

Resource List for Clients
Berks County, Pennsylvania and surrounding area

Abused women shelters and support groups

Berks Women in Crisis
255 Chestnut St
Reading, PA
(610) 373-1206
www.bwic.org

Opportunity House
430 N. 2nd Street
Reading, PA 19601
(610) 374-4969
www.opphouse.org

Mary's Shelter
736 Upland Avenue
Reading, PA 19607
(610) 603-8010
www.marysshelter.org

Addictions Services and support groups

Council on Chemical Abuse
601 Penn Street #601
Reading, PA 19601
(610) 376-8669

Caron Foundation
243 N. Galen Hall Road
Wernersville, PA 19565
(800) 854-6023

TASC
19 N. 6th Street #300
Reading, PA 19601
(610) 375-4426

Bereaved family support groups

Berks Visiting Nurse Association
(610) 378-0481

Coalition of Friends
(610) 929-0790
www.compassionatefriends.org

Family Life Services-Camp Evergreen
1-877-438-3511

Birth Centers

Reading Birth Center
949 New Holland Rd, Reading, PA 19607
(610) 777-7222
readingbirthcenter.org

Birth Doulas

Berks County Doula Service
(610) 781-0688

Erica Hesselson, LSW
(610) 413-6516
erica.hesselson@gmail.com
www.lunadoulabirth.com

Kelly Durbin
The MOMI Method
Phone: 610-605-7304
kelly@momimethod.com

Lelayna Klein
stresslessn@gmail.com

Rising Moon Midwifery
4 Springwood Lane
Chester Springs, PA 19425
610-469-4905
www.risingmoonmidwifery.com

Breastfeeding Pump and equipment suppliers

Baird Respiratory & Medical Equipment
2627 Mt. Carmel Ave.
Glenside, PA 19038
215-884-2990
www.bairdmedical.com

Breastfeeding Support groups

La Leche League of Berks County
Amber 610-413-5569
AMherb2004@comcast.net
Elizabeth 610-371-9199
esmjkfamily5@gmail.com
Patty 717-445-5986
pangstadt@frontiernet.net
www.lalecheleague.org

Child Abuse Protection Agencies

Berks County Children and Youth Services
633 Court St
Reading, PA

(610) 478-6283

<http://www.co.berks.pa.us/Dept/CYS/Pages/default.aspx>

Childbirth Educators

Ali's Wagon

2017 Fairmount Avenue

Philadelphia, PA 19130

(215)787-0611

info@aliswagon.com

Prenatal and Family Education

Reading Health System

Reading Hospital

5th Avenue Conference Center

West Reading, PA 19611

(484) 628-4357

www.readinghealth.org

Childcare

Kindercare

865 Berkshire Blvd.

Wyomissing, PA 19610

(610) 376-6152

www.kindercare.com/our-centers/wyomissing/pa/303023/?cid=location3&utm_source=google&utm_medium=local&utm_campaign=localmaps&utm_content=8-5500-303023

Children's Hospitals

Reading Children's Health Center

206 S 6th Ave

West Reading, PA 19611

(610) 988-5437

Penn State Hershey Medical Group

2494 Bernville Road #106

Reading, PA 19610

(800) 243-1455

Children's Hospital of Philadelphia (CHOP)

3401 Civic Center Blvd

Philadelphia, PA 19104

(215) 590-1000

www.chop.edu

Chiropractors

Kulp Chiropractic Clinic, Inc. Nutrition & Wellness Center

52 Morgantown Rd

Reading, PA

(610) 208-0404

kulpchiropractic.com

Behrman Chiropractic Clinic
2851 Centre Ave # F
Reading, PA
(610) 929-1115

Christel Chiropractic Center
1829 New Holland Rd
Reading, PA
(610) 796-0792
christelchiro.com

Indigo Natural Healing Center
Charis Lindrooth
63 Little Roundtop Road
Lenhartsville, PA 19534
(610) 683-9363

Marc Calicchio D.C. B.C.A.O.
4 Park Plaza #301
Wyomissing, PA
(610) 685-8527
www.youratlaschiropractor.com

Matthews Chiropractic Clinic
215 Kenhorst Blvd
Reading, PA
(610) 777-4495

Community Services and Programs

Boyertown Area Multi Service
200 W Spring Street
Boyertown, PA 19512
(610) 367-6957
www.boyertownareamulti-service.org

Co-County Wellness
429 Walnut Street
Reading, PA 19601
Phone: (610) 375-6523
www.CoCountyWellnessServices.org

Friend, Inc. Community Services
658D Noble Street
Kutztown, PA 19530
Phone: (610) 683-7790
www.friendinc.org

Cultural/Multicultural resources

Berks County Latino Chamber of Commerce

PO Box #924,
Reading PA 19601
610-616-56105
www.latinochamber.net

Jewish Family Services
1100 Berkshire Blvd
Wyomissing, PA 19610
(610) 921-0624
www.readingjewishcommunity.org

Early Intervention Programs for babies with special needs:

Easter Seals Eastern PA
1040 Liggett Avenue
Reading, PA 19611
(610) 774-1431
www.easterseals-easternpa.org

Family Guidance Center
1235 Penn Avenue
Wyomissing, PA 19610
(610) 374-4963
www.familyguidancecenter.com

Health food Stores

Nature's Garden Natural Foods & Shoes
4360 Perkiomen Avenue
Reading, PA 19606
(610) 779-3000
www.naturesgardenonline.com

Kimberton Whole Foods
1139 Ben Franklin Highway West
Douglassville, PA 19518
(610) 385-1588
www.kimbertonwholefoods.com

Second Nature
329 W Main Street
Kutztown, PA 19530
(610) 683-5020
www.secondnaturekutztown.com

Hospitals/Minor Emergency Services

Reading Health System
Sixth Avenue and Spruce Street
West Reading, PA 19611
484-628-8000

Patient First
2600 Paper Mill Rd
Reading, PA 19610
(484) 220-0051

Lactation Consultants

Kathleen Kuhn
(484) 628-9299

Leanine Dorman
(484) 628-9299

La Leche League

La Leche League of Berks County
www.lalecheleague.org

Libraries/infant programs

Reading Public Library
Children's Department
100 S. 5th St.
Reading, PA 19601
610-655-6350
www.reading.lib.pa.us

Massage Therapists

Eve Miller-Beck, CMT
1015 Penn Avenue
Wyomissing, PA 19610
(484) 663-4425
www.evemillerbeck.massagetherapy.com

Massage Envy
718 Woodland Rd
Reading, PA 19610
(484) 926-2730
www.massageenvy.com

Elements to Wellness
6 Hearthstone Court, Suite 106
Reading, PA 19606
610-685-1761
www.elementstowellness.com

Midwives

Rising Moon Midwifery
4 Springwood Lane
Chester Springs, PA 19425
610-469-4905
www.risingmoonmidwifery.com

Jennifer Stevens, CNM, MS
Certified Nurse Midwife
(610) 777-7222

Robin Grant, CNM, MSN
Certified Nurse Midwife
(610) 777-7222

Nancy Florence, NM, MSN
Certified Nurse Midwife
(610) 777-7222

Tammy Witmer, CNM, MSN
Certified Nurse Midwife
(610) 777-7222

Multiple birth groups/associations

Chester County Mothers of Twins and Triplets Club
248-231-4480
info@multiplesofamerica.org
<http://www.ccmomc.org>

Valley Forge Mothers of Twins and Triplets Club
248-231-4480
info@multiplesofamerica.org
<http://www.vftwins.org>

Lancaster County Mothers of Twins Club
248-231-4480
info@multiplesofamerica.org

Obstetricians

All About Women
Kristine M Leaman, MD
301 Penn Ave # 200
Reading, PA
(610) 898-7560
www.allaboutwomen-obgyn.com

Dr. Radhika Ailawadi, MD
301 S 7th Ave #245
West Reading, PA
(610) 374-2214

Women's Lifecycles
Heller Fredericka MD
530 Kenhorst Blvd
Reading, PA
(610) 775-7133

www.womenslifecycles.net

On-line recourses

www.etsy.com

www.pinterest.com

www.reading.macaronikid.com

Parenting Classes

Baby College

United Way of Berks County

P. O. Box 702

Reading, PA 19603

610-685-4550

<http://www.uwberks.org>

Pattie Eastep

Path Program

(717) 898-4698

Reading Health System

(484) 628-4357

www.readinghealth.org

Play Groups

Connect the Tots

Reading, PA

www.meetup.com

Mommies and Munchkins

Macungie, PA

www.meetup.com

MOMS Club of Exeter, PA

www.exetermomsclub.weebly.com

Postpartum depression resources and support groups

Erin Saddic Counseling Services

West Chester Office Plaza

770 E. Market Street

Suite 255

West Chester, PA 19382

610-931-5547

Mother to Mother

Peer support for Postpartum Depression Fourth Wednesday of every month

6 PM- 7:30 PM Ephrata Public Library

Conference Room

550 S Reading Rd

Ephrata, PA 17522

MTMLancaster@gmail.com

Postpartum Adjustment Support Meetings

Jillian Schlacter
The Growing Place
184 Main Street
Emmaus, PA 18049
215-470-1867

Postpartum Doulas

Amy Tirrell Machado
Peaceful Beginnings Doula Service
(610) 223-0011

Single Parenting Groups

www.singleparentsnetwork.com

Yoga

Bikram Yoga West Reading
*(*May not be suitable for some pregnant women)*
120 S. 3rd Avenue
West Reading, PA 19611
(610) 374-2659
www.bikramyoghawestreading.com

Shri Yoga and Wellness Center

511 Reading Ave
West Reading, PA 19611
(610) 898-0505
www.shriyogapa.com

Yoga Inlet

*(*May no longer offer prenatal yoga)*
734 Penn Avenue
West Reading, PA 19611
610-376-2881
www.yogainlet.com

