



Milwaukee and Beyond Community Resource List for Expecting Parents/ Families (In Reference/ Recognition of the Zilber Family Foundation)

Benefits Screening/Management

- **City of Milwaukee Health Department**
 - Maternal and child health programs providing home visits, health access, nutrition, health education, pre/post-natal services, and community outreach services targeting families impacted by high infant mortality and economic disparities.
 - **How to Contact:** Call: (414) 286-8620
 - **ICare**
 - Medicaid/Medicare Services.

How to Contact: <https://www.icarehealthplan.org/ContactUs.htm>
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Breastfeeding Support

- **African American Breastfeeding Network**
 - Breastfeeding support, doula services, infant loss support groups.
 - **How to Contact:** [Website](#)
 - **Seeds of Health WIC Program**
 - Provides healthy foods, nutrition education, breastfeeding promotion and support, and referrals to health services for pregnant, breastfeeding, and postpartum individuals.
 - **How to Contact:** Call: (414) 385-5611
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Midwife/Doula Support (Including Support for Fathers/Support Persons)

- **A Miracle Happened**
 - Pregnancy, birth, and postpartum services.



- **How to Contact:** Email: vanessajohnson@nurturingmiracles.com | Call: (414) 768-2268
- **African American Breastfeeding Network**
 - Breastfeeding support, doula services, and infant loss support groups.
 - **How to Contact:** [Website](#)
- **Birth in Color Midwifery**
 - Now includes in-person and telehealth services offering preconception counseling, prenatal care, labor/delivery, and postpartum care with in-home visits.
 - **How to Contact:** [Website](#)
- **Care Network Wisconsin**
 - Birthworker directory and community resource page.
 - **How to Contact:** [Website](#) or find Care Network on Facebook.
- **City of Milwaukee BOMB Doula Program**
 - Doula services offering support and education for healthy pregnancies from prenatal period through 12 weeks postpartum. Available to families with no insurance required.
 - **How to Contact:** Call: (414) 286-5480
- **Dad Doula**
 - Provides parenting courses designed for non-birthing parents.
 - **How to Contact/Enroll:** [Website](#)
- **Hey Black Dad**
 - Provides tools and resources such as consults, self-paced online course for men related to expanding family, partner support, and fatherhood. Also provides coaching from a dad doula.
 - **How to Contact/Enroll:** <https://www.heyblackdads.com>
- **Essentially Empowered Inc**
 - Offers prenatal and postpartum care coordination services and support for birth workers and individualized care plans.
 - **How to Contact:** Call: (262) 424-6218
- **Maroon Calabash**
 - Provides doula services and full spectrum reproductive care for Black pregnant and postpartum individuals.
 - **How to Contact:** Call/Text: (414) 671-9384 | Email: Doulas@marooncalabash.com
- **Our Daily Bread Community Outreach Center Inc.**



- Free prenatal care services for pregnant mothers with Medicaid/BadgerCare.
 - **How to Contact:** Call: (414) 301-3732
 - **Wisconsin Doulas of Color Collective**
 - Provides culturally sensitive support for pregnant individuals and families of color in Wisconsin.
 - **How to Contact:** Email: widoulasofcolor@gmail.com
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Financial Literacy

- **Bank on Greater Milwaukee**
 - Access to affordable banking products and financial education.
 - **How to Contact:** [Website](#)
 - **Riverworks Development Corporation**
 - Offers free financial coaching/assistance.
 - **How to Contact:** Call: (414) 882-7430 or sign up online
 - **YWCA Southeast Wisconsin**
 - Financial coaching and high school completion.
 - **How to Contact:** Call: (414) 374-1800
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Housing

- **Cathedral Center, Inc.**
 - Serving women and families experiencing homelessness.
 - **How to Contact:** Call: (414) 831-0394
- **Community Advocates Rental Assistance Programs**
 - Offers rental assistance and support for tenants and landlords in Milwaukee and Waukesha counties. Includes rental housing stability funds.
 - **How to Contact:** Sign up online at RentHelpMKE.org or call: (414) 895-RENT (7368)
- **Hope House of Milwaukee**
 - Offers various housing programs including rent assistance and shelter.
 - **How to Contact:** Call: (414) 645-2122



