

## Congratulations on your pregnancy or your new little one!

This is an incredible, life changing journey...we are here to help. This directory is the area's only complete\* and inclusive listing of midwives, doulas, lactation support and more. In order to serve your family best, all professionals listed have completed a certification or licensure in their field (or have undergone equivalent training and community education) and they have tended to the needs of at least five families in their reproductive journey. All listings are voluntary and listed by location or alphabetical order to eliminate bias.

None of the professional listings in this booklet have been paid for. However, some companies and individuals have been listed on the back cover for donating their time, money or resources to make this directory available to you. Knowing all of your local options for birth and postpartum professionals may help your family in making a truly informed decision. To contact about obtaining a professional listing, ordering booklets, donations or for referrals, please contact [capitaldouladirectory@gmail.com](mailto:capitaldouladirectory@gmail.com)

\*as of Fall, 2013

## Independent Midwifery Practices (NYS Licensed)

Midwives are clinical pregnancy care providers who support families and their babies through pregnancy, childbirth and the postpartum period, as well as providing well-woman care for the reproductive years. Midwives are qualified to perform the tasks of an obstetrician (except for surgeries) but follow the Midwifery Model of Care, which focuses on supporting the whole family with low intervention pregnancy care, when medically safe to do so. Some midwives provide home and water birth services, while others provide birth services in a hospital setting. Both hospital and home birth midwives have a lot in common: they have lower rates of c-sections, epidurals and medical pain relief, healthy outcomes for low-risk clients and an overall very high approval rating from families. All of the practices listed are run independently without the supervision of an obstetrician or a hospital and have obtained NYS licensure or certification to perform midwifery care.

*Cost Range: \$5,000-7,500 before insurance coverage (coverage depends on each plan)*

*Hospital-based practices will also incur hospital stay and procedure fees.*

*Kathleen Breault, CNM*  
safepassagemidwifery.com  
(518)944-1637

*Capital Region Midwifery*  
capitalregionmidwifery.com  
(518)326-1620  
(Hospital birth at Burdett,  
Bellevue)

*Michelle Doyle, CNM, LM*  
localcaremidwifery.com  
(518) 238-3469

*Jennifer Fegan-Szalay, CPM, LM*  
blessingwaymidwifery.wordpress.com  
(518)526-1917

*Jennifer Houston, CNM, LM*  
midwifejennahouston.com  
(518)678-3154

*Betsy Mercogliano, RN, LM*  
albanyfamilylifecenter.org  
(518)584-6619

*Kelly McDermott, CPM, CNM*  
(Hospital privileges at Burdett Care Center & Homebirth)  
sage-femmemidwifery.com

*Lisa Preller, CNM*  
*Martha Harvey, CNM*  
*Caren Baker, CNM*  
*Barbara Fleck, CNM*

*Heidi Ricks, LM, CPM*  
heartspacemidwifery.com  
(518)588-7122

Special thanks to the following donors,  
who have given their time, money or  
supplies to make this directory possible:

The Northeast Full Spectrum Project

Mother Powered Doula Services

Erica's Doula and Newborn Services

Albany Doula

Circle of Life midwife and birth services

Two Birds One Stone nursing jewelry

Bloom and Bee Portraits

Safe Passage Midwifery

Birthing with Confidence Doula

*Local Care Midwifery  
(K. Michelle Doyle)*

Hospital Transfer Rate 16.0%  
Vaginal Births 97.0%  
Cesarean Section 7.0%  
Vaginal Birth After Cesarean 100.0%  
Epidural Anesthesia 6.0%  
Narcotic Pain Relief 3.0%  
Induction with Medication 3.0%  
Breastfeeding Initiation 100.0%  
Exclusive BF\*, 3 days PP\*\* 100.0%  
Exclusive BF\*, 6 weeks PP\*\* 99.0%

