

# Childbirth Classes

<b>Agoura Hills/Malibu</b> <i>in your home 310.483.3987</i> <i>mothernaturebirth@yahoo.com</i> The Bradley® Method Romy Rapoport
<b>Apple Valley</b> <i>in your home 760.486.4298</i> <i>www.wombtowalk.com</i> Childbirth Education Rebecca Noel
<b>Beverly Hills</b> <i>Maba Beyond Breastfeeding 310.271.2589</i> <i>atmaba.com</i> Breastfeeding Carol Levey, C.L.E. Newborn Preparation Kathryn Auger DONA R.N. Labor & Delivery Prep Infant Massage Heather Archer CIMI, C.L.E. CPR and Safety Barbara Wogh, R.N. BSN
<b>Brea</b> <i>Natural Life Chiropractic 714.290.3174</i> <i>dccenteno@msn.com</i> Bradley® Natural Childbirth Classes Danielle Centeno
<b>Downey</b> <i>Downey Regional Medical Center 562.904.5580</i> Lamaze Alma Aragon
<b>Calabasas</b> <i>Growing Blessings 818.317.3264</i> <i>growingblessings@aol.com</i> Lamaze Lisa Spiegel Lamaze Weekend Course Lisa Spiegel Baby Care Basics Lisa Spiegel
<b>Encino</b> <i>A Mother's Haven 818-380-3111</i> <i>amothers-haven.com</i> Prepared Childbirth Leslie Adelman Prepared Childbirth Intensive Caring For Your Newborn Leslie Adelman/Terry Gaff Breastfeeding 101 CPR and First Aid Richard Pass Hypnobirthing Alisha Tamburri
<b>Fullerton</b> <i>Belly Sprout 714.290.3174</i> <i>dccenteno@msn.com</i> Bradley® Natural Childbirth Classes Danielle Centeno
<b>Glendale</b> <i>Glendale Adventist Med Center 818.409.8325</i> Childbirth Preparation
<b>Granada Hills</b> <i>Private Home 818.368.8428</i> <i>klone@socal.rr.com</i> Bradley® Christine Low Breastfeeding Class Christine Low Birthday/Follow-Up Christine Low
<b>High Desert</b> <i>Private Homes 760.486.4298</i> <i>wombtowalk.com</i> Intro to Hypbirth Rebecca Noel Infant Massage Rebecca Noel
<b>Lakewood</b> <i>in your home 562-272-4541</i> <i>www.birthingdoddess.com</i> Prepared Childbirth Candace Leach, LM, CPM, CCE Homebirth Early Pregnancy Baby Care
<b>Long Beach</b> <i>562-208-4383</i> <i>www.BradleyBirth.com</i> Bradley® Andrea Gamble
<b>Los Angeles</b> <i>Los Angeles Cedars-Sinai 310-453-5144</i> Lamaze-Bradley® Judith Chapman <i>Pump Station/Private Home 323-244-3912</i> <i>www.OneWithChild.com</i> Lamaze- Bradley® Madalyn Morris, ICCE, CLEC <i>Private Home 323-931-8521</i> <i>jbleanse@sbcglobal.net</i> Bradley® Jodi Leanse <i>Natural Birth &amp; Woman's Center 818.386.1082</i> <i>www.gr8birth.com</i> ACHI Childbirth Class, VBAC (1 day crash course); Newborn Pediatrics; Breastfeeding; Sibling; Parenting; CPR; Postpartum Support; Midwifery Assistant and Doula Training: Tonya Brooks <i>The Sanctuary Birth &amp; Family Wellness Center 310.566.7690</i> <i>www.birthsanctuary.com</i> Childbirth, Parenting and Breastfeeding classes
<b>Irvine</b> <i>Hoag Hospital 949.764.2229</i> <i>hoaghospital.org</i> Cesarean Class Gabriella Shaughnessy, RNC, IBCLC, LCCE Baby Care Basics Baby Saver Breastfeeding
<i>South Coast Midwifery 949.235.9834</i> <i>www.blessedbabydoula.com</i> Gentle Birth Leslie Sandoval CD (DONA) Baby Care Basics Happiest Baby
<b>Orange/Placentia</b> <i>Private Home 714.337.4331</i> The Bradley® Method Sue Coffman <i>Private Home 714.985.9862</i> <i>spiritfilled@sbcglobal.net</i> The Bradley® Method Pauline Scharf

