

## Tucson - Pregnancy and Childbirth Resources

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## **Pre-Natal Resources**

### *OBGYNs*

Banner: UMC North UMC South UM Women’s Clinic	(520)694-8888	Multiple locations -- 3838 N Campbell Ave., building 2, 85719 2800 E Ajo Way., 85713 7355 S Houghton Ave., suite 208, 85747
Copperstate OBGYN	(520)721-8605	5550 E Hampton St., 85712
El Rio OBGYN: OBGYN Associates Southeast Health Center Southwest Health Center	(520)670-3909  Text: (520)622-4264	Multiple locations -- 225 W Irvington Rd., 85714 6950 E Golf Links, 85730 1500 W Commerce Ave, building 1, 85746
Genesis OBGYN: Crossroads Harmony Ironwood Northwest Oro Valley Pueblo South	(520)795-0771 (520)795-8080 (520)323-0333 (520)881-1977 (520)877-3800 (520)877-3800 (520)624-6260	Multiple locations -- 2424 N Wyatt Dr., 2 <sup>nd</sup> floor, 85712 6565 E Carondelet, suite 300, 85710 2300 N Rosemont Blvd., 85712 6261 N La Cholla Blvd., suite 277, 85741 1521 E Tangerine, suite 361, 85755 4600 S Park Ave., suite 6B, 85714
MHC Obstetrics & Women’s Health	(520)797-0011	2055 W Hospital Dr., suite 115, 85704
Northwest OBGYN  Fountain Plaza Houghton	  (520)742-1565 (520)885-5300	Multiple locations --  6060 N Fountain Plaza Dr., suite 250, 85741 2300 S Houghton Rd., suite 240, 85748
TMC Obstetrics	(520)795-8188	5301 E Grant Rd., 85712

### *Midwives*

All Natural Birth at Home – Southwest Midwifery	(520)882-8228 or (520)820-6914	1665 S La Cholla Blvd., 85713
Babymoon Inn of Tucson		2802 N Alvernon Way, suite 100, 85712
El Rio Nurse Midwives: Congress Health Center HealthOn University Northwest OBGYN Associates Southeast Health Center Southwest Health Center St. Elizabeth’s Health Center	(520)670-3909  Text: (520)622-4264	Multiple locations -- 839 W Congress St., 85745 434 E University Blvd., suite 100, 85705 320/340 W Prince Rd., 85705 225 W Irvington Rd., 85714 6950 E Golf Links, 85730 1500 W Commerce Ave, building 1, 85746 140 W Speedway Blvd. #100, 85705
Graceful Beginnings	(520)222-6564	All services performed in client’s home
Growing Families LLC	(520)329-1327	All services performed in client’s home
Natural Birth Services	(520)261-9709	All services performed in client’s home

**Pregnancy Centers** (free pregnancy tests, ultrasounds, material items, support, etc.)

Answers for Life Pregnancy Center	(520)308-8990	627 N Swan Rd. 85711
Hands of Hope	(520)622-5774	5240 E Knight Dr. #122, 85712
Reachout Women’s Center	(520)321-4300	2648 N Campbell Ave, 85719
With You Tucson	(520)500-7738	3458 N 1 <sup>st</sup> Ave, 85719

**Hospitals**

Banner University Medical Center	(520)694-0111	1625 N Campbell Ave., 85719
Tucson Medical Center	(520)327-5461	5301 E Grant Rd. 85712
Northwest Medical Center: The Women’s Center Houghton	(520)877-4000 (520)543-6100	1920 W Rudasill Rd. 85704 2200 S Houghton Rd., 85748
St. Mary’s Hospital	(520)872-3000	1601 W St. Marys. 85745
St. Joseph’s Hospital	(520)873-3000	350 N Wilmot Rd. 85711

**Birthing Centers**

Babymoon Inn	(520)827-8150	2802 N Alvernon Way., suite 100, 85712
The Midwifery Center at TMC (must be with El Rio midwives)	(520)670-3909	5301 E Grant Rd., 85712

**Free Pregnancy and Childbirth Classes**

Northwest Medical Center: Women’s Center	(520)877-4202	1920 W Rudasill Rd. 85704
Carondelet St. Josephs	(520)873-1300	350 N Wilmot Rd. 85711
TMC (free Healthy Pregnancy, \$65 Childbirth Education) OR TMC on YouTube	(520)324-6210	5301 E Grant Rd. 85712
Pampers (online)		<a href="https://www.pampers.com/en-us/pregnancy/birthing-classes">https://www.pampers.com/en-us/pregnancy/birthing-classes</a>

## **Post-Natal Resources:**

### *Lactation Consultants*

Mama's Latte	(520)628-4202	In-home
Milk & Honey	(520)477-7752	3844 E Pima St., 85716
Womb Dance	(520)401-1151	In-home

