

Blue Cross Complete of Michigan Doula Registry

The Blue Cross Complete of Michigan Doula Registry provides information regarding doulas who have been verified as completing a Michigan Department of Health and Human Services-approved doula training, including area served, doula specialty, and ability to serve Medicaid beneficiaries. Contact the doulas listed below to find out if they're accepting new clients.

Southeastern Michigan

Jasmine Alexander

734-548-5453 | jasmine_degraffinried@yahoo.com

- **Doula practice:** Labor and birth
- **Areas served:** Washtenaw county

Katelyn Beall

734-320-7479 | doulainthevillage@gmail.com

- **Doula practice:** Labor and birth
- **Areas served:** Jackson, Lenawee and Washtenaw counties
- **Specialties:** LGBTQIA+

Exie Buehler | **Tranquil Touch for Women**

734-751-3475 | exie@tranquiltouchforwomen.com | tranquiltouchforwomen.com

- **Doula practice:** Labor and birth, other
- **Areas served:** Oakland, Washtenaw and Wayne counties
- **Specialties:** Childbirth Educator, Perinatal Mental Health Coach



Ashli Burney | The Viberant Doula

313-514-4033 | info@theviberantdoula.com

- **Doula practice:** Labor and birth, community-based
- **Areas served:** Macomb, Monroe, Oakland and Wayne counties

Maraia Cochran | Lenawee Birth and Doula Services, LLC

O: 517-260-2693 | C: 517-270-6867

lenaweebirthdoula@outlook.com | facebook.com/lenaweebirthdoula

- **Doula practice:** WIC Peer Counselor
- **Areas served:** Hillsdale, Ingham, Jackson, Lenawee, Monroe, and Washtenaw counties
- **Special population:** LGBTQIA+, Black, Indigenous, Latinx, Neurodivergents

Micia Eddins | J.O.B. Lactation

313-729-7419 | Breastfeeding@joblactation.com | joblactation.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Macomb, Oakland, St. Clair and Wayne counties
- **Specialties:** IBCLC

Kiya Ellis

248-417-1492 | kiya.ellis@yahoo.com

- **Doula practice:** Labor and birth, community-based
- **Areas served:** Macomb, Oakland and Wayne counties

Alexis Ewen

517-404-4937 | ewenalexis@yahoo.com

- **Doula practice:** Labor and birth
- **Areas served:** Barry, Calhoun, Clinton, Eaton, Genesee, Ingham, Ionia, Jackson, Kalamazoo, Kent, Livingston, Oakland, Shiawassee and Washtenaw counties

Sara Fedewa | Birthing with Sara

269-816-9218 | birthingwithsara@gmail.com | birthingwithsara.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Calhoun, Eaton, Ingham, Jackson and Washtenaw counties

Lakeshia Grant | Health Connect One

313-957-9610 | lakeshia84@gmail.com

- **Doula practice:** Community based
- **Areas served:** Wayne County
- **Specialties:** Childbirth Educator
- **Special population:** Black Communities

Khalifah Green | Womb Wise Co

wombwiseco@gmail.com | wombwiseco.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Genesee, Livingston, Macomb, Monroe, Oakland, Washtenaw and Wayne counties
- **Specialties:** Placenta Encapsulation, Belly Binding, Herbalist, Community Breastfeeding & Babywearing Educator, Culturally Competent Care
- **Special population:** All populations but most commonly Black and/or Muslim
- **Bilingual:** AAVE

Karen Hernandez | CHASS Center

313-849-3920 x5109 | chasscenter.org

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Oakland and Wayne counties
- **Special population:** Latinx, Black, Indigenous, People of Color
- **Bilingual:** Spanish

Yasmine Hicks | Yasmine Hicks Doula Services, LLC

501-454-2443 | yasminehicks@hotmail.com | yasminesdoulaservices.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Wayne and Oakland counties
- **Specialties:** Certified Lactation Counselor
- **Bilingual:** Arabic

Tasheikya Hunter | Goals For My Life

O: 810-339-6942 | C: 810-620-9167 | info@goalsformylife.com | goalsformylife.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Genesee, Lapeer, Macomb, Oakland, Saginaw, Washtenaw and Wayne counties

