



Resources & Referrals

For Your Growing Family

Gogebic County Michigan Area
Updated: 2022

Congratulations & Welcome

Your family's wellness is important. Discovering the right support to meet your needs in each given moment is invaluable.

This resource guide was created for you, with you in mind, and with the intention of offering you a variety of supportive modalities that are accessible locally and beyond.

I encourage you to keep an open mind, an open heart, and use the resources here that resonate with you, as you need or desire them.

PLEASE NOTE that this document contains live links and will lose some of it's value when printed.



Lynnea Laessig

www.healingbirth.net

contactus@healingbirth.net

[@healingbirth](#)

Breastfeeding

Local Support to Gogebic-Iron Counties

Lynnea Laessig, Breastfeeding Support & Education | www.healingbirth.net

WIC Breastfeeding Peer Support Counseling (Local Health Dept.)

Ashland Birth Center- Ashland, WI Lactation Counseling Services

Sarah Kuiper, CLC in Calumet MI | [@latch.u.p](https://www.instagram.com/latch.u.p).

Rosa Gardiner, Sault Ste Marie | 616-550-0654 | gardinerrosa7@gmail.com

Books

The Womanly Art of Breastfeeding. Le Leche League*

Jack Newman's Guide to Breastfeeding. Jack Newman

Ina May's Guide to Breastfeeding. Ina May Gaskin

Breastfeeding Made Simple. Nancy Mohrbacher

Latch. Robin Kaplin.

Online Support

[KellyMom](#)

[The Milk Meg](#)

[Le Leche League](#)

LactMed App or [Website](#)

Find a IBCLC [here](#)

Facebook:

[Michigan Tongue & Lip Tie Support Group](#)

[Wisconsin Tongue Tie](#)

[The Badass Breastfeeder](#)

[Human Milk 4 Human Babies](#)

YouTube Videos

Breastmilk Constitutions & Suckle Patterns [here](#)

([Channel: Developing Doulas](#)).

Attaching Your Baby to the Breast [here](#)

([Channel: Global Health Media Project](#)).



Women's Health & Family Planning

Midwives

Sandra Pera, CPM, LM - Wakefield, MI
906-250-1969

Ashland Birth Center - Ashland, WI
715-292-6367

Michigan Midwives Association:
www.michiganmidwives.org

Wisconsin Guild of Midwives:
www.wisconsinguildofmidwives.org/

Doulas & Birthkeepers

Lynnea Laessig | www.healingbirth.net
Preconception through Postpartum Support

Family Planning

Western Upper Peninsula Health Dept, Bessemer, MI
906-667-0200
STI screening, contraception, pregnancy tests

Medical Care

Aspirus Grand View Ironwood MI
Clinic 906-932-1500
Hospital 906-932-2525



Extended Doula & Birthkeeper Directory



Lynnea Laessig | Healing Birth

Gogebic County MI & NE Wisconsin

www.healingbirth.net

@healingbirth

Anna Kangas | Keeweenaw Doula

Keeweenaw Area

906-231-9854

@keeweenawdoula

Lacy Anderson | UP Family Doula Care

Marquette + Iron Mountain Area

906-458-5678

Clara Gill | Northern Roots Doula

Keeweenaw Area

@northernrootsdoula

Marquette Doula

Marquette Area

www.doulasofmarquette.com

906-869-0000 | @doulasofmarquette

Full Moon Rising Wellness

Iron Mountain www.fullmoonwellness.com

@fullmoonrisingwellnessstudio

Erin Tenney

Washburn

etenney@gmail.com



Ashland Birth Center

Ashland

715-292-6367

@ashlandbirthcenter

Corinna Tikka

Ashland

715-813-7015

Placenta Resources

Options for Honoring Your Placenta

Spontaneous 3rd Stage

Lotus Birth

Burial Ceremony

Placenta Prints & Photos

Placentophagy: Capsules, Tincture, Cooked, Raw

Processing Your Own Placenta

Things to Consider:

Placenta anatomy & function

Sanitation & Safe Handling:

Medications, Hospital Influence, Pathogenic Precautions

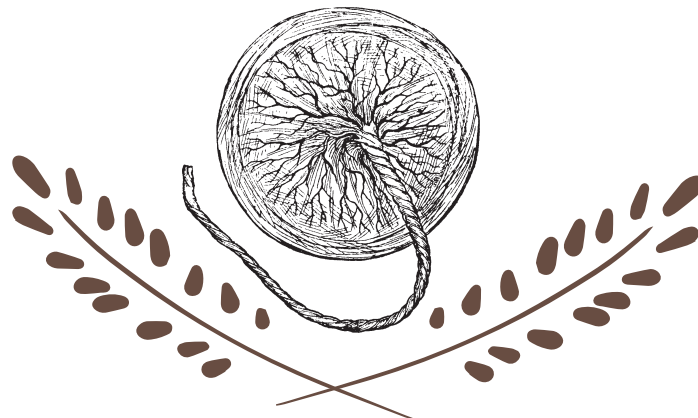
Equipment: dehydrator, capsules, etc

Placenta Medicine

Certified Placenta Encapsulists

Ask your local Doula or Midwife for Referrals

Evidence Based Birth on Placentophagy



Nutrition

Local Shops & Support Services

Chequamegon Food Co-op
700 Main St, Ashland WI
715-682-8251 www.chequamegonfoodcoop.com

Northwinds Food Co-op
116 S Suffolk St, Ironwood, MI
906-932-3547 www.northwindcoop.org

Gogebic County Farmers Market
608-345-1916
www.facebook.com/olddepotfarmersmarket

Iron County Farmer's Market
906-285-0757

Women, Infant, and Children (WIC) Program
www.wuphdhd.org
Gogebic County: 906-667-0200

Gogebic-Ontogagon Community Action Agency (GOCAA)
100 S Mill St, Bessemer, MI 49911
906-667-0283 gocaa.org

Department of Health & Human Services
Gogebic County: 906-663-6200
301 E Lead St, Bessemer MI 49911

Restaurants with Delivery Service
Tacconelli's To-Go
www.tacconellistogobessemer.com 906-663-9900

Food Delivery Services:

IronBay Delivery,
Open 9 am - 9 pm 906-675-1766
www.ironbaydelivery.com
103 S. Suffolk St, Ironwood MI 49938
Serves Wakefield thru Gile Areas

Tacconelli's To Go

Other:
Walmart Pickup
Hello Fresh
Thrive

Non-Allopathic Therapies

Mattson's Chiropractic

520 E Ayer St, Ironwood, MI

906-932-4605 www.mattsonschiropractic.com

Aukee Chiropractic

200 E Ayer St, Ironwood, MI

906-932-7411

Black River Valley Therapeutic Massage,

127 E Mary St, Bessemer, MI

906-663-0274 brvtm.massagetherapy.com

Offers include pre + postnatal massage

A Nice Touch Massage,

320 E Aurora St, Ironwood, MI

906-285-2928

Therapeutic Swedish Massage, pregnancy massage coming soon.