- **Milwaukee County Healthy Start**
 - Maternal child-health navigators assist with housing, prenatal care, and other support services.
 - **How to Contact:** Fill out intake form
 - **Milwaukee Rental Housing Resource Center**
 - Provides assistance to renters with housing challenges.
 - **How to Contact:** Email: dheffner@communityadvocates.net
 - **Rooted and Rising**
 - Offers housing and early childhood education support.
 - **How to Contact:** Email: info@rootedandrisingwp.org
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Support Groups

- **African American Breastfeeding Network**
 - Offers breastfeeding support, doula services, and infant loss support groups.
 - **How to Contact:** <https://aabnetwork.org/contact>
 - **Easterseals Southeast Wisconsin**
 - Offers prenatal services, childbirth education, parenting programs, and playgroups for safe and healthy child development.
 - **How to Contact:** Call: (414) 477-0988
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Material Goods/Food Assistance

- **Capuchin Community Services**
 - Provides food, clothing, and health services.
 - **How to Contact:** Call: (414) 933-1300
- **Care NET**
 - Offers free diapers, wipes, baby clothing, pregnancy tests, and ultrasounds.
 - **How to Contact:** Call: (414) 962-2212
- **Catholic Charities**
 - Provides pregnancy support and free diapers.



- **How to Contact:** Call: (414) 771-2881 | Email: childwelfare@ccmke.org
- **Cross Lutheran Church**
 - Food pantry services.
 - **How to Contact:** Call: (414) 344-1746
- **Feeding America - Nurturing Collective**
 - Provides essential care packages for BIPOC expectant parents.
 - **How to Contact:** Email: vanessajohnson@nurturingmiracles.com
- **Fondy Food Center**
 - Farmers market accepting SNAP benefits.
 - **How to Contact:** Visit: 2200 W Fond du Lac Ave, Milwaukee, WI 53206
- **Food For Health**
 - Delivers fresh, nutrient-dense meals along with health coaching and educational support to pregnant individuals and new mothers.
 - **How to Contact:** Call: (414) 501-5273 | Email: info@foodforhealth.org
- **Friedens Community Ministries**
 - Food pantries in four locations across Milwaukee.
 - **How to Contact:** Call: (262) 251-7333
- **HOPE Network for Single Mothers**
 - Provides infant supplies.
 - **How to Contact:** Call: (262) 251-7333

Food Resources:

- **Hunger Task Force**

Food resources

How to Contact:
Call: (414) 777-0483
- **Milwaukee Christian Center**

Choice food pantry and infant needs for 53204.

Location and Hours:
807 S. 14th St.
Monday–Thursday, 1:00 p.m. to 3:00 p.m.



How to Contact:

Call: (414) 645-5350

- **Milwaukee Diaper Mission**

Free diapers and period supplies.

How to Contact:

Email: hello@milwaukeediapermission.org

- **Our Daily Bread Community Outreach Center Inc.**

Free prenatal care services to pregnant mothers who receive Medicaid, Badger Insurance, access to parenting classes, nutritional classes, doula, and baby supplies.

How to Contact:

Call: (414) 301-3732

- **Seeds of Health WIC Program**

Women, Infants, and Children (WIC) provides healthy foods, nutrition education, breastfeeding promotion and support, and referrals to health services and other resources to those who are pregnant, breast/chestfeeding, or postpartum, as well as infants and children up to age five.

How to Contact:

Call: (414) 301-3732

- **Women's Support Center of Milwaukee, Inc.**

Ultrasounds, baby supplies, parenting classes, etc.

How to Contact:

Call: (414) 934-8888

Mental Health Resources:

- **Community Advocates- Milwaukee Women's Center**

Comprehensive services and treatment for women, men, and children affected by domestic violence, addiction, mental health conditions, homelessness, and poverty.

