

# resource guide (advertiser listings)

## BIRTHING CENTERS

### The Birth Center at Hennepin County Medical Center

701 Park Ave  
Minneapolis  
612-873-5661  
www.hcmc.org

The Birth Center at Hennepin County Medical Center stands out in a crowd. It was recognized by Fit Pregnancy as one of the top 10 places in America to give birth. Hennepin offers a variety of childbirth experiences, private rooms, and specialized care for complex pregnancies. Our certified nurse-midwives and physicians all specialize in family-centered delivery and care for women with both routine and complex pregnancies.

## CHILD CARE

### Central Child Care

420 N Roy  
St. Paul  
651-646-2751  
www.centralbaptistchurch.com/childcare

It is our goal to provide a stimulating and wholesome environment to enhance the total development of each child. Consideration is given to all areas of a child's life - social, emotional, cognitive, physical and spiritual growth.

### Lasting Impressions Child Care Learning Center

2515 Wakash Ave  
St. Paul  
651-227-9409  
www.lastingimpressionscc.net

Our program guarantees your child's basic needs are met while at the same time ensuring that through an attentive and affirming relationship we will meet all of the needs of your child physically, emotionally and intellectually.

### Minnesota Child Care Resources & Referral Network

380 Lafayette Rd, Ste 103  
St. Paul  
1-888-291-9811  
www.mnchildcare.org  
The Minnesota Child Care Resource and Referral Network works to help families across Minnesota find child care and understand their child care options. The Minnesota Child Care Resource & Referral Network: Quality Care and Education for Every Child.

## YMCA

www.ymcatwincities.org  
The YMCA is a natural leader in trusted, quality child care. There are 5 Licensed Child Care Centers (infant, toddler, preschool), 8 Preschool Programs, and over 60 School Age Care (grades K-6) sites across the Metro Area. Each program offers a rich age appropriate curriculum based in core values and enhanced by enrichment activities.

## AuPairCare

San Francisco, CA  
1-800-4-AUPAIR  
www.aupaircare.com  
AuPairCare provides host families with live-in English-speaking aupairs who provide light housekeeping and childcare for up to 45 hours/wk. The cost averages \$310/wk. AuPairCare is the leading provider of aupairs in the US.

## DENTISTS

### Metropolitan Pediatric Dental Associates

651-224-4969  
www.metropediatricdental.com  
We provide dental care for children from infancy through adolescence. We are proud to have served the Twin Cities for over 40 years, with offices in St. Paul, Eagan, North Oaks, and Fridley. At Metropolitan Pediatric Dental Associates, Children are Special!

## EDUCATION

### Children's Discovery Child Care & Learning Center

3665 Talmage Circle  
Vadnais Heights  
651-653-9871  
www.childrensdiscoveryacademy.com  
Children's Discovery Academy is a privately owned educational child care and whole day Kindergarten. Their long term teaching staff specializes in working with children 6 weeks - school age in a positive, loving, learning environment. To "Discover the Difference" call today.

### Mis Amigos Spanish Immersion Preschool

412 5th Ave N  
Hopkins  
952-935-5588  
www.MisAmigosPreschool.com  
Mis Amigos is now enrolling for preschool and kindergarten programs (33 months - 6 years). Infant and toddler classes available (with parent/caregiver). Na-

tive Spanish speaking teachers. Call or email to schedule a tour of our school!

## FITNESS

### Blooma

3919 W 44th St  
Edina  
952-848-1111  
www.blooma.com  
Yoga classes, wellness services, and childbirth & parenting education for women and their families. Prenatal, postnatal, and beyond, with on-site childcare! Weekday and weekend classes. All fitness levels welcome. All birthing and parenting philosophies welcome. Near 44th and France.

