

Maternity Resources

This resource list has been designed with the black & brown families in mind! We want to ensure all birthing bodies are aware of the options they have for the preferences they desire throughout their maternity journey!

This list is updated periodically and may not include every service available in the Houston area. If you have questions of trouble contacting any of the following resources, please contact us via email to be redirected!

For additional resources specific to your area please call 2-1-1 or visit <https://referral.unitedwayhouston.org/>

HOUSTON AREA MIDWIVES

(* Indicates Provider accepts Medicaid Plans)

*Bay Area Community Birth Center:

<http://www.bayareacommunitybirthcenter.com/>

*The Addice Birth Center:

<http://www.theaddice.com/>

The Heart of Houston Midwifery:

<https://www.wholehearthouston.com/>

*The North Houston Birth Center:

<http://www.nhbirth.com/>

Katy Birth Center: <http://www.katybirthcenter.com/>

*Yellow Rose Midwifery & Birth Center:

<https://www.yellowrosemidwives.com>

The Journey Birth Center & Midwifery Care:

<https://journeybirthcenter.com/>

*Full Circle Family Services Frances Coleman:

<https://fullcirclefamilyservices.squarespace.com/>

The Birthing Place:

www.thebirthingplace.com

The Houston Birth House Maria Rojas:

www.thehoustonbirthhouse.com

Catrice Harris:

<https://babysbeststart.org/>

Push Birth Partners:

<http://www.pushbirthpartners.org/>

POSTPARTUM SERVICES

Lactation Support

Lactation Foundation:

<https://med.uth.edu/lactationfoundation/>

Catrice Harris, LC:

catrice.harris@gmail.com

<http://www.babiesbeststart.com/>

NurseNikki nikki@nursenikkinp.com

SOS Lactation

<https://soslactation.com/book-a-consultation/>

African American Breastfeeding Alliance of Texas

281.733-5680 info@ttbrthevillage.org

La Leche League International: <https://www.llli.org/>

Postpartum Support

Pacifier + Peaches Doula Co:

<https://www.pacisandpeachesdoula.com/>

Marley & Moo Maternity Concierge:

<http://www.marleymoomaternity.com/>

Harmonious Birthing:

www.holisticbirthandhealth.com



Sol Y Luna Postpartum Services:

solylunapostpartum@gmail.com

Ibudoula (Adilah)

<https://www.ibudoula.com/> LilliDoula

Birth & Postpartum Services:

www.lilidoulabirth.com

BABY/BELLY RESOURCES

Free Baby Items: Maternity Journey: Submit a request on our site! <https://www.maternityjourney.org/request> Free

Formula: Life House Houston 713.528.6044

www.lifehouston.org

Foundation for Life: 713.682.5433

Free Car Seat: 800.252.8255

www.dshs.state.tx.us/saferiders

Free Diapers: 713.807.1111 www.thediaperfoundation.org

Gods Lovely Butterflies Maternity: 832.264.7491 Free

Cribs: <https://cribsforkids.org/request-a-crib/> Free

Maternity Clothes/Materials:

Life Advocates on 290: 1.800.395.HELP

Source for women: 713.780.0030

Mother Milk Bank: 877.813.6455

Last Updated 02.03.2023

Ultrasounds

Free ultrasounds: 713.425.3100

Fulilove Pregnancy Center: www.fullilovepc.com

Affordable Ultrasounds HTX:

<https://affordableultrasoundhouston.com/>

The Inside Story: <https://theinsidestoryultrasound.com/>

HOUSING RESOURCES

Shelter

Mission of Yahweh: 713.468.4785

Star of Hope (1st come 1st serve daily): 713.222.2220

Magnificent House: 713.224.1373

Fort Bend Women's Center: 281.342.4357

Family Time (call after 5 daily for availability):

281.446.2615

Last Updated 05.26.2023

The Covenant House Texas (ages 18-14): 713.523.223

Gods Lovely Butterflies Maternity: 832.264.7491

Rental Assistance

Catholic Charities: 713.526.4611

Memorial Assistance Ministries:

<https://www.mamhouston.org/services>

Food

Kids Meals: 713.695.5437

Houston Food Bank: 713.223.3700

Clothing

Life Advocates on 290 (free maternity clothes/materials):

1.800.395.HELP

Source for women: 713.780.0030 Star of Hope:

[https://www.sohmission.org/ourservices/gethelp/? ga=2.](https://www.sohmission.org/ourservices/gethelp/?ga=2.240286019.1177177205.1674682639)

[240286019.1177177205.1674682639](https://www.sohmission.org/ourservices/gethelp/?ga=2.240286019.1177177205.1674682639)

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Houston Threadz (Teens): <https://houstonthreads.org/>

Houston Children's Charity: 713.524.2878

Supplies

The ReUp Movement:

<https://www.thereupmovement.org/>

Pennywise Resale Shop:

<https://fbwc.org/pennywiseresale/overview.html>

MENTAL HEALTH HELP

Shades of Blue Project(+ material assistance)

<https://www.shadesofblueproject.org/>

The Source: www.thesource.org

Therapy For Black Girls: www.therapyforblackgirls.com

She Matters – Mental Health:

info@shematters.io Loving The Journey

www.lovinggthejourneyy.com Hippy Educator:

www.thehippyeducator.com

PREGNANCY/PARENTING EDUCATION COURSES

Tees Birth Classes

[https://tieralpeters15.wixsite.com/houstonbbcclass?fbclid=](https://tieralpeters15.wixsite.com/houstonbbcclass?fbclid=PAAa]sqkZwY7yNjccvNg46a2q mv718No4eTvaleEWu4Fb)

[PAAa\]sqkZwY7yNjccvNg46a2q mv718No4eTvaleEWu4Fb](https://tieralpeters15.wixsite.com/houstonbbcclass?fbclid=PAAa]sqkZwY7yNjccvNg46a2q mv718No4eTvaleEWu4Fb)

[ijkVNZNONTMcZg](https://tieralpeters15.wixsite.com/houstonbbcclass?fbclid=PAAa]sqkZwY7yNjccvNg46a2q mv718No4eTvaleEWu4Fb)

Intuitive Birth Education:

<https://www.intuitivebirtheeducation.com/>

Birth Class In a Box (DISCOUNT REFERAL CODE:

MaternityJourney)

<https://birthclassinabox.com/pages/birthclassinabox>

Rainbow of Love: <https://rainbowofloveusa.org/>

Maternal & Child Health Program: 832.927.7387

Texas Doula Association: <https://txdoulas.org/>

CHILD CARE SERVICES

Asya: 832.398.3901

Kamille: 832.578.9474

Yaffa: 832.949.5238

Tori: 832.820.9998

Maternal Health Equity Program:

<https://www.mhecatx.org/programs>

Pregnancy Journal Request:

<http://www.sixdims.com/pregnancy-journal-request/>

Doula Resources

Trainings/Certification

Doulas of Discernment:

<https://www.holisticbirthandhealth.com/trainings>

National Black Doulas Association:

<https://www.blackdoulas.org/certification-requirements>

Bee's Birth Academy: [https://beethedoula.com/bees-](https://beethedoula.com/bees-birthacademy)

[birthacademy](https://beethedoula.com/bees-birthacademy)

Helping Hands Doula Program

<https://blackdoulasblackmamas.org/doulaservices/request-doula-services/>

Her Holistic Path:

<https://www.herholisticpath.com/holistic-birth-workshop>

WELLNESS SERVICES

NurseNikki (woman's health):

nikki@nursenikkinp.com New Life

Intervention Program:

www.newlifeperinatal.com

TIP (Teenage Incentive Program-High

Risk) www.teenageincentive.com

Prenatal Self-Care Services Noliko the doula(\$40/session

REFERAL): <https://nolikomassageanddoula.square.site/>

Honey Dip Yoni Spa: www.honeydipyonispa.com

Prenatal Chiropractic Services

Vital Family Chiropractic: 832.919.8289

Inner Peace Chiropractic: 713.364.3506

Abound Chiropractic: 713.730.9410

Placenta Encapsulation Services

Johana the Doula: 713.298.0838 Houston

Placenta Services:

www.houstonplacentaservices.com

Crystal-Fruit of Your Labour:

fruitofyourlabour20@gmail.com

Bee The Doula, LLC

www.beethedoula.com

Harmonious Birthing:

www.holisticbirthandhealth.com

Pediatricians

Dr. Wei – 713.782.2770

Dr. Kemba Black – 713.442.1500/4000

Dr. Mitchell – 832.828.2100

Clinics near you: www.getyourcare.org/locations