Meghan Jansen

248-494-6183 | seedoflifedoulaservices@gmail.com | seedoflifedoulaservices.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Lake, Macomb, Oakland and Wayne counties

Alyssa Jones | Blossom Birth & Wellness

313-600-3682 | blossombirthnwellness@gmail.com | blossombirthnwellness.com

- **Doula practice:** Labor and birth
- **Areas served:** Wayne, Oakland, Monroe, Macomb, Livingston and Washtenaw counties

Sandy Kalek

313-701-9038

- **Doula practice:** Labor and birth
- **Areas served:** Wayne county
- **Specialties:** Childbirth Educator, Body Ready Method Pro., Peri steam Hydrotherapist Facilitator, Narcan Certified, SMC Trauma trained
- **Bilingual:** Some Arabic

Lorenda Lewis | Healing with Dignity, LLC

313-254-5464 | lorendal@healingwithdignity.com | healingwithdignity.com

- **Doula practice:** Labor and birth, postpartum, community based, other
- **Areas served:** Metro Detroit and Oakland, Washtenaw and some of Macomb counties
- **Specialties:** Nutritional Doula, Full Circle, CLC, CBE, CPR/First Aid Instructor
- **Special population:** Black, Indigenous, Middle Easter and Muslim communities
- **Bilingual:** Some Arabic

Shekita Long

313-495-1993 | shekitalong@gmail.com | shekitalongdoula.com

- **Doula practice:** Labor and birth, Community-Based
- **Areas served:** Lapeer, Livingston, Macomb, Monroe, Oakland, St. Clair, Washtenaw and Wayne counties
- **Special population:** Black, Indigenous, Veterans and Economically-disadvantaged

Aliyah Mahdi

313-399-7173 | aliyahmahdi@gmail.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Macomb, Oakland, Washtenaw and Wayne counties
- **Special population:** Black, Indigenous, People of Color

Suzanne Marshall | Nanny On Wheels

313-790-0051 | nannyonwheels@gmail.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Oakland and Wayne counties

Nisha Mason | Doula for ManKind

517-395-5746

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Jackson, Washtenaw and Wayne counties
- **Special population:** All humans

Morgan McCurry | Mother Moon Birth & Postpartum Services

O: 517-939-9494 | C: 517-877-2435 | mothermoondoulas@gmail.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Branch, Calhoun, Hillsdale, Jackson and Lenawee counties
- **Specialties:** Certified Lactation Counselor (CLC), Childbirth Educator, Certified Perinatal Nutrition Educator (CPNE)

Janell Morse | Calming Breath Doula Services

314-620-8710 | janell@calmingbreathdoula.com | calmingbreathdoula.com

- **Doula practice:** Labor and birth, community based
- **Areas served:** Branch, Hillsdale, Jackson and Lenawee counties
- **Specialties:** Rabozo Certified, Childbirth Educator, CMA
- **Bilingual:** ASL

Lorrie Murrel | C.A.R.E Doula Services, LLC

313-505-7700 | caredoulaservicesllc@gmail.com | caredoulaservicesllc.com

- **Doula practice:** Labor and birth
- **Areas served:** Metro Detroit and surrounding areas

Tyreshia Perry | Gentle Support Doula Services

typerry90@gmail.com

- **Doula practice:** Labor and birth
- **Areas served:** Macomb, Oakland and Wayne counties
- **Special population:** Black and Indigenous

Amber Reed

614-972-5458 | areed878@gmail.com

- **Doula practice:** Labor and birth, community-based
- **Areas served:** Bay, Midland, Saginaw and Wayne counties

Alicia Russell | 1st Heartbeat Doula, LLC

248-271-9883 | 1stheartbeatdoula@gmail.com

1stheartbeatdoula.wixsite.com/1st-heartbeat-doula

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Macomb, Oakland and Wayne counties
- **Bilingual:** Patwah

Kathryn Schmidt | The Nurturing Doula

805-791-8325 | thenurturingdoula@hotmail.com | thenuturingdoula.com

- **Doula practice:** Labor and birth
- **Areas served:** Huron, Macomb, Oakland, Saginaw, Sanilac, Shiawassee and St. Clair counties
- **Specialties:** Childbirth Educator, Rebozo and Spinning Babies
- **Special population:** All humans
- **Bilingual:** Some Sign Language

