

LOCAL SUPPORT

Homebirth Midwives

Tracy Pyle & Heidi Williams – Central Coast Homebirth
Helen Young – Homebirth with Helen
Midwifery Group Practice
Midwifery Group Practice – Wyong and Gosford Hospitals
Wyong Birthing Centre

Birth Doulas

Gemma Wilson – Birthability
Michelle Nicolaou-Newman – Mammabearth Preconception to Postpartum
Jenna Logan – The Seed Collective
Katie Kempster – Harmonic Hypnobirthing
Elise Hunter – The Power of Pregnancy
Julia Mcleod – Central Coast Doula
Amy Roumanous – Amy Roumanous
Laura LaGinestra – Better Birth Doula

Prenatal exercise

BUMP central Coast, Erina
Belle yoga, Ettalong
Umina Beach Yoga, Umina
Excelsia Studios, Erina
Amy Roumanous Pilates, Avoca Beach
Pheonix Pilates, Kincumber
Central Coast Physiotes, Holgate
Lisiane McDonald, Modern Organic, Long Jetty
Healthy Bumps Exercise Physiology, North Avoca
Yoga Inlight – Norah Head
Reform Pilates – Toukley

Women's body work (pregnancy & postpartum specialists)

Claire Dunn – Luna Physiotherapy, Daley Point
Tara McKenzie – Central Coast Physiotes, Physiotherapy, Holgate
Laura Jones – Coastal Massage, Lisarow (offers mobile service)
Astrid Cattoen – Temple Oasis, Umina Beach
Deb Sirone – Nurture Me, Berkeley Vale
Sharleen Morgan – Avani Women's Body Work, Long Jetty
Terrigal Bodyworks, Terrigal

LOCAL SUPPORT

Osteopathic / Chiropractic

Katia Schlebusch – Osteopath, In Tune Health Care, Wyoming
Eva Khul – Multi Dimensional Craniosacral therapy, Point Clare
Lisa Shelton – Women's Health Chiropractor, McMasters Beach & Erina
Lisa Vaughn – Osteopath, Bateau Bay
Dr. Jorge Chavez – Chiropractor, Health HQ, Erina
Toni Fountain – Wholistic Chiropractor, Brisbane Water Spine Centre
Rachel Swan – Evolve Chiropractic, Erina
Platinum Chiropractic, Erina
Central Coast Spinal Care, West Gosford, North Wyong, Green Point
Terrigal Chiropractic, Terrigal

Acupuncture

Zoe Papadatos – Eunoia Acupuncture, Erina
Rachelle Wagstaff – The Central Coast Acupuncture Pregnancy Clinic, North Gosford
Francis Browne – 5 Elements Health, East Gosford
Rebecca Sheather – CC Body Mechanics, East Gosford

Integrative Doctors

Nicole Avard – Next practice, Erina
Dr Christabelle Yeoh – Invitation to Health, Wyoming
Dr Carolina Munoz – Invitation to Health, Wyoming
Dr Penny Caldicott – Invitation to Health, Wyoming

Holistic Dentists

Dr Vijaya Molloy – Vitality Dental, Tuggerah
Dr Steven Lin – Luminous Dentistry, Long Jetty

Naturopaths / Herbalists / Homeopaths

Julie McNab (Homeopath, Naturopath, TCM) – Central Coast Natural Therapies, East Gosford
Odette Huxley (Homeopath, Naturopath) – Central Coast Body Mechanics, East Gosford
Fran Sheffield (Homeopath) – Homeopathy Plus, Tuggerah
Michelle Townsend (Naturopath, Herbalist) – Terrigal Chiropractic, Terrigal
Lisa Turnbull (Naturopath, Hormonal health, Psychotherapist) – Meraki Wellness Centre, Erina
Jarrah Eddy (Naturopath) – Next Practice, Erina
Diane Arundell (Naturopath) – Avoca Naturopath, Avoca
James Marr (Naturopath, Herbalist) – James Marr Naturopathy, Erina

Kinesiology

Beth Pupovac – Terrigal Chiropractic, Terrigal
Alison Filihia – The Bloom Collective, Erina

POSTPARTUM SUPPORT SERVICES

Breastfeeding Support

Kate Visser – Milky Business

Kate Corbett – The Wonders Within

Linda Rayment – Lactation Linda

Rachelle Wagstaff – The Central Coast Acupuncture Pregnancy Clinic

Postpartum doulas / support

Gemma Wilson – Birthability

Michelle Nicolaou-Newman – Mammabearth Preconception to Postpartum

Jenna Logan – The Seed Collective

Julia McLeod – Central Coast Doula

Laura LaGinestra – Better Birth Doula

Rachelle Wagstaff – The Central Coast Acupuncture Pregnancy Clinic

Sammi Zajko – Sammi Zajko Holistic Counselling & Therapy Services

Closing of the bones ceremony

Michelle Nicolaou-Newman – Mammabearth Preconception to Postpartum

Laura Jones – Coastal Massage (offers mobile service)

Postpartum Meal Service

Meals4Mummas – Newcastle, Central Coast, Sydney

Holism Health Co. – Newcastle, Central Coast

Postnatal Exercise

Luna Physiotherapy, Daleys Point

Central Coast Physiotes, Holgate

Umina Beach Yoga, Umina

The Yoga Collective, Erina

Excelsia Studios, Erina

Modern Organic, Long Jetty

Belle Movement, Ettalong

Reform Pilates, Toukley

Parent Coaching & Support

Alita Blanchard – The Aware Mama

Nikki Smith – Earthway Parenting

Michelle Nicolaou-Newman – Mammabearth Preconception to Postpartum

Grief & Loss Support

Alita Blanchard – The Aware Mama

Sammi Zajko Holistic Counselling & Therapy Services

SANDS 24/7 phone support

StillAware

Gidget House