How to Contact:

Call: (414) 671-6140 to learn more or to speak to a domestic violence crisis counselor 24/7

- **HER Foundation:**



Each year, millions around the world experience trauma, debility, and misery of severe nausea and vomiting of pregnancy (Hyperemesis Gravidarum or HG). We have empowered millions of people managing HG with information and support to minimize suffering, long-term health complications, and pregnancy loss. Our mission is to provide Hyperemesis Gravidarum (HG) support, advocacy, education, and research to improve treatment and outcomes.

How To Contact: Call 888-264-2914 or email info@hyperemesis.org

- **Ouma Health**

Ouma provides around-the-clock care to bridge gaps in maternal healthcare, ensuring timely support regardless of income or location. With clinicians licensed in all 50 states, patients can access care no matter where they are.

How to Contact:

<https://www.oumahealth.com/contact-us>

- **Mental Health Emergency Center**

Emergency mental health services.

How to Contact:

Call: (414) 257-7222

- **Milwaukee County Healthy Start**

Maternal child-health navigators connect to resources, including mental and behavioral health support, housing, prenatal care, fatherhood services, insurance, etc.

How to Contact:

healthystartgf.org/Sign-Up

- **Mom's Mental Health Initiative**

Nonprofit organization dedicated to helping moms navigate perinatal mood and anxiety disorders by sharing information, connecting them to resources, and providing peer-driven support.

How to Contact:

Momsmentalhealthinitiative.org



- **Penfield Children's Center**
Early intervention therapy including occupational therapy, physical therapy, and speech therapy to children from birth.
How to Contact:
Call: (414) 344-7676
 - **Postpartum Support International (PSI)**
Perinatal mental health resources.
How to Contact:
Call or Text HelpLine: 1-800-944-4773 (4PPD)
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Prenatal Care/Healthcare:

- **Associated Pregnancy Services**
Pregnancy tests and ultrasounds.
How to Contact:
Text: INFO to (414) 465-2246
Call: (414) 727-8177
- **Care NET**
Free diapers, wipes, baby clothing, lab quality pregnancy tests, verification ultrasounds.
How to Contact:
Call: (414) 962-2212
- **Children's Wisconsin Hospital**
Community Connectors work with families in Milwaukee County expecting a child or with children age 0-5.
How to Contact:
Request a referral form from: connectors@chw.org
- **City of Milwaukee Health Department**
Maternal and child health programs including home visiting, health access, nutrition, pre/post-natal and community outreach services.
How to Contact:
Call: (414) 286-8620
- **Easterseals Southeast Wisconsin**
Safe Babies Healthy Families program supports families to ensure safe and healthy children through education, support, and resources.
How to Contact:
Call: (414) 477-0988



- **Gerald L. Ignace Indian Health Center**
Medical care, including prenatal and postnatal care, pediatrics, family medicine, mental health, dental care, and more.
How to Contact:
Visit: giihc.net
Call: (414) 383-9526
- **Health Connections Incorporated**
Medical clinic with clinical care, outreach education, and care coordination.
How to Contact:
Call: (414) 999-1099
- **Kingly Community Resource Center**
Prenatal and post-pregnancy care coordination.
How to Contact:
Kinglycommunity.org/referral/
- **Life's Connection**
Comprehensive, confidential care for those experiencing pregnancy, miscarriage, stillbirth, and related challenges.
How to Contact:
Call: (414) 727-8177
Email: info@lifesconnection.org
Visit: www.lifesconnection.org
- **Mindful M.O.M.**
Medicaid-supported maternal services.
How to Contact:
Email: austianaj@mindfulmomllc.com
Call: (414) 477-7471
- **Next Door Milwaukee**
Doula Monitrice Pregnancy, Birth, Postpartum & Holistic Health Education & Support.
How to Contact:
nextdoormke.org/contact-us/
- **Nurtured Mom Nurtured Baby**
Holistic pre and postpartum services, including doula services, case management, and referrals.
How to Contact:
Email: nurturedmomnurturedbabyprogram@duck.com