Twyanetta Sims | Doula Love Me Birth Experience

734-747-2502 | DoulaLoveMe.Be@gmail.com

- **Doula practice:** Labor and birth
- **Areas served:** Macomb, Oakland, Washtenaw and Wayne counties
- **Special population:** Serving all communities

Raquel Singleton

734-444-7669 | rs4304525@gmail.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Wayne and Oakland counties

Michelle Smith | Bump to Birth Doula, LLC

O: 248-282-8464 | C: 313-719-2487 | B2Bdoulallc@gmail.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Genesee, Monroe, Oakland, Washtenaw and Wayne counties
- **Specialties:** Birth Photography
- **Special population:** Black

Ashly Smith-Haggen

313-989-7538 | ashlycsmith@gmail.com

- **Doula practice:** Labor and birth
- **Areas served:** Macomb, Oakland and Wayne counties

Chantia Thompson | S.H.E.

313-982-2465 | she.sisterhood1@gmail.com | shehaseverything.org

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Macomb, Oakland, Washtenaw and Wayne counties

Margarita Valbuena | CHASS Center

313-849-3920 x5202 | mvalbuena@chasscenter.org | chasscenter.org

- **Doula practice:** Labor and birth, community-based
- **Areas served:** Oakland and Wayne counties
- **Specialties:** Child Development Specialist
- **Special population:** Latinx, Black, Indigenous, People of Color, LGBTQIA+
- **Bilingual:** Spanish

Camaria Wafer | Shai Doula Services, LLC

734-307-9691 | info@shaidoulaservices.org | shaidoulaservices.org

- **Doula practice:** Labor and birth, postpartum, community based
- **Areas served:** Macomb, Oakland, Monroe, Washtenaw and Wayne counties
- **Specialties:** Informed Trauma Care Provider
- **Special population:** LGBTQIA+, Black, Indigenous, Latinx

Keisha Watkins-Dukhie | Ebb & Flo Birthing Services

248-765-6183 | ebbflodoula@gmail.com | ebbandflodoula.com

- **Doula practice:** Labor and birth, postpartum, community based, other
- **Areas served:** Macomb, Oakland, Wayne and Washtenaw counties
- **Special population:** Black and LGBTQIA+

Nicole Woods | Blessed Belly Doula Care

517-936-8792 | nicolewoods387@gmail.com | kristenschellbirth.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Calhoun, Hillsdale, Ingham, Jackson, Lenawee and Oakland counties
- **Special population:** Open to serve all

Debra Young | Nurturing Doula Care

866-709-1090 | ddyoung511@gmail.com | nurturing-doula-care.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Oakland and Wayne counties

Southwestern Michigan

Alexis Ewen

517-404-4937 | ewenalexis@yahoo.com

- **Doula practice:** Labor and birth
- **Areas served:** Barry, Calhoun, Clinton, Eaton, Genesee, Ingham, Ionia, Jackson, Kalamazoo, Kent, Livingston, Oakland, Shiawassee and Washtenaw counties

Sara Fedewa | Birthing with Sara

269-816-9218 | birthingwithsara@gmail.com | birthingwithsara.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Calhoun, Eaton, Ingham, Jackson and Washtenaw counties

Alysha Kropewnicki | Amaryllis Doula Services

313-444-2861 | amaryllisdoulaservices@gmail.com | amaryllisdoula.com

- **Doula practice:** Labor and birth, other
- **Areas served:** Ionia, Kent, Mecosta, Montcalm, Muskegon and Ottawa counties
- **Special population:** LGBTQIA+, Military, Polyamorous, Pagan

Morgan McCurry | Mother Moon Birth & Postpartum Services

O: 517-939-9494 | C: 517-877-2435 | mothermoondoulas@gmail.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Branch, Calhoun, Hillsdale, Jackson and Lenawee counties
- **Specialties:** Certified Lactation Counselor (CLC), Childbirth Educator, Certified Perinatal Nutrition Educator (CPNE)

