



Through the Night Method Denver Local Resource List

Acupuncturists

(specializes in fertility and starting labor)
Cecily Yousaf, MA. L.Ac, MSOM, CLC
Specializes in Fertility, Gynecology and
Lactation
303.248.3481
fertilegroundwellnesscenter.com

Baby Wearing

Baby Wearing International of Denver/Front
Range
Free meetings open to the public
info@bwidenver.org
bwidenver.org
facebook.com/groups/BWIDenver

Birth Doula

Sarah Branion
Certified Labor Doula
720-919-BABY
<https://wonderstruckdoula.com/>
sarah@throughthenightmethod.com

Breastfeeding Education

Ana Hill, IBCLC, CLD, CLE, CCCE
720.394.6995
rockymtndoula@gmail.com
rockymountaindoula.com

Breastfeeding/Lactation Support

Ana Hill, IBCLC, CLD, CLE, CCCE
Emergencies: 720.394.6995
rockymtnlactation@gmail.com
rockymountainlactation.com

La Leche League
Denver's group meets first Tues. at 630 PM
303.779.6722
lilli.org

Parker Adventist Hospital
Free support group on Wed. and Thurs.
303.269.4388

University of Colorado Hospital
Contact: Karen Cloud
Free support group meets every Wed. 130-
245 PM
720.848.1741

Breast Pump Rentals/Sales

Belly Bliss
303.399.1191
bellybliss.org

Nourish Family Center
303.741.2550
nourishfamilycenter.com

Car Seat Safety

Car Seats Colorado
303.239.4500
Carseatscolorado.com

Car Seats for the Littles
Online Support Group
facebook.com/groups/CarSeatsForTheLittles

Childbirth Education

Danielle Johns Preston
The Bradley Method
720.233.7634
rootstonest.com

Chiropractic Care

Elevation Health
Dr. Patti Gonzalez
9145 E Kenyon Ave #300,
Denver, CO 80237
(303) 756-9799

Well Beings Chiropractic
1990 Wadsworth Blvd #2
Lakewood, CO 80214
(303) 238-6500

CPR/First Aid/Aquatics Instruction

Laurian Horowitz, President & Head Trainer
American Red Cross Authorized Provider
303.257.9589 x8
laurian@coloradolifelessons.com
coloradolifelessons.com

Family Support & Classes

Patience Bleskan
Potty training, discipline
<https://www.patiencebleskan.com/>

Massage Therapy

Sarah Peters, CMT
Massage Therapy & Infant Massage Instructor
561-900-4240
oursweetbeginnings.com

Mayan Abdominal Therapy & Pelvic Care

Kristin Schuch, RN, BSN, Owner
303.399.1175
kristin@apothecarytinctura.com
apothecarytinctura.com

Sarah Lind
Allotribe
<https://www.allotribe.com/>
1-855-55-TRIBE

Mental Health Support

Gen Morley
North Boulder Counseling
Gennifer@NorthBoulderCounseling.com
(720) 588-3174

Catalyst Center
<https://catalystcenterllc.com/>
720-675-7123

Pediatricians

Partners in Pediatrics
Denver, Englewood and Highlands Ranch
Locations
303.779.1172 (Englewood/HR) or
303.388.4256 (Denver)
partnersinpediatrics.com

Personal Safety & Empowered Family Classes

Amelia Dorn
Classes for women, men and children
303.956.6643
impact-colorado.org

Poison Control

Rocky Mountain Poison Center
Free 24/7 Expert Help
1.800.222.1222
www.rmpdc.org

Postpartum Doula & Night Nannies

Allotribe
Serving all of the Greater Denver area
Sarah Murane and/or Sarah Lind
720.329.7994
1-855-55-TRIBE
Sleep Support

Sarah Branion
Baby & Toddler Sleep Strategist
720-919-BABY
sarah@throughthenightmethod.com
throughthenightmethod.com

Sleep Training & Sleep Support

Sarah Branion
Baby & Toddler Sleep Strategist
720-919-BABY
sarah@throughthenightmethod.com
throughthenightmethod.com