## HEALTH CARE

### Hennepin County Medical Center

701 Park Ave  
Minneapolis  
612-873-3000  
www.hcmc.org  
CLINICS:  
North Metro  
Hennepin Care North,  
Brooklyn Center  
612-873-8800  
South Metro  
Hennepin Care South,  
Richfield  
612-873-8200  
Downtown Minneapolis  
HCMC Downtown  
Minneapolis Clinic  
612-873-2300  
South Minneapolis  
Family Medical Center/ West  
Lake Clinic  
612-545-9000  
Hennepin Family Care/ East  
Lake Clinic  
612-873-8100

Hennepin County Medical Center is a Level 1 Trauma Center and public teaching hospital recognized for 12 years in a row as one of America's best hospitals by U.S. News & World Report. Hennepin offers a full spectrum of inpatient and outpatient primary and specialty care.

### Langford Chiropractic Clinic

730 Cleveland Ave S  
St. Paul  
651-699-8610  
www.langfordchiropractic.com  
Focusing on and understanding the individual health needs of men, women and children. Langford Chiropractic Clinic, 730 Cleveland Ave S, has been newly remodeled. We

offer chiropractic, massage therapy and acupuncture. Call to schedule your appointment.

### Swenson Chiropractic: A Creating Wellness Center

2485 Maplewood Dr Ste 215  
Maplewood  
651-770-7938  
www.swensonchiropractic.com  
Specializing in family wellness care including pre-natal and infants. Services include chiropractic, nutrition counseling and fitness coaching. Pediatric certified.

## OBSTETRICS & GYNECOLOGY SERVICES

### Clinic Sofia Obgyn

6545 France Ave S, Ste 490  
Edina  
952-922-7600  
www.clinicsofia.com  
We provide health care for women from the beginning to the end of fertility and beyond. Patients have informed us they are the centers of influence for their families and businesses and need to be in good health. It is our philosophy that if we can provide women with the tools to stay healthy, their circle of influence will be healthy and happy too.

### Hennepin County Medical Center OB/GYN Clinic

701 Park Ave  
Minneapolis  
612-873-2530  
www.hcmc.org  
The Ob/Gyn Clinic provides care for women, including Pap smears, pelvic exams, diagnosis and treatment of vaginal infections, family planning, management of normal and high-risk pregnancies, diagnosis and treatment of abnormalities and surgical follow-up. Care is provided by physicians, certified nurse-midwives, and nurse practitioners.

## PHOTOGRAPHY

### Momento Images Photography

8682 Eagle Creek Circle  
Savage  
952-746-8035  
www.momentoimages.com  
We specialize in fine-art portraiture of children and families. We not only create beautiful portraits but capture

the overall memorable experience from the expecting mommy moments to the first days of new birth and into the joys of childhood. Celebrate the miracle of the moment you live in!

### PROEX Portrait Studio

952-893-1915  
www.proex.com  
Proex Portrait Studios offer professional photography, quality and value without the premium prices. Our portrait process is flexible and convenient for you and your family.

## RESOURCES

### Bebe Babble

3904 Sunnyside Rd  
Edina  
952-922-2020  
www.bebebabble.com  
Bebe babble is a delightful, children's lifestyle and design boutique offering a mix of merchandise for the modern parent and child. We are located at 3904 Sunnyside Road in the historic Morningside neighborhood of Edina. Shop our mini-lifestyle sections in the boutique or join us online.

### Jet Set Babies

309 N 40th Ave W  
Duluth  
866-990-1811  
www.JetSetBabies.com  
Make travel with baby easier with this service that ships ahead your diapers, wipes, baby food, and other supplies directly to your travel destination.

## SLEEP CENTERS

### Minnesota Regional Sleep Disorders Center

Hennepin County Medical Center  
701 Park Ave  
Minneapolis  
612-873-6201  
www.hcmc.org  
The Minnesota Regional Sleep Disorders Center diagnoses and treats sleep disorders such as narcolepsy, sleep apnea, and insomnia in both adults and children. The multi-disciplinary team is committed to education and research and is nationally and internationally recognized for their expertise. We now offer expanded appointment availability, same-day and next day appointments, and we accept patient self-referrals.