Janell Morse | Calming Breath Doula Services

314-620-8710 | janell@calmingbreathdoula.com | calmingbreathdoula.com

- **Doula practice:** Labor and birth, community based
- **Areas served:** Branch, Hillsdale, Jackson and Lenawee counties
- **Specialties:** Rabozo Certified, Childbirth Educator, CMA
- **Bilingual:** ASL

Macy Navarro | Great Lakes Graceful Birth

269-529-1593 | greatlakesgracefulbirth@gmail.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Allegan, Berrien, Kalamazoo, Kent and Van Buren counties
- **Special population:** LGBTQIA+

Odunola Oladejo-Popoola | Anike Birth Doula

269-888-4464 | anikebirthdoula@gmail.com | sites.google.com/view/anikebirthdoula

- **Doula practice:** Labor and birth
- **Areas served:** Allegan, Barry, Berrien, Calhoun, Cass, Kalamazoo, St. Joseph and Van Buren counties
- **Special population:** Black, People of Color, Incarcerated Birthing People, African Community
- **Bilingual:** Yoruba

Kristen Schell

269-332-1022 | hello@kristenschellbirth.com | kristenschellbirth.com

- **Doula practice:** Labor and birth
- **Areas served:** Allegan, Berrien, Cass, Kalamazoo, St. Joseph and Van Buren counties
- **Specialties:** Body Read Method Pro, Childbirth Educator
- **Special population:** LGBTQIA+, D/Deaf/HOH and disabled communities

Nicole Woods | Blessed Belly Doula Care

517-936-8792 | nicolewoods387@gmail.com | kristenschellbirth.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Calhoun, Hillsdale, Ingham, Jackson, Lenawee and Oakland counties
- **Special population:** Open to serve all

West Michigan

Alexis Ewen

517-404-4937 | ewenalexis@yahoo.com

- **Doula practice:** Labor and birth
- **Areas served:** Barry, Calhoun, Clinton, Eaton, Genesee, Ingham, Ionia, Jackson, Kalamazoo, Kent, Livingston, Oakland, Shiawassee and Washtenaw counties

Dusty Dawn Hammis | Dusty Dawn Wellness Services

O:616-259-5197 | C:231-660-3949

birthmatters@dustydawndoula.com | dustydawnservices.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Allegan, Barry, Ionia, Kent, Montcalm, Muskegon and Ottawa counties

Jakia Levelston

231-286-3294 | jakialevelston@gmail.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Muskegon county

Holly Lindsey

231-510-5677 | sacredbeginningsdoulaservice@outlook.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Benzie, Kent, Grand Traverse, Lake, Manistee, Mason, Muskegon and Wexford counties
- **Specialties:** CLC
- **Special population:** Black, Indigenous, Latinx

Meghan Jansen

248-494-6183 | seedoflifedoulaservices@gmail.com | seedoflifedoulaservices.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Lake, Macomb, Oakland and Wayne counties

Macy Navarro | Great Lakes Graceful Birth

269-529-1593 | greatlakesgracefulbirth@gmail.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Allegan, Berrien, Kalamazoo, Kent and Van Buren counties
- **Special population:** LGBTQIA+

Odunola Oladejo-Popoola | Anike Birth Doula

269-888-4464 | anikebirthdoula@gmail.com | sites.google.com/view/anikebirthdoula

- **Doula practice:** Labor and birth
- **Areas served:** Allegan, Barry, Berrien, Calhoun, Cass, Kalamazoo, St. Joseph and Van Buren counties
- **Special population:** Black, People of Color, Incarcerated Birthing People, African Community
- **Bilingual:** Yoruba

Kristen Schell

269-332-1022 | hello@kristenschellbirth.com | kristenschellbirth.com

- **Doula practice:** Labor and birth
- **Areas served:** Allegan, Berrien, Cass, Kalamazoo, St. Joseph, and Van Buren counties
- **Specialties:** Body Read Method Pro, Childbirth Educator
- **Special population:** LGBTQIA+, D/Deaf/HOH and disabled communities

Ashley Vasser | Labor Together

O: 616-320-0689 | C:616-308-2153 | labortogether1@gmail.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Kent county
- **Special population:** Black, Indigenous, People of Color