*Jennifer Rush, CPM, LM (Vermont)*

Hospital transfer rate 16.6%  
Vaginal Births 91.7%  
Cesarean Section 8.3%  
Vaginal Birth After Cesarean 100.0%  
Breastfeeding Initiation 100.00%  
Exclusive BF\*, 3 days PP\*\* 100.00%  
Exclusive BF\*, 6 months PP\*\* 100.0%

\* BF = Breastfeeding

\*\* PP = Postpartum

*Fouad Sattar, MD, PC*

(Hospital privileges at Bellevue)  
(518)370-7937

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## Childbirth Doulas

Birth doulas are trained childbirth support professionals who provide emotional, physical and advocacy support throughout pregnancy, labor and the postpartum period. Unlike a doctor or a midwife, doulas do not perform clinical tasks, but they are a very important part of the family's birth team. Most doulas offer pregnancy education and support, lending libraries, on call labor support, advocacy services for hospital birthing families, breastfeeding support and referrals for outside assistance as needed. Studies have shown that birth doulas can greatly reduce epidural requests, the chance of emergency c-sections, breastfeeding issues and the risk of postpartum depression. When polled, over 99% of families who used doulas were very satisfied with the experience! Due to the large number of doulas in the region, listings have been separated by their county of residence, however these doulas may serve your region if contacted. While the cost range indicates that most doula fees start around \$500, do not let cost act as a barrier to doula care if your family is truly in need. Some doulas may be open to payment plans or other negotiations, and you can also contact those on the Student Doulas listing, as they *may* be able to better accommodate low income families.  
*Cost range: \$500-2,000*

### Albany County

*Michelle Beaulieu, CD*  
(518)674-3212

*Cara Del Favero*  
albanydoula.net  
(518)542-5475

*Heather Eddings, CD*  
heathereddingsphotography.com  
(518)209-7703

*Cathy Prescott, CD*  
(518)377-1454

*Melissa Whipple, CMT, CD*

*Lisa Collins, CD*  
mymodernbirth.com

*Rose Mitchell-Tenerowicz*  
motherpowered.com  
(413)230-6805

*Jessica Allen Hayek*  
albanyfamilylifecenter.org  
(518)727-8219

*Marisa Suen*  
Birth4joy.net

(518) 253-0645

Columbia County

*Cari Naftali, CD*  
(914)466-4528

Greene County

*Johanna D'Aleo, CD*  
calmdoula.com  
(845)901-7431

Rensselaer County

*Agi Laufer, CD*  
(518)283-1198

*Nicole Gordon, CD*  
(518)817-2208

*Jesi Rodriguez*  
(518)512-9417

*Nikita Shoemaker*  
(518) 817-6301

Saratoga County

*Malinda Davis, CD*  
(315)408-7376

*Erica DeBie, CD*  
doulaerica.webs.com  
(518)527-4127

*Sarah Jenks, CD*  
(518)260-6212

*Amanda Mody, CD*  
sacredmomentsdoula.com  
(518)577-1222

*Linda Seeman*  
(518) 573-484

*Krick Wahl, CD*  
(518)859-9809

Warren County

*Lisa Cartier, CD*  
lisacartier.com

*Joyce Vanselow, CD*  
(518)251-4064

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## Postpartum Doulas

Postpartum doulas are trained to help families bond with their new babies shortly after childbirth. These doulas may all perform different tasks, but their goal is providing education for the best baby care and doing household tasks so families can focus on their baby. Services can include: baby care education, breastfeeding or bottlefeeding support, small errands, minor household cleaning, meal prep or referrals.

*St. Mary's Hospital at Amsterdam*

Vaginal Births 67.9%  
Cesarean Section 32.1%  
Vaginal Birth After Cesarean 3.4%  
Epidural Anesthesia 59.6%  
Induction with Medication 11.6%  
Induction via Breaking Waters 1.2%  
Instrumental Delivery\* 0.2%  
Breastfeeding Initiation 64.5%  
Exclusive Breastfeeding Upon Discharge 50.4%

\* An instrumental delivery describes the use of a vacuum, forceps and/or episiotomy in birth.

