

## Childbirth Education Options (2012)

At Midwifery Care Associates, we highly recommend that all first-time parents attend a childbirth education class of their choice in order to understand the process of birth and to develop techniques to cope with the sensations of birth. Those who have already had a child are encouraged to attend classes if they desire to expand or refresh their skills. We encourage our patients to research the various methods in order to find a good fit for them.

### **Informed Beginnings**

Ursula Sabia Sukinik, Childbirth Educator, Birth Doula and Midwife Assistant  
[www.BirthYouDesire.com](http://www.BirthYouDesire.com) (301.231.5122) Birth You Desire; Childbirth and Postpartum Professional Association

**The Bradley Method (800-42-BIRTH); [www.bradleybirth.com](http://www.bradleybirth.com)**  
Gaithersburg, MD (301-330-8295), [majcleveland@aol.com](mailto:majcleveland@aol.com)

Maria Cleveland, AAHCC- Bradley® Certified Childbirth Instructor  
Gaithersburg, MD (301-330-8295), [majcleveland@aol.com](mailto:majcleveland@aol.com)  
[www.bradleybirth.com/ndweb.asp?id=C214](http://www.bradleybirth.com/ndweb.asp?id=C214)

Klaire Marino, AAHCC- Bradley® Affiliate Childbirth Instructor  
Rockville, MD. (717-413-9086), [klaire.marino@gmail.com](mailto:klaire.marino@gmail.com)  
[www.bradleybirth.com/TeacherSite.aspx?id=m676](http://www.bradleybirth.com/TeacherSite.aspx?id=m676)

**Birth Works (609-953-9380) [www.birthworks.org](http://www.birthworks.org)**  
Susan Messina, DC (202-338-3846), [s.messina03@gmail.com](mailto:s.messina03@gmail.com), [www.susanmessina.com](http://www.susanmessina.com)

**Birthing From Within [www.birthingfromwithin.com](http://www.birthingfromwithin.com)**  
Susan Lucas, Silver Spring, MD (301-588-7771), [susan@wisebirthways.com](mailto:susan@wisebirthways.com),  
[www.wisebirthways.com](http://www.wisebirthways.com)

**HypnoBirthing [www.hypnobirthing.com](http://www.hypnobirthing.com)**  
Mickey Parel, CNM Olney, MD (301-924-0233)  
Alana Rose, Arlington/Capitol Hill (703-850-7952) [alana@mindbodybirths.com](mailto:alana@mindbodybirths.com);

Danielle Newkirk, CNM, Alexandria, VA [midwifedanielle@yahoo.com](mailto:midwifedanielle@yahoo.com)

[www.mindbodybirths.com](http://www.mindbodybirths.com)  
Linette (Lakshmi) Landa, Bethesda, MD (301-654-4899), [shantiyoga@schooloflife.org](mailto:shantiyoga@schooloflife.org);

[www.schooloflife.org](http://www.schooloflife.org)  
Sara Shelley, Silver Spring, MD. (301-681-3459), [salshell@comcast.net](mailto:salshell@comcast.net)

**Lamaze (703-549-2226) [www.lamaze-dc.com](http://www.lamaze-dc.com) [www.beachbirthclass.com](http://www.beachbirthclass.com)**

Marylou Tietz, *Bethesda, MD/Bethany Beach, DE*; (301-897-5539);  
Sara Sragg, *Silver Spring, MD* (240-793-1341)

**Natural Childbirth classes [www.happyhealthybirth.net](http://www.happyhealthybirth.net)** contact Veronica for more detail  
Veronica Greenwell 301-586-7706, [happyhealthybirth@gmail.com](mailto:happyhealthybirth@gmail.com)

### **Independent Classes**

Jill Chasse, [baby\\_counselor@yahoo.com](mailto:baby_counselor@yahoo.com), [www.magicofmotherhood.com](http://www.magicofmotherhood.com)  
Trina Ulrich, MD. (301-941-8010 or 917-656-0788); [trinaulrichmd@gmail.com](mailto:trinaulrichmd@gmail.com)  
Marie Tai, *Gaithersburg, MD* (301-792-2496), [www.mainstreetmassage.biz](http://www.mainstreetmassage.biz)

### **Independent Classes (cont'd)**

Shady Grove Adventist Hospital, *Rockville, MD* (800-542-5096),  
[www.adventisthealthcare.com/SGAH/services/maternity/](http://www.adventisthealthcare.com/SGAH/services/maternity/) “events and classes”

### **Brio Birth**

Veronica Greenwell, *Rockville, MD*. (301-586-7706), [happyhealthybirth@gmail.com](mailto:happyhealthybirth@gmail.com)