Northwest Michigan

Courtney Holbrook

231-758-7244 | openarmsdoulach@gmail.com

- **Doula practice:** Labor and birth
- **Areas served:** Charlevoix and Emmet counties

Holly Lindsey

231-510-5677 | sacredbeginningsdoulaservice@outlook.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Benzie, Kent, Grand Traverse, Lake, Manistee, Mason, Muskegon and Wexford counties
- **Specialties:** CLC
- **Special population:** Black, Indigenous, Latinx

Northeast Michigan

Jennifer Smejkal | Nourish Me Naturally Lactation and Doula

989-400-7975 | breastfeedingnorthernmi@gmail.com

breastfeedingnorth.wixsite.com/breastfeednorthmi

- **Doula practice:** Labor and birth, community-based
- **Areas served:** Crawford, Ogemaw, Otsego and Roscommon counties
- **Specialties:** IBCLC
- **Special population:** Low-income, working class families

Mid-Michigan

Maraia Cochran | Lenawee Birth and Doula Services, LLC

O: 517-260-2693 | C: 517-270-6867

lenaweebirthdoula@outlook.com | facebook.com/lenaweebirthdoula

- **Doula practice:** WIC Peer Counselor
- **Areas served:** Hillsdale, Ingham, Jackson, Lenawee, Monroe, and Washtenaw counties
- **Special population:** LGBTQIA+, Black, Indigenous, Latinx, Neurodivergents

Alexis Ewen

517-404-4937 | ewenalexis@yahoo.com

- **Doula practice:** Labor and birth
- **Areas served:** Barry, Calhoun, Clinton, Eaton, Genesee, Ingham, Ionia, Jackson, Kalamazoo, Kent, Livingston, Oakland, Shiawassee and Washtenaw counties

Sara Fedewa | Birthing with Sara

269-816-9218 | birthingwithsara@gmail.com | birthingwithsara.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Calhoun, Eaton, Ingham, Jackson and Washtenaw counties

Julia Powers | Nurture and Connect Doula Services

517-749-1027 | nurtureconnect1111@gmail.com | nurtureconnect1111.wixsite.com/my-site

- **Doula practice:** Postpartum
- **Areas served:** Clinton, Eaton and Ingham counties

Nicole Woods | Blessed Belly Doula Care

517-936-8792 | nicolewoods387@gmail.com | kristenschellbirth.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Calhoun, Hillsdale, Ingham, Jackson, Lenawee and Oakland counties
- **Special population:** Open to serve all

Central Michigan

Laneise Haulcy-Collier

989-770-0711 | collier@glbhealth.org | greatlakesbayhealthcenters.org

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Bay and Saginaw counties
- **Bilingual:** Spanish

Tasheikya Hunter | Goals For My Life

O: 810-339-6942 | C: 810-620-9167 | info@goalsformylife.com | goalsformylife.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Genesee, Lapeer, Macomb, Oakland, Saginaw, Washtenaw and Wayne counties

Jazmonique Jones | Divine Grace Birthing Services, LLC

989-300-1411 | dgbirthingservice@gmail.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Bay, Genesee, Midland and Saginaw counties

Amber Reed

614-972-5458 | areed878@gmail.com

- **Doula practice:** Labor and birth, community-based
- **Areas served:** Bay, Midland, Saginaw and Wayne counties

Kathryn Schmidt | The Nurturing Doula

805-791-8325 | thenurturingdoula@hotmail.com | thenuturingdoula.com

- **Doula practice:** Labor and birth
- **Areas served:** Huron, Macomb, Oakland, Saginaw, Sanilac, Shiawassee and St. Clair counties
- **Specialties:** Childbirth Educator, Rebozo and Spinning Babies
- **Special population:** All humans
- **Bilingual:** Some Sign Language

Thumb Area

Micia Eddins | J.O.B. Lactation

313-729-7419 | Breastfeeding@joblactation.com | joblactation.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Macomb, Oakland, St. Clair and Wayne counties
- **Specialties:** IBCLC

