



## THE CHILDBIRTH & WOMEN'S WELLNESS CENTER

716 Broad Street, Suite 1 D

Clifton, NJ 07013

[www.childbirthcenter.net](http://www.childbirthcenter.net)

Phone: 201-567-0810 Fax: 973-928-2915

## POSTPARTUM REFERRAL LIST

**PLEASE NOTE:** *These are Providers that come recommended from a wide spectrum of patients and families. We cannot personally vouch for each provider and their practice. Please do call each of them to discuss the philosophies behind their practice.*

### ACUPUNCTURE

CAROLINE STRASSBERG  
36-42 Newark St, Suite 301,  
Hoboken, NJ 07030-5654  
201-710-5420

ALIANA SCORDILIS, NJ  
1135 Broad St. STE 106  
Clifton, NJ 07013-3346  
973-986-4768

### BREASTFEEDING SUPPORT

#### BREASTFEEDING CLASSES/GROUPS

MONTCLAIR BABY  
113 WALNUT ST  
MONTCLAIR, NJ  
973-370-0765

LATCH  
Breastfeeding and Lactation Services  
<https://www.latchbf.com>  
973-488-7975  
Home visits and office visits

Pascack Valley Hospital  
Breastfeeding Class  
250 Old Hook Rd, Westwood, NJ 07675  
3rd Tuesday & Thursday of each month at 7:00pm  
To register call: 201-781-1400

Jennifer Leopold  
Lactation Consultant and Social Worker  
917-750-9708  
[jennifer@firstlatch.com](mailto:jennifer@firstlatch.com)

## LACTATION CONSULTANTS

ERICA CANTATORE

201-485-6394

[www.channelingmotherhood.com](http://www.channelingmotherhood.com)

Lactation Consultations & Support Groups

BEVERLY SOLOW

Phone: 212-567-1112

<http://bevsolow.com/index.php>

LUCY THE LABORER

Breastfeeding Prep & Lactation Counseling

929-278-LUCY

**\*\*REFER TO OUR DOULA LIST & CHILDBIRTH EDUCATOR LIST IN FIRST/SECOND TRIMESTER PACKET FOR LACTATION CONSULTANTS**

## CHIROPRACTIC

DR. HONIG

301 Howland Ave

River Edge, NJ

646-662-2479

DINA SGAMBATI

51 Newark St

Hoboken, NJ 07030-4546

201-533-1077

DR. FISCELLA &

DIGIGIA

20 Wilsey Square

Ridgewood, NJ 07450

201-444-6656

DR. JETT GURMAN &

DR. Cathy Gurman

99 Kinderkamack RD,

Westwood, NJ 07675

201-664-4488

[westwoodfamily@optonline.net](mailto:westwoodfamily@optonline.net)

[www.wfcnj.com](http://www.wfcnj.com)

DR. MARINIELLO

227 Market St

Elmwood Park NJ 07407

201-797-2554

DR. CAROFILIS

601 Hamburg Tpke Suite 101

Wayne, NJ 07470

973-747-6346

DAREN PORCARO

5 Porcaro Drive

Little Ferry, NJ 07643

201-916-0910

VICTORIA DUBIN MASTER  
153 Madison Ave  
Haworth, NJ 076411318  
201-385-7800

PURE BALANCE CENTER  
DR. MICHAEL MAGWOOD  
1425 Broad St. #4  
Clifton, NJ 07013  
973-773-8244  
[www.purebalancecenter.com](http://www.purebalancecenter.com)

265 Madison Ave. 2nd floor  
New York, NY 10016  
212-661-5656  
[www.purebalancenyc.com](http://www.purebalancenyc.com)

SCORDILIS CHIROPRACTIC  
925 Allwood Road  
Clifton, NJ 07012  
[info@njultimatewellness.com](mailto:info@njultimatewellness.com)

## **MASSAGE THERAPISTS**

MONTCLAIR BABY- PRENATAL AND POSTNATAL MASSAGE  
113 WALNUT ST  
MONTCLAIR, NJ  
973-370-0765

## **MENTAL HEALTH SUPPORT**

PATRICIA MCGRAW, Ph.D, Clinical Psychologist  
680 Kinderkamack Rd  
Oradell, NJ 07649a (201) 445-4854  
201-445-4854

Dr Yasir Ahmad, Psychiatrist  
294 State Street  
Hackensack, NJ 07601  
201-490-5158

\*Alexis Menken, Psychologist Perinatal  
Montclair, NJ  
973-783-7681

\*Motherhood Center of NY  
Katherine Birndorf  
205 Lexington Ave 10<sup>th</sup> Floor  
NY, NY 10016  
212-335-0034

[info@themothoodcenter.com](mailto:info@themothoodcenter.com)

(reproductive psychiatrists, outpatient therapy, classes, on-site nursery, counseling, etc)