\*\*Denotes a hospital that uses Cytotec (Misoprostol) to induce labor.

\*\*\* Columbia Memorial Hospital recently lifted a VBAC ban

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## Homebirth Practices

*Blessingway Midwifery*  
(*Jennifer Fegan-Szalay*)

Hospital transfer rate 15%  
Vaginal Births 90.0%  
Cesarean Section 10.0%  
Vaginal Birth After Cesarean 100.0%  
Epidural Anesthesia <5.0%  
Induction with Medication 0.0%  
Breastfeeding Initiation 100.0%  
Exclusive BF\*, 3 days PP\*\* 100.0%

*Safe Passage Midwifery*  
(*Kathleen Breault*)

Vaginal Births 89.0%  
Cesarean Section 11.0%  
Vaginal Birth After Cesarean 100.0%  
Epidural Anesthesia 5.0%  
Induction with Medication 0.0%  
Breastfeeding Initiation 100.0%  
Exclusive BF\*, 3 days PP\*\* 100.0%

*Heartspace Midwifery*  
(*Heidi Ricks & Maureen Murphy*)

Hospital transfer rate 10%  
Cesarean Section 11.0%  
Vaginal Births 95.0%  
Vaginal Birth After Cesarean 100.0%  
Epidural Anesthesia 5.0%  
Induction with Medication 0.0%  
Breastfeeding Initiation 100.0%  
Exclusive BF\*, 3 days PP\*\* 100.0%

*Jennifer Houston*

Hospital Transfers: 1  
Vaginal Births 100.0%  
Cesarean Section 0.0%  
Vaginal Birth After Cesarean 100.0%  
Epidural Anesthesia 0.0%  
Induction with Medication 0.0%  
Breastfeeding Initiation 100.0%  
Exclusive BF\*, 3 days PP\*\* 100.0%

Induction with Medication 22.3%  
Induction via Breaking Waters 8.0%  
Instrumental Delivery\* 2.7%  
Breastfeeding Initiation 74.3%  
Exclusive BF at discharge 37.1%

*Bellevue Women's Center*

Vaginal Births 69.1%  
Cesarean Section 30.9%  
Vaginal Birth After Cesarean 11.5%  
Epidural and Narcotics 63.8%  
Induction with Medication 20.2%  
Induction via Breaking Waters 0.8%  
Instrumental Delivery\* 0.6%  
Breastfeeding Initiation 79.0%  
Exclusive BF at Discharge 61.4%

*Glens Falls Hospital*

Vaginal Births 64.6%  
Cesarean Section 35.4%  
Vaginal Birth After Cesarean 0.0%  
**(VBAC Ban)**  
Epidural Anesthesia 46.0%  
Induction with Medication\*\* 21.6%  
Induction via Breaking Waters 1.2%  
Instrumental Delivery\* 0.4%  
Breastfeeding Initiation 76.5%  
Exclusive BF at Discharge 56.8%

*St. Peter's Hospital*

Vaginal Births 63.8%  
Cesarean Section 36.2%  
Vaginal Birth After Cesarean 10.3%  
Epidural Anesthesia 68.9%  
Induction with Medication\*\* 14.2%  
Induction via Breaking Waters 23.9%  
Instrumental Delivery\* 0.2%  
Breastfeeding Initiation 81.3%  
Exclusive BF at Discharge 66.6%

Induction with Medication 20.3%  
Induction via Breaking Waters 0.7%  
Instrumental Delivery\* 0.0%  
Breastfeeding Initiation 81.6%  
Exclusive BF at discharge 58.1%

*Columbia Memorial Hospital*

Vaginal Births 67.3%  
Cesarean Section 32.7%  
Vaginal Birth After Cesarean\*\*\* 0.0%  
Epidural & Narcotics 47.0%  
Induction with Medication 25.9%  
Induction via Breaking Waters 0.4%  
Instrumental Delivery\* 0.0%  
Breastfeeding Initiation 64.5%  
Exclusive BF at Discharge 31.7%