Alexis Ewen

517-404-4937 | ewenalexis@yahoo.com

- **Doula practice:** Labor and birth
- **Areas served:** Barry, Calhoun, Clinton, Eaton, Genesee, Ingham, Ionia, Jackson, Kalamazoo, Kent, Livingston, Oakland, Shiawassee and Washtenaw counties

Khalifah Green | Womb Wise Co

wombwiseco@gmail.com | wombwiseco.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Genesee, Livingston, Macomb, Monroe, Oakland, Washtenaw and Wayne counties
- **Specialties:** Placenta Encapsulation, Belly Binding, Herbalist, Community Breastfeeding & Babywearing Educator, Culturally Competent Care
- **Special population:** All populations but most commonly Black and/or Muslim
- **Bilingual:** AAVE

Tasheikya Hunter | Goals For My Life

O: 810-339-6942 | C: 810-620-9167 | info@goalsformylife.com | goalsformylife.com

- **Doula practice:** Labor and birth, postpartum, community-based
- **Areas served:** Genesee, Lapeer, Macomb, Oakland, Saginaw, Washtenaw and Wayne counties

Jazmonique Jones | Divine Grace Birthing Services, LLC

989-300-1411 | dgbirthingservice@gmail.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Bay, Genesee, Midland and Saginaw counties

Tiffany Kahofer | Black River Birth Services, LLC

O: 810-328-3559 | C: 810-712-1310

info@blackriverbirthservices.com | blackriverbirthservices.com

- **Doula practice:** Labor and birth, postpartum, other
- **Areas served:** St. Clair County – McLaren Port Huron
- **Specialties:** Childbirth Educator, offering in-person and telehealth visits

Shekita Long

313-495-1993 | shekitalong@gmail.com | shekitalongdoula.com

- **Doula practice:** Labor and birth, Community-Based
- **Areas served:** Lapeer, Livingston, Macomb, Monroe, Oakland, St. Clair, Washtenaw and Wayne counties
- **Special population:** Black, Indigenous, Veterans and Economically-disadvantaged

Kathryn Schmidt | The Nurturing Doula

805-791-8325 | thenurturingdoula@hotmail.com | thenuturingdoula.com

- **Doula practice:** Labor and birth
- **Areas served:** Huron, Macomb, Oakland, Saginaw, Sanilac, Shiawassee and St. Clair counties
- **Specialties:** Childbirth Educator, Rebozo and Spinning Babies
- **Special population:** All humans
- **Bilingual:** Some Sign Language

Michelle Smith | Bump to Birth Doula, LLC

O: 248-282-8464 | C: 313-719-2487 | B2Bdoulallc@gmail.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Genesee, Monroe, Oakland, Washtenaw and Wayne counties
- **Specialties:** Birth Photography
- **Special population:** Black

Northern Lower Peninsula

Krystal Barnhart | Northern Sun Birth Services LLC

989-820-2817 | northersunbirth@yahoo.com | northersunbirthservices.com

- **Doula practice:** Labor and birth, postpartum
- **Areas served:** Northern Lower Peninsula
- **Specialties:** Lamaze Certified Childbirth Educator (LCCE), Peer Lactation Specialist
- **Special population:** LGBTQIA+



Nondiscrimination Notice and Language Services

Discrimination is against the law

Blue Cross Complete of Michigan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Blue Cross Complete of Michigan does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Blue Cross Complete of Michigan:

- Provides free (no cost) aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Information in other formats (large print, audio, accessible electronic formats)
- Provides free (no cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Blue Cross Complete of Michigan Customer Service, 24 hours a day, 7 days a week at **1-800-228-8554** (TDD/TTY: **1-888-987-5832**).

If you believe that Blue Cross Complete of Michigan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

- **Blue Cross Complete of Michigan Member Grievances**
P.O. Box 41789
North Charleston, SC 29423
1-800-228-8554
(TDD/TTY: **1-888-987-5832**)
- If you need help filing a grievance, Blue Cross Complete of Michigan Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, through the Office for Civil Rights Complaint Portal available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019
(TDD/TTY: **1-800-537-7697**)

Complaint forms are available at:
hhs.gov/ocr/office/file/index.html.

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mibluecrosscomplete.com

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