens, CPM, LM
Home Births in VA and Birth Center
Location: 840 Juniper Crescent #102,
Chesapeake, VA
Website: evahomebirth.com
Phone: (757)541-8522
Email: midwives@evahomebirth.com

RESOLVE BIRTH SERVICES

Amy Michaelson-Ratcliffe, CPM, LM
VA Birth Center
Location: 929 Ventures Way #108,
Chesapeake, VA
Website: resolvebirth.com
Phone: (757)598-2853
Email: info@resolvebirth.com



Pro Tip

Birthing classes will empower you with knowledge of how things work during labor and delivery, possible scenarios, and choices you can make during birth. Preparation reduces anxiety. Knowing how the body works during labor and delivery can make the experience less scary.



CHILDBIRTH CLASSES

PREPARING FOR YOUR BIRTH!

Untamed Childbirth Education Classes with Sydney Hagan
& Nichole Smith of ReWild Birth

210 N Martin Luther King Jr Drive, Elizabeth City, NC.

sydney@untamedbirth.com; (252) 435-9542

rewildbirth.com | untamedbirth.com



CHIROPRACTORS

AND CRANIO-SACRAL AND MYOFUNCTIONAL THERAPISTS

Wave of Life Chiropractic
4640 Shore Drive #108,
Virginia Beach, VA
(757) 321-7776

Lorraine Pilarski, CST
Virginia Beach, VA
(757) 635-0933 cell



Jones Family Chiropractic
(NOT Webster certified)
706 W Eringhaus Street,
Elizabeth City, NC
(252) 335-2225

CST With Liz, LLC
Liz Chandler

3168 Magic Hollow Blvd
Virginia Beach, VA
(316) 272-2720

AboutFace Orofacial Myofunctional Therapy

Mandy Roberts, RDH, BS, QOM

Myofunctional Therapist

Northeast, NC to Newport News, VA
aboutfaceomt@gmail.com

pro tip

Chiropractic adjustments can help with a variety of pregnancy related ailments or concerns such as: sciatic pain, symphysis pubis dysfunction, other joint pains and mobility complications, indigestion/heart burn, or even getting baby into an optimal position for labor.





Did you know?

Research shows prenatal massage therapy can help reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health.

MASSAGE THERAPISTS

HEALING THROUGH TOUCH

1. The Juniper House - Mary Wese, LMT
Chesapeake, VA
juniperhouseva.com/wellness-services



2. Women's Pain & Prenatal Massage - Kristi Gabriel
Moyock, NC
womenspainprenatalmassage.com

3. Total Balance Massage & Coaching - Rachel Bright
Elizabeth City, NC
totalbalancemassageandcoaching.com



NUTRITIONIST/DIETITIAN

Option 1:

Nutrition Pair LLC
1241 N Road Street
Elizabeth City, NC
(252)335-9355
nutritionpair.com

Option 2:

Fiori Nutrition
Marianna Fiorillo RDN, Female Health Dietitian
Chesapeake, VA
[instagram.com/fiorinutrition](https://www.instagram.com/fiorinutrition)

pro tip

Check out the Brewers Pregnancy Diet to help manage pregnancy related concerns such as: high or low blood pressure, morning sickness and hyperemesis gravidarum, gestational diabetes, and the pre-e emergency protocol.





LACTATION CONSULTANTS

THE JUNIPER HOUSE

Nichelle Clark, IBCLC

Tina Bein, CBS



juniperhouseva.com/lactation-providers

COASTAL BIRTH SANCTUARY

Neisha Smoak, CLC

Elizabeth City, NC

coastalbirthsanctuary.wordpress.com

Did you know?

Breastmilk is a living substance that provides antibodies to babies to boost their immune systems, enhances brain development, reduces risk of SIDS, reduces the risk of some cancers and diseases in the mother, makes your uterus contract to shrink back down after birth, and is the best way to bond with your new baby.

Did you know?

Pelvic floor therapy can help with a number of issues for pregnant and postpartum women including: bladder control, sexual function, pelvic pain, uterine prolapse, general postpartum recovery, and emotional well-being.