*Nathan Littauer Hospital*

Vaginal Births 62.0%  
Cesarean Section 38.0%  
Vaginal Birth After Cesarean 6.7%  
Epidural Anesthesia 47.8%  
Induction via Breaking Waters 8.9%  
Induction with Medication 20.2%  
Instrumental Delivery\* 0.0%  
Breastfeeding Initiation 59.7%  
Exclusive BF at Discharge 53.1%

*Saratoga Hospital*

Vaginal Births 63.4%  
Cesarean Section 36.6%  
Vaginal Birth After Cesarean 0.8%  
**(VBAC Ban)**  
Epidural Anesthesia 64.3%  
Induction with Medication\*\* 10.9%  
Induction via Breaking Waters 5.4%  
Instrumental Delivery\* 0.2%  
Exclusive BF at Discharge 61.1%

*Cost Range: \$15-40 per hour*

*Alisa Arnold, PCD, CLC*  
saratogadoula.com  
(518)429-8680

*Johanna D'Aleo, PCD, CLC*  
calmdoula.com  
(845)901-7431

*Cara Del Favero, PCD, CLC*  
albanydoula.net  
(518)542-5475

*Bridget Epiphany, PCD*  
loveyou4everdoula.wordpress.com  
(518)796-4558

*Nikita Shoemaker*  
BirthingWithConfidence.wordpress.com  
(518) 817-6301

*Courtney Barber*  
(518)369-1588

Malinda Davis, PCD  
(315)408-7376

*Christy Douglas, PCD, CLC*  
motherpowered.com  
(518)221-0219

*Jesi Rodriguez*  
(518)512-0219

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## Monitrice Services

A monitrice, unlike a birth doula, provides the midwifery model of clinical care to laboring families choosing a hospital birth while they are in the home setting. Some of these extra services may include checking fetal heart tones or cervix exams while laboring at home. Like a birth doula, once a monitrice arrives at the hospital with the family, they then provide non-clinical physical, emotional and advocacy support. A monitrice is usually a professional midwife, an assistant midwife or a nurse.

*Cost Range: \$1,000-3,000*

*Jean Garetto, CD, CNA*  
*Angi Dornburgh*  
(518)207-7363

*Tisha Graham CPM, CD*  
*Betsy Mercogliano, RN, LM, CCE*  
albanyfamilylifecenter.org

*Jennifer Fegan-Szalay, LM, CPM CLC*  
blessingwaymidwifery.wordpress.com

Kristen Klein, CD, RN  
empoweringjourneysbirthsupport.com

(518)526-1917

*Kelly McDermott, CPM, CNM*  
sage-femmemidwifery.com

*Jennifer Rush, CPM* (Providing home birth in Vermont only)  
circleoflifesite.com  
(845)264-8724

(518)932-7299

*Heidi Ricks, CPM, LM*  
(518)588-7122

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## Student Doulas

Student doulas are doulas that are still in the training phase of their doula journey. These birth workers are often in need of births in order to certify or gain adequate experience. Doulas that are just starting out may be able to take very low income clients for a reduced or sliding scale fee, however each student doula makes their own payment policies. The following doulas have taken a doula training course but have not yet attended the five births required for listing in Childbirth Doulas section of the resource guide.

*Cost Range: Varies*

*Mary Beranek*  
(906)361-5435

*Elisa Albert*  
elisatamar@gmail.com  
(518)618-8577

*Samantha Jo*  
(518) 966-5451

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## Placenta Encapsulators

Placenta encapsulation is the process of taking your baby's placenta, following birth, and processing it into easy to swallow pills, along with other services depending on your provider. Placenta pills have reported benefits such as: increase breast milk production, reduced risk of postpartum depression, increased iron stores, faster childbirth recovery time as well as providing essential nutrition that may be lost during labor.

