

# CORE COHORT BLACK AND INDIGENOUS BIRTH AND BREASTFEEDING SUPPORTERS DIRECTORY FOR MICHIGAN FAMILIES

**“BY ENCOURAGING BLACK AND BROWN MOTHERS TO BREASTFEED, WE ARE GIVING THEM BACK THE POWER THAT WAS STOLEN FROM THEIR ANCESTORS AND HELPING TO HEAL THEIR INTER GENERATIONAL TRAUMA. BREASTFEEDING IS AN ACT OF RECLAIMING OUR HERITAGE.” - BIANCA NASH-MIOT**



## DIRECTORY

### **BIRTH QUEENS AND MILK QUEENS**

**SERVICE AREA:** Southwest Michigan and surrounding areas

**HOW TO REACH US:**

**Email:** birthqueensmilkqueens@gmail.com

**Phone:** (269)-861-6163 (call or text)

**Facebook:** Birth Queens and Milk Queens

### **BUMP TO BIRTH DOULA SERVICES**

**SERVICE AREA:** Grand Rapids and surrounding areas

**HOW TO REACH US:**

**Email:** bumptobirthdoulagr@gmail.com

**Website:** bumptobirthdoulaservices.com

**Phone:** 616-202-6450 (call or text)

**Instagram:** @bumptobirthdoula

**Facebook:** Bump to Birth Doula Services

**TikTok:** @birthdoulakiara

### **FULL CIRCLE DOULA SERVICES**

**SERVICE AREA:** Saginaw and surrounding areas

**HOW TO REACH US:**

**Email:** keysofhopefoundation@gmail.com

**Website:** keysofhopefoundation.com

**Phone:** 989-341-3336 (call or text)

**Facebook:** Full Circle Doula Services, LLC

**Instagram:** @fullcircledoulallc

### **LACTPOWER**

**SERVICE AREA:** Benton Harbor and surrounding areas

**HOW TO REACH US:**

**Email:** lactpower00@gmail.com

**Phone:** 269-325-0557

**Facebook:** LactPower

**Youtube:** youtube.com/channel/

UCEDXbVMeTSUKLaNFihQ6oZQ

### **LEARN, LACTATE, GROW**

**SERVICE AREA:** Pontiac and surrounding areas

Lactation Support Services, Doula Services, Safe Sleep Resource Center, Mental Health Support, Weekly Support Group meetings on Parenting, Mental Health and Early Childhood Education Support Group

**HOW TO REACH US:**

**Email:** learnlactategrow@gmail.com

**Phone:** 248-445-2017

**Facebook:** Learn Lactate Grow

**Instagram:** @learnlactategrow



[mibreastfeeding.org/core-cohort](http://mibreastfeeding.org/core-cohort)

### MILK LIKE MINE

**SERVICE AREA:** Battle Creek and surrounding areas

Childbirth education, Doula services (Birthing Bellies Like Mine), Lactation services, Teen to young moms program (Y.E.E.M), Mom to mom breastfeeding club (Sistah to Sistah Breastfeeding Club), coming soon MLM Hispanic branch (Leche Como LA Mía)

**HOW TO REACH US:**

**Email:** milklikemine@gmail.com

**Website:** milklikemine.com

**Phone:** 269-280-2669

**Address to Milk Like Mine's Community Birthing and Breastfeeding Services Center:**  
221 Roosevelt Ave E., Battle Creek, MI 49037  
**Facebook, Instagram, and Twitter:**  
@milklikemine

### NIZHONI SOL BIRTHWORK

**SERVICE AREA:** Western and Northern Michigan

**HOW TO REACH US:**

**Email:** nizhoni.sol@gmail.com

**Website:** nizhonisol.com

**Facebook:** Nizhoni Sol

**Instagram:** @nizhoni.sol

### PANORAMIC DOULA

**SERVICE AREA:** Sault Ste. Marie and surrounding areas

**HOW TO REACH US:**

**Email:** panoramicdoula@gmail.com

**Website:** panoramicdoula.teachable.com/?  
ltclid=52abac54-2803-4d05-aa15-  
b7c32bb291d7

**Instagram:** @panoramicdoula



#### ABOUT THE MIBFN CORE COHORT:

This cohort is currently composed of 12 Black and Indigenous breastfeeding supporters and organizations who have chosen collaboration over competition. We were initially awarded mini-grants through MDHHS and Michigan Breastfeeding Network to advance our work, centering Black and Indigenous families in the reclamation and restoration of traditional birth and breast/bodyfeeding practices that have sustained our families for centuries. Our work is initially focused in the areas of COVID-19, young mothers and fathers, and child care. We work collaboratively in sisterhood (not cis-terhood) to network, incubate, take action, and achieve outcomes in solidarity with the families in our communities.

### POSTPARTUM HEALING LODGE

**SERVICE AREA:** Chippewa County, Michigan (in-person); Globally (virtual)

Indigenous holistic birth work services and education

**HOW TO REACH US:**

**Email:** raeanne@postpartumhealinglodge.com

**Website:** postpartumhealinglodge.com

**Facebook:** Nourishing Nations

**Instagram:** @postpartumhealinglodge

**Teachable:**

postpartumhealinglodge.teachable.com

**Venmo:** RaeanneMadison

### SAGE AND REBOZOS

**SERVICE AREA:** Southeast Michigan

**HOW TO REACH US:**

**Email:** micalathedoula@gmail.com

**Website:** sageandrebozos.com

**Instagram:** @bossa\_novaaa

### SOUTHEAST MICHIGAN IBCLCS OF COLOR

**SERVICE AREA:** Southeast Michigan

**HOW TO REACH US:**

**Email:** semichioc@gmail.com

**Website:** semiibclcofcolor.org

**Phone:** 947-999-9341 (call or text)

**Facebook:** SMIBCLCsofColor

**Instagram:** @semi\_ibclc.oc

### YOLO BIRTH AND BREASTFEEDING SUPPORT

**SERVICE AREA:** Flint and surrounding areas

**HOW TO REACH US:**

**Email:** success.yolobreastfeeding@gmail.com

**Website:** yolobreastfeeding.org

**Phone:** 810-213-0090

**Facebook:** YOLO Breastfeeding

**Instagram:** @yolo.breastfeeding

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[mibreastfeeding.org/core-cohort](http://mibreastfeeding.org/core-cohort)