<b>Pacific Palisades</b> <i>Native Indian Birthing Grove 310.454.0920</i> <i>leclairmethod.com</i> Hypnobirthing-LeClaire Method Michelle LeClaire O'Neill Ph.D The Magic of Multiples Michelle LeClaire O'Neill Ph.D Hypnobirthing Multiples Michelle LeClaire O'Neill Ph.D
<b>Pasadena/Altadena/Los Angeles</b> <i>in your home or mine 626.388.2191</i> <i>www.support4birth.com</i> Childbirth Preparation Cordelia Satterfield Hanna Birth Options Consults Cordelia Satterfield Hanna Breastfeeding Education Cordelia Satterfield Hanna <i>Pasadena Public Health Dept. 626.744.6093</i> <i>www.support4birth.com</i> <i>(free to Medi- Cal; \$75 other)</i> Understanding Birth TBA Coping with Labor TBA Options for Childbirth TBA
<b>Pomona</b> <i>Private Home 714.290.3174</i> <i>dccenteno@msn.com</i> Bradley® Natural Childbirth Classes Danielle Centeno
<b>Redondo Beach</b> <i>Parent Education Center 310.326.2764</i> <i>doulabirthpartners.com</i> Hypnobirthing Ellie Shea <i>Beach Cities Babies 310.372-5511</i> <i>www.beachcitiesbabies.com</i> Childbirth Preparation Susanna Lutton Cesarean Preparation Newborn Care Infant Safety/ CPR Breastfeeding Basics
<b>Santa Clarita</b> <i>Babies &amp; Beyond 661.259.1802</i> <i>skraye@aol.com</i> Baby Care Alise Hatley, CLE, CE I.C.E.A. Jan Sheridan Breastfeeding Jill Spector, CLE C/S Delivery Laurie Sutherland, RD Lamaze Laurie Sutherland, RD
<b>Santa Monica</b> <i>Pump Station 310.374.4546</i> <i>pumpstation.com</i> Lamaze Ida Bird Lamaze-Bradley® Judith Chapman <i>Private Location 310.394.6711</i> Bradley® Childbirth Nancy Griffin <i>Birth &amp; Beyond 323-931-8521</i> <i>jbleanse@sbcglobal.net</i> Bradley® Jodi Leanse
<b>Sherman Oaks</b> <i>Natural Birth &amp; Women's Center 818.386.1082</i> <i>Gr8birth.com</i> Birthing, Midwifery Assistant Tonya Brooks
<b>Silverlake</b> <i>Silverlake Yoga 323-397-1274</i> Bradley® Liuba Randolph
<b>Simi Valley</b> <i>Natural Birthing Center 818.645.4692</i> <i>Sacredmotherdoula.com</i> Infant Massage Octavia Lindlahr
<b>Tarzana</b> <i>Mommy Zone 818.645.4692</i> <i>Sacredmotherdoula.com</i> Infant Massage Octavia Lindlahr
<b>Thousand Oaks</b> <i>Los Robles Hospital 818-707-0894</i> Couples Childbirth Class Robin Gruver, AAHCC, ICEA Prenatal Yoga Robin Gruver, AAHCC, ICEA
<b>Topanga</b> <i>Private Home 310.455.2652</i> <i>brittab@charter.net</i> Birthing from Within Britta Bushnell Birthing Again Britta Bushnell Birth Story Workshop Britta Bushnell
<b>Valencia</b> <i>Private Home 661.254.2069</i> <i>yvonne@doulawithlove.com</i> Childbirth Prep Yvonne Novak
<b>Van Nuys</b> <i>The Childbirth Connection 818.734.0723</i> Breastfeeding Education Randi Levinson-Kuzmin Childbirth Educ for Women with Disabilities Parent Training
<b>Venice</b> <i>Head First Doula Services, Inc. 323.240.6002</i> <i>www.headfirst-doulas.net</i> Birthing from Within Yana Katzap-Nackman, CD Breastfeeding Yana Katzap-Nackman, CD Cesarean Birth Preparation Yana Katzap-Nackman, CD Happiest Baby on the Block Yana Katzap-Nackman, CD Newborn Care Yana Katzap-Nackman, CD
<b>Woodland Hills</b> <i>Private Location 818.346.2467</i> <i>lotusmoonbirth.com</i> Bradley® Shelia C. Feldman

# Instructors

**Leslye Adelman**-MA, IBCLC, LCCE, UCLA trained; Providing more than 20 years of individualized, nurturing education to promote students optimal preparation for childbirth, breastfeeding and newborn care.

**Heather Archer**-CIMI, CMT - Certified Massage Therapist

**Kathryn Auger, -DONA, R.N.**, Believes childbirth should be a joyful experience. Preparation gives a woman confidence in the ability to give birth in a relaxed and peaceful state of mind and body.

**Ida Bird, -RN, MN**, -Lamaze Certified Childbirth Educator, Assistant Clinical Professor UCLA School of Nursing, teaching evidence based content.

**Tonya Brooks**-founded (Association for Childbirth at Home International) as an international research association; a licensed midwife and childbirth educator. She believes in empowering the mother with knowledge so she creates the birth she envisions and makes the best choices for her baby and her birth.

**Britta Bushnell**-Certified Birthing From Within mentor; prenatal yoga instructor and mother. Britta's classes help parents build a pain-coping mindset so they may fully participate in births rite of passage.

**Judy Chapman**-RN, certified nurse-midwife and a certified Lamaze instructor trained through UCLA in 1972. Certified (DONA) doula and doula trainer and have birth and postpartum doula registries.

**Ron Coffman**-I enjoy birth and starting new families off right like teaching the man's point of view for helping his partner.

**Sue Coffman**-Certified labor doula since 1998 through DONA: Wanted to reach more parents, like Bradley's non-intervention point of view.