*Cost Range: \$150-250*

*Johanna D'Aleo*  
calmdoula.com  
(845)901-7431

*Cara Del Favero, OSHA Placenta Certified*  
albanydoula.net  
(518)542-5475

*Jean Garetto*  
(518)207-7363

*Jennifer Fegan-Szalay*  
(518)526-1917  
blessingwaymidwifery.wordpress.com

*Nuhar Jaleel, Prenatal Pilates*  
(518)783-1678

*The Yoga Lily*  
(518)744-5565

*Soluna Yoga*  
(518)429-1455

*The Yoga Loft*  
(518)669-7439

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## Other Exercise Programs

*Feldenkrais Concious Movements*  
conciousovements.com  
(518)629-5664

*Lifeway Wellness Prenatal Workout*  
(518)291-9355

*The Pregnancy Workout*  
Debra Goodman, CSPT  
(518)944-0314

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## Local Childbirth Intervention Statistics

Compiled via Midwifery Association of North America, New York State Department of Health and practice reported data. Only those who volunteered their information or who were listed with the Health Department are listed in this directory at this time.

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## Hospitals

For reference, here are some recommended hospital intervention and breastfeeding statistics:

- Cesarean section rates of no higher than **15%**, no lower than **5%**, per the World Health Organization
  - Induced labor rates no higher than **10%**, per the World Health Organization
  - Breastfeeding initiation, at least **81.9%**, per Healthy People 2020 Objectives
- Recommended percentage of babies given formula during hospital stay, no higher than **14.2%**, per Healthy People 2020 Objectives
  - Babies exclusively breastfed at discharge, at least **75%** per Healthy People 2020 Objectives

*Albany Medical Center*  
Vaginal Births 58.8%  
Cesarean Section 41.2%  
Vaginal Birth After Cesarean 11.5%  
Epidural Anesthesia 78.5%

*Bassett Medical Center*  
Vaginal Births 77.5%  
Cesarean Section 22.5%  
Vaginal Birth After Cesarean 19.3%  
Epidural Anesthesia 33.3%

The Northeast Full Spectrum Project  
nefullspectrumproject.wordpress.com

Now I Lay Me Down to Sleep  
Jessica Riehl, Stillbirth Photographer  
jessicariehl.net

Heidi Ricks  
heartspacemidwifery.com  
(518)588-7122

Jennifer Rush  
circleoflifefesite.com  
(845)264-8724

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## Complementary Therapies

Chiropractic for Kids and Beyond  
(518) 384-2223

Margery Chessare, LMT, BCST, Craniosacral  
(518)893-0421

K. Michelle Doyle, Craniosacral  
(518)238-3469

East Greenbush Chiropractic  
(518)477-5000

Ferguson Family Chiropractic  
(518)383-5595

Debra Goodman, MSPT, Physical Therapy  
(518)384-2223

MAMA Acupuncture  
(518) 579-8267

Meliora Family Medicine Acupuncture  
(877) 664-6116

Phoenix Rising Acupuncture  
(518) 248-1540

Amarit S. Rosin, Psy. D  
(518) 269-8224  
Women's Mental Health

Schuyler Creek Chiropractic Center  
(518)664-4525

Select-Care Chiropractic  
(518)373-6545

Diane Simpson, Craniosacral  
(518)283-6706

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## Pregnancy Movement and Exercise Programs

