

LOCAL WOMEN'S HEALTH PREGNANCY PROFESSIONALS

Care Net of Puget Sound is happy to recommend any of these local medical professionals specializing in women's health who will monitor you and your baby during your pregnancy.

Prenatal care is an important part of ensuring both you and your baby are healthy throughout the course of your pregnancy. The earlier you start visiting your medical provider, the greater your chances of having a safe delivery and a healthy baby.

You and your baby will benefit greatly from the counsel and care of a qualified medical professional.

Most experts suggest you see your doctor:

- Every 4 weeks until week 28
- Every 2 weeks until week 36
- After 36 weeks, once a week until delivery¹

If you are older than 35 or your pregnancy is high risk, you'll probably see your doctor more often.

Esther Park-Hwang, MD
Mary Ann Lee, MD
Asha Nnoli, MD

Multicare OB/GYN Associates
521 Martin Luther King Jr. Way
Tacoma, WA 98405
253-792-6610
multicare.org

Franciscan Women's Health Associates

1608 South J Street
Tacoma, WA 98405
253-274-7501
chifranciscan.org

Neva Gerke, LM, CPM, MSM
Laoch Midwifery, PLLC

6002 Westgate Blvd, Suite 120
Tacoma, WA 98406
360-561-0750
laochmidwifery.com

Kenneth Edstrom, MD
Paul Eun, MD

Laurie J. Morris, MD
Joanne L Y Tye, MD
Dedicated Women's Health Specialists
1701 3rd Street SE, Suite 200
Puyallup, WA 98372
253-840-4444
dedicatedtowomen.com

Nancy Grubb, MD
Kevin Taggart, MD

Sound Family Medicine, Hartland III Clinic
611 31st Avenue SW
Puyallup, WA 98374
253-848-5951
soundfamilymedicine.com

Darin Blackburn, MD

Sound Family Medicine
Sunrise Medical Campus
11216 Sunrise Blvd E, Suite 3-106
Puyallup, WA 98374
253-848-5951
soundfamilymedicine.com

Nancy Spencer, LM

Lakeside Birth Center
2722 214th Avenue E
Lake Tapps, WA 98391
Cell: 253-973-5604
Home: 253-862-6533
lakesidebirthcenter.com

Youl Choi, MD

St. Clare Medical Pavilion
11311 Bridgeport Way SW, Suite 201
Lakewood, WA 98499
253-588-9878
chifranciscan.org

Karen Robinson, MD

Joan Fischer, CNM, ARNP
Jennifer Kratzer, CNM, ARNP
Franciscan Women's Health Associates
11311 Bridgeport Way SW, Suite 214
Lakewood, WA 98499
253-985-2920
chifranciscan.org



Jessica Huard, MD
Bonnie Martin, CNM, ARNP
Donna Payne-Snyder, CNM, ARNP

Franciscan Women's Health Associates
6401 Kimball Drive NW, Suite 104
Gig Harbor, WA 98335
253-853-8050
chifranciscan.org

Moritz Bartels, MD
Orestes Molina, MD

Jodee Gutierrez, CNM, ARNP
MultiCare Women's Health & Wellness Ctr.
MultiCare Gig Harbor Medical Park
4545 Pt Fosdick Drive NW
Gig Harbor, WA 98335
253-530-8122
multicare.org

Anita Alvestad-McIntyre, MD

Nancy Bohannon, MD
Kathy Hebard, MD
Jennifer Quimby, MD
Jorge Zapata, MD
Kitsap OB/GYN
9750 Levin Road
Silverdale, WA 98383
360-307-7202
kitsapobgyn.com

Robert Snyder, MD

Franciscan Women's Health Associates
34709 9th Avenue S, Suite B-500
Federal Way, WA 98003
253-944-6950
chifranciscan.org

[1] The U.S. Department of Health and Human Services Office on Women's Health. (May 6, 2009). Prenatal Care. Womenshealth.gov: The Federal Government Source for Women's Health Information. January 22, 2013. Retrieved from <http://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.html>

ALL CLASSES AT NO COST TO YOU!

1st Trimester Classes

Pre-registration required by calling your local center.

WHO: Women up to 13 weeks into their pregnancies + one guest

WHEN: Offered monthly at all Care Net centers

WHAT: A free 2-hour small group session that utilizes a physician-approved curriculum to teach you:

- What to expect at prenatal appointments
- Nutrition suggestions for pregnancy
- Recommended lifestyle changes for your health and your baby's well-being
- When to call for help

Earning While Learning

Every time you complete a class, you'll earn Care Net Cash, which you can use to buy maternity supplies, baby clothes, diapers, car seats, and more.

Certification Information:

Care Net of Puget Sound offers Childbirth Education Courses (CBE) under the direction of a certified CBE instructor and in accordance with Washington State guidelines. The class curriculum has been approved by our Medical Director, a board-certified OB/GYN. Patients should be under the care of a physician/midwife (pregnancy healthcare provider) prior to and during CBE session dates. All medical questions related to a patient's individual pregnancy and health concerns should be directed to your healthcare provider. In addition to the certified CBE instructor, one of Care Net's RNs will be on site for each CBE session.

Childbirth Education Classes

Classes available at select centers. Pre-registration required. Call to find a class at a center near you.

WHO: Pregnant women + one guest

WHEN: Weekly 2-hour sessions for four weeks at select centers.

WHAT: Prepare for labor and the birth of your child. The course is taught by a registered nurse with CBE certification.

- Overview of labor
- Recognizing the signs of labor
- Labor coping skills and comfort
- Stages and phases of labor
- Birth interventions and hospital procedures
- Possible variations of labor and childbirth
- Choices in pain management
- Birth plans and preparations for the hospital

Registrants should come to class with two blankets and a mat and should wear comfortable clothing.

**CALL TODAY
TO REGISTER
FOR A CLASS
IN YOUR AREA!
1-877-NOT-ALONE**

Serving King & Pierce Counties

Visit us at www.carenetsps.org

Fall City* 425-440-3364

36017 SE Fish Hatchery Rd.

Fall City, WA 98024

*Limited services: open 2nd & 4th Thursdays

Federal Way 253-941-2664

1414 S 324th Street, Suite B-105

Federal Way, WA 98003

Gig Harbor 253-858-5585

2727 Hollycroft Street, Suite 130

Gig Harbor, WA 98335

Kenmore 425-398-5820

6524 NE 181st Street, Suite 9

Kenmore, WA 98028

Lakewood 253-984-6222

10828 Gravelly Lake Drive SW, Suite 101

Lakewood, WA 98499

Puyallup 253-770-8697

11102 Sunrise Blvd. E, Suite 107

Puyallup, WA 98374

Seattle 206-926-7860

Mobile Unit Services

Serves Multiple Locations

Tacoma 253-383-2988

1924 S Cedar Street, Suite B

Tacoma, WA 98405

**All services are at
NO COST TO CLIENTS**

CN104 (072018)



PIERCE COUNTY PRENATAL RESOURCES

Providing compassionate, practical care, and life-affirming resources



**Visit www.carenetsps.org
or call 1-877-NOT-ALONE**