**Shelia Felman**-AAHCC Certified Bradley® Method® Educator and Labor Support Doula. Shelia has a passion for helping couples prepare for birth with education, relaxation practice, and learning to release fear of birth. 87% of her students have had drug free natural births.

**Andrea Gamble**-Bradley® Childbirth Instructor in Long Beach.

**Terry Gass**-RN,IBCLC, With more than 20 years in the field of maternal and child health, Terry is committed to offering nurturing and patient education and support to ensure successful breastfeeding.

**Melanie Gersten**-Melanie teaches parents, babies, and Early Childhood Educators about the benefits of and steps for success to signing with babies and toddlers. (310) 529-7094 or (714) 816-0814 [www.BabySignsWithMelanie.com](http://www.BabySignsWithMelanie.com)

**Nancy Griffin**-MA, 20 years affiliated Master Bradley® Instructor/ Lactation Consultant/ Child Development Expert/ Pregnancy-Recovery Exercise Specialist/ Professional Writer for Mothering Magazine/ Owner of Mommy Care Mothering Center

**Robin Gruver**-AAHCC, ICEA I have been working with couples who would like to have an unmedicated birth for 30 years. I have been teaching Prenatal Yoga for 23 years.

**Alise Hatley** -certified lactation educator,certified doula, Lamaze certified, in last year of nursing school. Amazing qualifications and very personable.

**Hoag Hospital**-All of our instructors are registered nurses, certified in childbirth and IBCLC (International Board Certified Lactation Consultants).

**Yana Katzap-Nackman**-CD(DONA), PCD(DONA), CLE. President, Head First Doula Services, Inc.

**Candace Leach**-Licensed Midwife, Certified Doula, & Certified Childbirth Educator with over 11 years experience attending 400+births and teaching thousands of families.

**Jodi Leanse**-Instructor for 7 years; Have given birth 4 times; All natural, unmedicated; "Our bodies are strong are strong and we have to connect deep inside to feel the miracle of birth."

**Randi Levinson-Kuzmin**-Teaching since 1987 as LCCE. Received FACCE status from Lamaze International in 2001. CLE status; Giving families enough makes all the difference.

**Carol Levey**-C.L.E. 10 years as a lactation professional; -The birth of a child is a miracle.We offer " hands on " lactation support so that both baby and mom thrive in their new roles.

**Octavia Lindlahr**-Octavia Lindlahr is a Certified Infant Massage Instructor, trained through the International Association of Infant Massage. She is a certified labor doula and hypnotherapist working with pregnant women during labor and delivery.

**Christine Low**-Labor doula for 12 years, Bradey instructor for 10 years; Each labor is unique and that is how I look upon each birthing couple.

**Katie Mc Call**-AAHCC,ALACE, Certified by Bradley (AAHCC) and ALACE, Katie is a childbirth educator and birth doula. Katie is also in midwifery school and owner of The Sanctuary.

**Madalyn Morris**-ICCE, CLEC, ICEA & UCSD Certified Instructor. Experienced, personable, and reliable. I believe the best way to birth is your way.

**Rebecca Noel**-I am a CAPPa certified childbirth educator and a DONA trained birth doula. I offer private sessions so that my clients are being taught in a more relaxing atmosphere.

**Michelle LeClaire O'Neill**- PhD,R.N Created the LeClaire Hypnobirthing Method. Doctor O'Neil has also trained physicians, nurses, and other health care professionals in mind/ body medicine. She is the author of Creative Childbirth, Meditations From Pregnancy and other works.

**Diane Peterson**-ICEA certified childbirth educator; DONA certified doula ;lead Mommy and Me groups and couples relationship workshop; Breastfeeding educator philosophy -supporting informed choices for expectant and new mothers.

**Richard Pass**-With decades of emergency room and health education experience, Richard is an expert in the knowledge and delivery of this life saving information.

**Laine Podell**-MA, CLE, Laine's 10+ years working in the fields of parent education and child development has made her passionate about providing quality and nurturing prenatal and parenting education.

**Linda Rose**-is a certified DONA doula infant expert and a calming presence. Offering gracious assistance to parents, certified as a Kundalini yoga teacher at Golden Bridge Spiritual Village.

**Leslie Sandoval**-CD (DONA) Providing caring, knowledgeable support and guidance to new mothers, their partners and families, throughout pregnancy, birth and the postpartum period.

**Pauline Scharf, CBE**-Teaching for 12 years. Bradley Method classes.

**Ellie Shea**-I believe a well-prepared and supported woman will use her own power in birth to make decisions from an intuitive level instead of from fear.

**Jan Sheridan**-ICEA, Focused on individual needs and concerns, very experienced

**Lisa Spiegel**-ICEA, LCCE, Lisa is a Lamaze Certified Childbirth Educator with 12 years experience supporting Informed Choices for the expectant family. Classes are nurturing and individualized to promote a positive birth experience for the couple.

**Laurie Sutherland**-RN Lamaze certified, medical training, very caring, realistic approach to labor, meeting personal preferences.

**Alicia Tamburri**-CCHT, 25 years experience. Alisha's passion is helping pregnant couples have a fearless, often pain free birth using Hypnobirthing Childbirth Education.