**Resource List**

**OBGYN’s**

**ENUMCLAW**

* Dr. Joseph Magley: Franciscan Medical Clinic, (360) 226-2496
* Dr. Eduardo Duquez Jr: Franciscan Medical Clinic, (360) 226-2496

**Home Birth Midwives**

* Terah Lara: FootHills Midwifery, (206) 227-2211
* Ann Olsen: Midwife Ann, (253) 334-8565
* Lisa Stotts: Maven Midwife, (503) 551-5605

**Webster Certified Chiropractors**

**BONNEYLAKE**

* Alta D Mahan, DC: Henschell Chiropractic, 253-862-1555

**SUMNER**

* Cheris Paresa, DC: Vibrant Life Chiropractic, PLLC, 253-863-9695

**AUBURN**

* Daniel Long, DC: Live Long & Prosper Chiropractic, 253-850-2225

**Acupuncture**

* Sea of Qi- Enumclaw

**Placenta Encapsulation**

* Megan Gifford, Beautiful Bellies Doula Services: (253) 332-2501
* Ashley Shoults, Tree Of Life Birth Services: (253) 227-3532

 **Mom’s Groups**

**ENUMCLAW**

* MRCC MOPS: Mount Rainer Christian Center (360) 825-2007
* Enumclaw Community Connect (on Facebook)
* WABASH MOPS: **WabashMOPS@gmail.com**

**Lip/Tongue Tie Consultations/Revision**

* Small to Tall Pediatric Dentistry: (360) 459-5885
* Elia Kass: [https://www.dreliaskass.com/](https://www.dreliaskass.com/?fbclid=IwAR31wugSDrAXlDjRcWvzlFHUf4wwD4Ozbn5meTUJzly7jjHrSPMSSBPIVQI)
* Fern and Foster: [www.fernandfoster.com](http://www.fernandfoster.com)

**Hospital**

* St. Elizabeths’- Enumclaw
* Good Sam’s-Puyallup
* St. Joesph’s (and midwifery center)- Tacoma
* Tacoma General- Tacoma
* Madigan- Military-JBLM
* Highline Medical Center- Burien
* Valley Medical Center-Covington
* Virginia Mason- Federal Way

**Birth Centers**

* Foothills Birth Cottage- Enumclaw
* Puget Sound Midwives and Birth Center-Renton
* Lakeside Birth Center- Lake Tapps
* The Birthing Inn- Tacoma
* Center for Birth- Seattle

**Physical Therapist-Pelvic floor emphasis**

* Dr. Mandi Murtaugh – Tacoma (253) 254-6311