LINDSEY JANKAY, LCSW  
Live Well Counseling, LLC  
411 Route 206  
Hillsborough, New Jersey 08844  
(908) 290-0272

GINA ABBONDANTE, MSW, LCSW  
209 New Freedom Road  
Southampton, New Jersey 08088  
(609) 879-4266

LAURA WINTERS, LCSW  
Postpartum Health & Harmony  
368 Main St  
Chatham, New Jersey 07928  
(862) 203-8958

## **MOM GROUPS**

MONTCLAIR BABY  
113 WALNUT ST  
MONTCLAIR, NJ  
973-370-0765

PASCACK VALLEY HOSPITAL  
Postpartum Support Group  
1st & 3rd Thursday of each month 1:00pm - 2:00pm  
250 Old Hook Rd, Westwood, NJ 07675  
To Register call: 201-781-1400

## **PEDIATRICIANS**

SEE OUR FULL PEDIATRICIAN LIST

## **PELVIC-FLOOR THERAPY**

DR. BHAIKVI MUKHERJEE  
I-HEALTH PHYSICAL THERAPY  
60 Court St, Suite 5  
Hackensack, NJ  
201-786-7863  
i-healthpt.com

DR. Jasmine Elkafrawi  
Summit, NJ  
908-528-7440

## **PHYSICAL THERAPY**

CORE DYNAMICS Physical Therapy  
200 Engle Street, Suite 20  
Englewood, NJ 07631

FOUR CORNERS Physical Therapy  
17 Hanover Rd, Building 300  
Florham Park, NJ 07932  
973-845-2592

MADISON SPINE  
219 Richmond Ave  
New Milford, NJ 07646  
201-907-3150

TOTAL HEALTH ASSOCIATES  
JENNIFER COLLARD, PT  
18 Wyckoff Ave, Suite 201  
201-447-5757  
www.drstevejones.com

HNH CENTER  
ORADEL/TEANECK  
201-265-1076

DR. ANDREW RODGERS  
530 Main St.  
Fort Lee, NJ 07024  
201-592-6200

SPECIALIZED Physical Therapy  
3 Locations: Burlington, NJ |  
Cherry Hill, NJ | Princeton, NJ  
[specializedphysicaltherapy.com](http://specializedphysicaltherapy.com)

SPECIALIZED PHYSICAL THERAPY  
17-15 Maple Ave  
Fair Lawn, NJ 07410  
201-773-8851  
specializednj.com

DR. BHAIKVI MUKHERJEE  
I-HEALTH PHYSICAL  
THERAPY  
60 Court St, Suite 5  
Hackensack, NJ  
201-786-7863  
i-healthpt.com

RISE ABOVE PHYSICAL THERAPY  
Dr. Youstina Gerges, DPT  
196 Paterson Ave, 3rd FL, Whitney Building II,  
East Rutherford, NJ 07073  
201-899-1166  
riseabovept.com

SPORTS MED. PHYSICAL THERAPY  
DR. JENNIFER C. DOUR  
601 Hamburg Tpke Suite 10  
Wayne, NJ 07470-2048

## **PLACENTAL ENCAPSULATION**

JENNIFER KOWAL  
973-493-2632  
[montclairdoula@gmail.com](mailto:montclairdoula@gmail.com)

LIFE TREE PLACENTA SERVICES  
[nikole@lifetreeservices.com](mailto:nikole@lifetreeservices.com)  
[www.lifetreeservices.com](http://www.lifetreeservices.com)  
908-875-8076

WHOLE MOTHER VILLAGE  
973-476-2449  
[wholemothervillage@gmail.com](mailto:wholemothervillage@gmail.com)  
[www.wholemothervillage.com](http://www.wholemothervillage.com)

ANGELITA FECHINO  
646-250-5820  
[angelita.babycare@gmail.com](mailto:angelita.babycare@gmail.com)

## **PERINATAL EXERCISE**

JAMIE GERRARD  
113 Walnut St.  
Montclair, NJ 07042  
973-370-0765

## **POSTPARTUM DOULAS**

See our doula list in first/second trimester packet.

## **TONGUE TIE**

DR. SCOTT A. SIEGEL, M.D.  
Huntington-Long Island:  
775 Park Ave, Suite 340  
Huntington, New York 11743  
631-465-0300

NYC Center for Tethered Oral Tissue  
23 West 45th St  
New York, New York 10036  
212-204-7923

DR. AMY SCHECTER, M.D.

Breastfeeding Medicine of NJ  
1140 Bloomfield Ave, Suite 216  
West Caldwell, NJ 07006  
973-826-9226

## **YOGA**

MONTCLAIR BABY  
113 WALNUT ST  
MONTCLAIR, NJ  
973-370-0765

WHOLE FAMILY THERAPY & WELLNESS  
info@wholefamilynj.com  
201.723.1776  
99 Kinderkamack Road  
Suite 100  
Westwood, NJ 07675