Higher Level Suites,

174 E. Michigan Ave, Ironwood MI

715-862-0490 ambs@centurytel.net

Offers reiki, massage, craniosacral therapy

Free Monthly Reiki Share: offered 2nd Tuesday from 6-8 pm

Center Life Health,

204 Harrison St, Ironwood MI

906-285-7015

www.centerlifehealth.com

*Traditional Chinese Medicine +
Holistic Rehabilitation*

Earth & Sky Day Spa

719 Douglas Blvd, Ironwood MI

906-285-7443

www.earthskydayspa.com



Mental Wellness

GENERAL

Aspirus Grand View

10531 Grand View Ln, Ironwood MI

Clinic 906-932-1500 Hospital 906-932-2525

North Lakes Clinic

115 5th Ave, Hurley WI

715-329-1288 <https://nlccwi.org/locations/hurley/>

Gogebic Range Community Mental Health

103 US-2, Wakefield MI

906-229-6120 <http://www.gccmh.org/>

GRIEF SUPPORT

Regional Hospice support group, Ironwood MI 906-932-7076

ADDICTION

Phoenix House, Bessemer MI 906-663-2141

Great Lakes Recovery Center, Ironwood MI 906-364-7506

AA & NA Groups: see your local Community Calendar

ABUSE + SEXUAL ASSAULT

Dove, Inc, Ironwood MI

709 Sutherland Dr, Ironwood, MI

906-932-4990 www.dove-inc.net

New Day Advocacy Center, Ashland WI

www.ndshelter.org

Business: 715-682-9566 Hotline: 715-682-9565

REPORTING CHILD ABUSE 1-800-342-3720

SUICIDE PREVENTION HELPLINE 1-800-784-2433

Emergencies: Call 9-1-1



Home + Lawn Care Relief

Housekeeping & Organizing

Touch of Gray Interiors

CLEANING/ PAINTING/ DECORATING

www.touchofgrayinteriors.com

Lawn Care + Snow Removal Services

Northwoods Lawncare & Landscaping 906-364-0313

Bucky's Snow Removal + Lawn Care 906-663-4240

Laundromats

Speed Queen Laundry

302 Lahti St, Wakefield MI

Bessemer Express Laundromat, Open 24/7

204 E Lead St, Bessemer MI

Ironwood Cleaners & Laundromat

1135B E Cloverland Dr 906-932-4168



Pet Care & Related Resources

Bluffview Kennel, Pet Sitter

E5944 E Bluffview Rd, Ironwood MI 906-932-0957

Airport Molly's, Pet Boarding & Grooming

E6194 Airport Rd, Ironwood MI 906-932-0100

Puppy Parlor, Dog Grooming

127 Luxmore St, Ironwood MI 906-932-2600

Iron King Dog Park

South West Corner of E Ayer & Bonnie St, Ironwood MI

Hope Animal Shelter

590 Easy St, Ironwood MI 906-932-1511



Newborn + Infant Care

Sleep

"Safe Sleep" Guidelines <https://www.cdc.gov/vitalsigns/safesleep/>
Bedsharing <https://www.llli.org/the-safe-sleep-seven/>

Circumcision + Intact Humans

Your Whole Baby www.yourwholebaby.org
Intact America www.intactamerica.org
Post-surgical Care: Follow the post-operative instructions from your provider.

Carseats

K.A.R.S. Program- provides carseat education and low cost carseat options to WIC recipients. See your local health department for more information.

See Also: Breastfeeding, Parenting, Nutrition, & Community Assistance

Safe Surrender of a Newborn

Michigan's Safe Delivery of Newborns Law and Wisconsin's Safe Haven Law protect all parents who surrender their newborn up to 3 days of age to any police station, fire department, or hospital, or by calling 911. You may surrender your baby anonymously. If the infant is older than 3 days, or shows any signs of harm, you may need to provide identifying information.

Michigan Safe Delivery Hotline: 1-866-733-7733

Wisconsin Safe Haven Hotline: 1-877-440-2229



Childcare Resources

Local to Gogebic County, MI

Early Childhood Care Center Search: <https://www.greatstarttoquality.org/>

Shoots & Ladders, Daycare
Ironwood MI 906-364-7707

Trinity Lutheran Church, Daycare
Ironwood MI 906-932-3022

Head Start, Preschool
Bessemer, MI 906-663-4302

Learn & Play, Daycare Center
Bessemer MI 906-667-5025



Parks & Playgrounds

Wakefield, MI
Eddy Park- Sunday Lake, Chicago Mine Rd

Ramsay, MI
Ramsay Park- Ramsey River, Main St

Bessemer, MI
Bluff Valley Park- 600-698 N Moore St
Barber Field- S. Woolsey St

Ironwood
Norrie Park- Montreal River, Norrie St
Little Girls Point- Lake Superior, N. Lake Rd
Longyear Park- 299-201 W Arch St
Historic Depot Park- N. Lowell St/ E. Frederick St



Community Assistance/ Protective Services

Michigan Dept. of Health & Human Services 906-663-6200

assistance with childcare, emergency relief, food, health care coverage, housing, etc.

Western U.P. Health Department 906-663-0200

environmental health, services for children & pregnant women, reproductive and sexual health, etc.

Gogebic-Ontonagon Community Action Agency 906-667-0283

nutrition/ supplemental food, housing/ weatherization, head start , etc.

Public Transportation

Gogebic County Transit Authority 906-932-2523

Consignment Shops

St Vincent De Paul

Bessemer: 103 N Case St, Bessemer MI 49911 906-663-0089

Ironwood: 216 W Aurora St, Ironwood, MI 49938 906-932-4547

New Beginnings Resale Shop- 130 W Aurora St, Ironwood MI 906-932-7472

MICHIGAN 2-1-1 mi211.org phone: Dial 2-1-1

24/7 help connecting you to housing support, financial assistance, and other resources

Prescription Drug Disposal Centers:

MI State Police, 100 Sunday Lake St, Wakefield MI 906-229-5372

Gogebic County Sheriff, 100 W Iron St, Bessemer MI 906-667-0203

Ironwood Public Safety Dept., 123 W McLeod Ave, Ironwood MI 906-932-1234



Additional Resources

Books

The First 40 Days by Heng Ou

Nourishing Newborn Mothers by Julia Jones

Taking Charge of Your Fertility by Toni Weschler

Pushed by Jennifer Block

Gentle Birth, Gentle Mothering by Sarah Buckley

Everything Below the Waist by Jennifer Block

The Fifth Vital Sign by Lisa Hendrickson-Jack

Wise Woman Herbal for the Childbearing Year, Susan Weed

Podcasts

Fertility Friday

Healing Birth

Free Birth Society

The Midwitch

Taking Back Birth

Online Support

sacredwindowstudies.com

healingbirth.net

innatetraditions.com

birthuprising.com

asheservices.com

wombmedicine.com

beldomwomancare.com

beautifulcervix.com

arielledemartinez.com