PELVIC FLOOR THERAPISTS

ELIZABETH CITY, NC & NORFOLK, VA

Craft My Wellness - Dr. Bertoluzzi

606 E Main St, Suite C

Elizabeth City, NC

craftmywellness@gmail.com

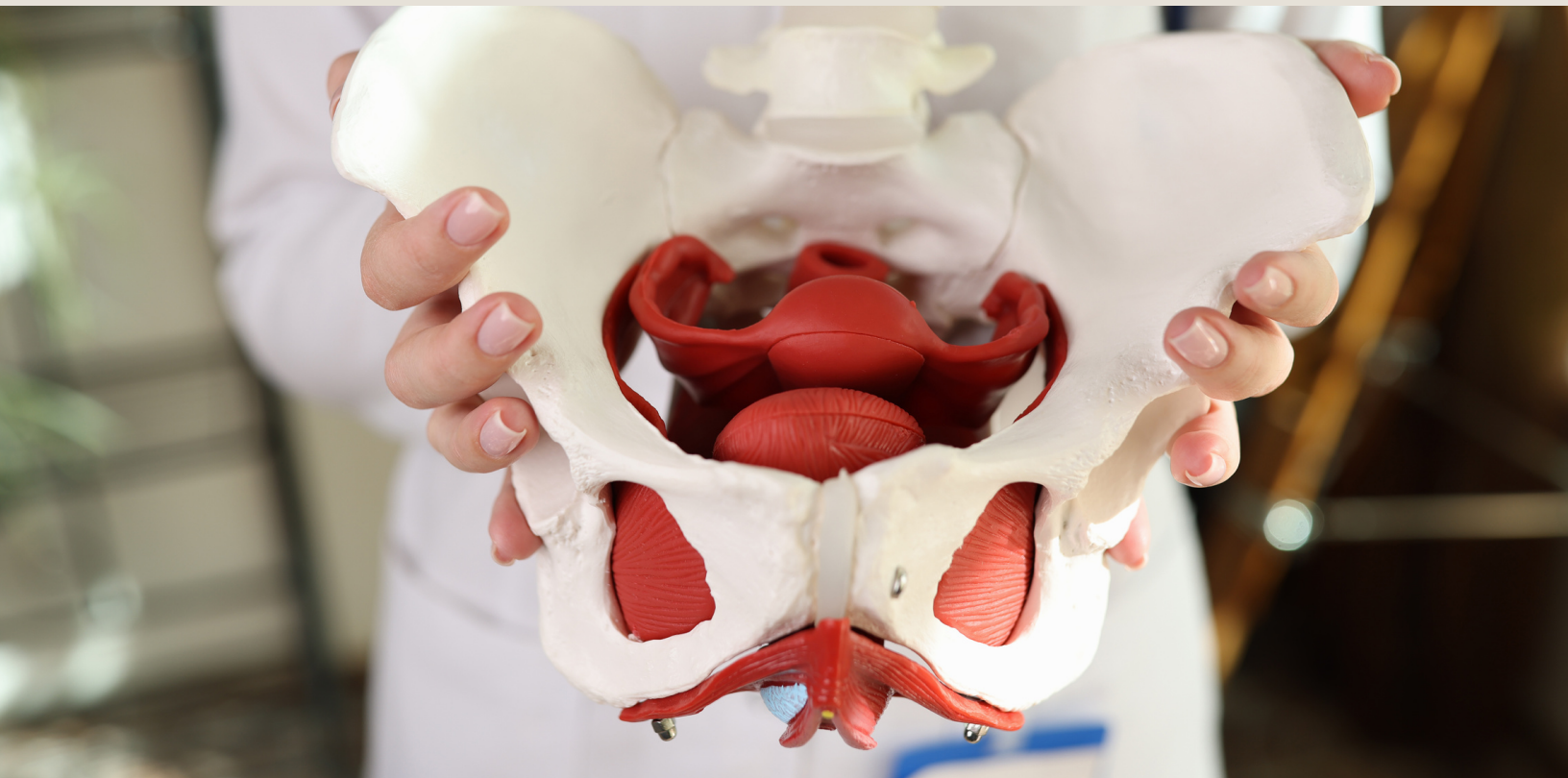


Movement Is Medicine - Dr. Karol

4210 Colley Ave, Suite A

Norfolk, VA

(757) 503-5996





MENTAL HEALTH THERAPISTS



1. *Peaceful Waters*

380 Caratoke Hwy Suite J, Moyock, NC

(252) 232-8096

2. *Pride NC*

1400 W Church Street, Elizabeth City, NC

(252) 331-0322



MOM SUPPORT GROUPS



BIRTH CIRCLE / BIRTH MINISTRY



Local get togethers held by Nichole Smith and Sydney Hagan
Every 3rd Monday at Growing Curious in Elizabeth City
Find Nichole at hello@rewild.care and Sydney at untamedbirth.com

OBX MOMMY AND ME
obxmommyandme.org
obxmommyandme@gmail.com
community, playdates, fundraisers, support

GROWING CURIOUS: COFFEE AND MOMS

Hosted by Kym Foster at Growing Curious
210 N. MLK Jr. Street, Elizabeth City, NC
growingcurious.com

"THERE IS NO WAY TO BE A PERFECT MOTHER AND A
MILLION WAYS TO BE A GOOD ONE."

-Jill Churchill



FROM DIET TO HEALING

HEALTH FOOD & HOLISTIC STORES

ORGANIC FOOD DEPOT

Two Locations:

4301 Commuter Drive, Virginia Beach, VA
1912 Granby Street, Norfolk, VA

HERITAGE NATURAL MARKET

New Age

984 Laskin Road, Suite A
Virginia Beach, VA

NICHOLE SMITH, HERBALIST

Local Herbalist Consultations
hello@rewild.care





ONLINE RESOURCES

1. *Earthley Wellness*

earthley.com

See the Untamed Birth products list on my website.

2. *In His Hands*

inhishands.com

Your one-stop shop for all your home birth needs.

3. *Kate Quinn Organics*

katequinn.com

online organic clothing store - personal favorite



MISCELLANEOUS CARE

PARENT-CHOICE FRIENDLY PEDIATRICIANS, PEDIATRIC DENTISTS
FOR ORAL TIES, AND FUNCTIONAL MEDICINE DOCTORS

DR. ERIC MADREN
CHESAPEAKE, VA
VOLVO PEDIATRICS

PEDIATRIC CONSULTANTS
NEWPORT NEWS, VA

DR. DEAN KENT
VIRGINIA BEACH, VA
PARTNERS IN DENTAL HEALTH

DR. ZANETA HAMLIN
VIRGINIA BEACH, VA (NO INS.)
CUSP DENTAL BOUTIQUE

REBOOT
VIRGINIA BEACH, VA
FUNCTIONAL MEDICINE

BONUS:

PHOTOGRAPHY SERVICES BY
RUSTIC IRIS OF UNTAMED BIRTH
CAMDEN/ELIZABETH CITY, NC
MATERNITY, BIRTH, NEWBORNS, FAMILY





Questions?

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