



### **Local Resources**

Below are a number of local-to-Duluth resources to meet various needs for individuals, couples, . If you find a resource that you think should be listed, or removed, please let us know by email: [hello@duluthperinatal.org](mailto:hello@duluthperinatal.org).

[Women Circling Women](#) - Find birth and postpartum professionals in the area to support you through your perinatal experiences.

[St. Louis Co MN - Family Home Visiting, WIC](#)

[Early Childhood Family Education](#)

[Women's Care Center](#)

[Planned Parenthood](#)

[Baby "Bee"](#)

[FIT4MOM® Twin Ports](#)

[LSS Crisis Nursery](#)

[Cradle of Hope](#)

[Lake Superior Regional Family Justice Center](#)

[Duluth Birth Education](#)

[Doulas of Duluth Birth Education Classes](#)

[Better Beginnings](#)

[La Leche League](#)

Please note that the listed resources are intended for educational purposes only, and are not a substitute for the advice or guidance of a licensed healthcare professional. Resources shared are not done so under obligation, financial or otherwise. The presence of any particular item on this list does not represent an official endorsement or opinion of Duluth Perinatal, PLLC.