### Prenatal Yoga and Pilates

CNY Healing Arts  
cnyhealingarts.com  
(518)724-5750

The Center for Nia and Yoga  
nia-yoga.com  
(518)463-5145

The Hot Yoga Spot  
thehotyogaspot.com  
(518)944-8534

In Harmony Yoga  
inharmonyyoga.org  
(518)369-8325

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## Childbirth Educators

Cost Range: \$200-500

### Bradley Classes

Amber McDermott-Dickson, AAHCC  
(518)872-4025

Emily Marynczak, AAHCC  
bradleybirth.com/emilymarynczak  
(518)478-0062

### Hypnobirthing Classes

Donna Bird, HBCE  
(518)584-0698

Deniese Barringer, HBCE  
(802)379-0380

Johanna D'Aleo, HBCE  
calmdoula.com  
(845)901-7431

Barbara Davison, HBCE  
(518)459 4877

Linda Seeman, HBCE  
(518) 573-4845

### Independent Birth Classes/Other Methods

Brenda Bach, CBE  
(518) 346-9882

Erica DeBie  
Birthing As Nature Intended classes  
doulaerica.webs.com  
(518)527-4127

Cara Del Favero  
In-Home Classes  
albanydoula.net  
(518)542-5475

The Family Life Center  
albanyfamilylifecenter.org

Tisha Graham, ICCE  
The Open Minded Vagina classes  
Home Sweet Homebirth classes  
(518)584-6619

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## Breastfeeding Assistance

*Kathleen Burke, IBCLC, ANLC*  
(518) 928-8135

*Lynn Coughlin, IBCLC*  
(518)456-4246

*Cara Del Favero, CLC*  
albanydoula.net  
(518)542-5475

*Lois Delsette, IBCLC*  
breastfeedingsmartchoice.com

*Christy Douglas, CLC*  
motherpowered.com  
(413)230-6805

*Jennifer Fegan-Szalay, CLC*  
blessingwaymidwifery.wordpress.com  
(518)526-1917

*Kathleen Harrison-Otto, IBCLC*  
(518) 872-2473

*Dr. Lorelai Michaels, IBCLC*  
Medical care for breastfeeding  
dlhbbreastfeedingmed.com  
(518) 763-3312

*Chana Ritter, CLC, LLLL*  
thebreastintentions.com  
(518)729-7602

*Norma Ritter, IBCLC, RLC*  
normaritter.com  
(518)399-5148

*Vivien Weisner, IBCLC*  
(518)371-9902

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## Breastfeeding Peer Support

*La Leche League of New York*

<https://www.llli.org/web/newyork.html> to find your local chapter

*Breastfeeding USA of the Capital Region*  
<https://www.facebook.com/BFUSA.CR.NY>

*Albany Med WIC*  
(518)432-033 Ext. 134

*Bagels and Babies*  
albanyfamilylifecenter.org

*Saratoga WIC*  
(518) 288-3206

*Schoharie County WIC*  
(518)234-2568

*Schenectady WIC*  
(518) 944-4020

*Troy WIC*  
(518) 272-6159

*Albany Med Support Group*  
GagnonB@mail.amc.edu

*Burdett Support Group*  
(518)271-3100

*St. Peter's Support Group*  
(518)525-1388

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## Peer to Peer Breast Milk Donation

*Eats on Feets New York*  
facebook.com/eatsonfeetsny

*Human Milk 4 Human Babies New York*  
facebook.com/HM4HBNY

*Milkshare*  
milkshare.org

*Modern Milksharing*  
facebook.com/modernmilksharing

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## Breast Pump Rentals

*Binx, Hygeia Pumps*  
(518)339-8786

*Babies R Us, Medela Pumps*  
(518) 783-0632

*Catskill Medical Supply*  
(518)943-345

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## Childbirth Photographers

*Andrea Casey Photography*  
andreacaseyphotography.com

*Rose Mitchell-Tenerowicz*  
motherpowered.com  
(413)230-6805

*Sweet Inceptions Photography*  
sweetinceptionsphotography.zenfolio.com  
(518)281-5702

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## Pregnancy, Infant and Child Loss Support

*CARES Perinatal Bereavement*  
St. Peter's Hospital  
(518)525-1602

*NYS Center for Sudden Infant Death Syndrome*  
Albany Medical Center  
(518)262-5918

*The Compassionate Friends*  
(518)793-3618

*Parents of Murdered Children*  
(518)377-1660