### *Pediatrician Offices*

Banner: Cholla Pediatrics	(520)694-5437	2167 W Orange Grove Rd. 85741
Callie Pediatrics	(520)298-3383	6636 E Carondelet Dr. 85710
Catalina Pediatrics	(520)323-3099	3085 N Swan Rd. 85712
Children's Medical Center of Tucson	(520)293-6686	5861 N Oracle Rd. 85704
Desert Pediatrics	(520)721-5350	5983 E Grant Rd. #117, 85712
Desert Willow Pediatrics	(520)751-4124	6369 E Tanque Verde Rd. Suite 190, 85715
El Rio	(520)309-3909	Multiple locations -- 5979 E Grant Rd. Suite 107 839 W Congress St. 85745 320 W Prince Rd. 85705 101 W Irvington Rd. bldg. 10, 85714 1500 W Commerce Ct. 85745 6950 E Golf Links, 85730
Mesquite Pediatrics	(520)648-5437	2350 N Kibler Pl, Suite 1, 85712
Old Pueblo Pediatrics	(520)797-7070	3043 W Ina Rd. 85741
Orange Grove Pediatrics	(520)797-3888	1925 W Orange Grove Rd. #302, 85704
Skyline Pediatrics	(520)577-3333	4930 N 1 <sup>st</sup> Ave, 85718
Tanque Verde Pediatrics	(520)722-2585	7507 E Tanque Verde Rd. 85715
TMC: Clara Vista Pediatrics	(520)547-7045	7340 E Speedway Blvd #104, 85710

### *Free Parenting Classes*

Arizona's Children Association	800-944-7611 (520)622-7611	3716 E Columbia St. 85714
AVIVA Children's Services	(520)327-6779	153 S Plumer Ave, 85719
Casa de los Ninos	(520)624-5600	1120 N 5 <sup>th</sup> Ave, 85705
Parent Aid	(520)798-3304	2580 E 22 <sup>nd</sup> St. 85713
Pima County Parent Coalition	(520)798-3304	*resources* pimarenting.org

### Home-Visiting Agencies

Arizona Health Start Program	(520)724-3961	Pima County Health Department: 3950 S Country Club Rd. 85714
Healthy Families Arizona	(520)724-9721	Child & Family Resources: 2800 E Broadway Blvd. 85716
Nurse Family Partnership	(520)881-0001	1101 N 4 <sup>th</sup> Ave. 85705
Parents as Teachers	(520)207-7310	Easterseals Blake Foundation: 7750 E Broadway Blvd, 85710

### Maternal Mental Health

Postpartum Support International	1-800-944-4773 (call or text available)	Postpartum.net
Tucson Postpartum Depression Coalition		information@tucsonpostpartum.com

### Adoption

Adoption Choices of Arizona	(520)308-6301	333 N Wilmot Rd. Suite 340, 85711
Adoption Solutions of Arizona	(520)400-4775	1200 N El Dorado Pl. Suite B-260, 85715
Arizona Department of Child Safety	1-877-KIDS-NEEDU	statewide
Safe Haven		Drop an unharmed infant <30 days old at an adoption agency, fire station, police station, or hospital. The infant is anonymously taken in for adoption.

### Birth Control

El Rio RHAP	(520)297-4463	Multiple locations (check schedule for clinic dates at each specific location) -- 839 W Congress St. 85745 434 E University Blvd #100. 85705 320 W Prince Rd. 85705 6950 E Golf Links Rd. 85730 3655 E Grant Rd. 85716 1230 W Cherrybell Stra, 85713 101 W Irvington Rd. bldg. 10, 85714
Pima County Reproductive Clinic	Theresa Lee Clinic: (520)724-7900 North Clinic: (520)724-2880	1493 W Commerce Ct. 85745 3550 N 1 <sup>st</sup> Ave. 85719
Planned Parenthood	(520)408-7526	2255 N Wyatt Dr. 85712
Bedsider.org		Resources and education
Sexfyi.org		Resources and education

## **Additional Resources:**

### *Education – Teen Parent High Schools*

Teenage Parent High School (TAP) – TUSD	(520)225-3250	102 N Plumer Ave, 85719
Marana High School – Teen Parent Program	(520)682-3243	11279 W Grier Rd. 85653
Sunnyside High School – Teenage Parent Program	(520)545-2000	2238 E Ginter Rd. 85706

### *Hotlines*

All Babies Cry		App Store and Google Play
Birth to 5 Helpline	877-705-5437	App Store and Google Play
Crisis Helpline – National Safe Haven Alliance	888-510-2229	
Help 4 Moms	833-943-5746	
National Maternal Mental Health Hotline	833-943-5746	
Text 4 Baby	Text BABY to 511411	App Store and Google Play

### *Material Resources* \*Also look at Pregnancy Centers, as most offer free clothing, diapers, and other essentials

Adoption Finder, Inc. -Pregnancy Care package. (You do NOT have to be placing a baby for adoption.)	(307)213-9327	adoptionmap.com/pregnancy-care-program/
Diaper Bank of Arizona -Diapers	(520)325-1400	1050 S Plumer Ave, 85719
Car Seat Safety Class – TMC -Car seats	(520)324-4110	Jessica.mitchell@tmcaz.org
Baby Registry -Baby samples (for creating a registry with the company)		Amazon.com/baby-reg/ Target.com/babyregistry/ Walmart.com/baby-registry/