- **Nurturing Womb**
Prenatal Care Coordination (PNCC) helps pregnant people access medical, social, and educational services.
How to Contact:
nurturingwombgarden.com/contact
- **Our Daily Bread Community Outreach Center Inc.**
Free prenatal care services, parenting classes, and more.
How to Contact:
Call: (414) 301-3732
- **Penfield Children's Center - Growing Together**
Prenatal and postpartum care, healthcare, and social support through Froedtert's maternal mobile clinic.
How to Contact:
Email: GrowingTogether@penfieldchildren.org
- **Planned Parenthood of Wisconsin**
In-person and virtual healthcare.
How to Contact:
Make an appointment online or call: 1-800-230-PLAN
- **Progressive Community Health Centers**
Free/low cost healthcare clinics.
How to Contact:
Call: (414) 935-8000
- **Seeds of Health WIC Program**
Provides services for women, infants, and children up to age five.
How to Contact:
Call: (414) 301-3732
- **Sixteenth Street Community Health Centers**
Prenatal care and family support services.
How to Contact:
Call: (414) 643-7554
- **Women's Care Center**
Free pregnancy testing and ultrasounds.
How to Contact:
Call: 1-574-234-2341
Email: counselor@womenscarecenter.org
- **Women's Support Center of Milwaukee, Inc.**
Ultrasounds, baby supplies, parenting classes.



How to Contact:

Call: (414) 934-8888

- **UniteWI**

Community care coordination, including clinical care, mental health services, and health education.

How to Contact:

Visit: weareareunitewi.org

Call: (414) 435-0506

Other Resources:

- **Birth Workers United**

Wellness services for pregnant women.

How to Contact:

Email: birthworkersunited@gmail.com

- **Carrie's Place of Grace Inc.**

Substance use resource.

How to Contact:

Email: carriesplaceofgrace@gmail.com

- **City of Milwaukee Office of Early Childhood Initiatives**

Supports quality early education for children.

How to Contact:

Call: (414) 934-8888

- **COA: Youth and Family Services: Early Childhood Development**

Early education centers providing a safe environment for children ages 6 weeks to 6 years.

How to Contact:

coa-yfc.org

- **CORE EI Centro**

Integrative natural health services focusing on empowerment and safety.

How to Contact:

Call: (414) 384-2673

Text: (414) 436-5361

- **Count the Kicks**

Free pregnancy app used to keep track of fetal movements.

More information: <https://countthekicks.org/>



- **Hmong American Women's Association**
Referral resource.
How to Contact:
Call: (414) 930-9352
Email: support@hawamke.org
- **JobsWork MKE, Inc.**
Employment services.
How to Contact:
Call: (414) 249-5948
Email: info@jobsworkmke.org
- **Journey House**
Adult education, childcare, and employment services.
How to Contact:
Call: (414) 647-0548
Email: info@journeyhouse.org
- **Period of PURPLE Crying**
- App which provides articles, videos, and resources on how to care for baby during first few months of life and prevent shaken baby syndrome.
Download here: <https://apps.apple.com/us/app/period-of-purple-crying/id1375828075>
- **Legal Action of Wisconsin**
Legal services.
How to Contact:
Call: (855) 947-2529
- **Legal Aid Society of Milwaukee**
Legal services.
How to Contact:
Call: (414) 727-5300
- **Malaika Early Learning Center**
Early childhood education.
How to Contact:
malaikaelc.org/contact-us/
- **MCFI HomeCare, LLC**
Parenting aid services.
How to Contact:
Call: (414) 290-0050
Email: hcreferral@mcfi.net



- **New Beginnings: A Home for Mothers**
Supportive environment for single mothers.
How to Contact:
<https://www.homeformothers.com/contact-us.html>
- **Sojourner Family Peace Center**
Domestic violence help.
How to Contact:
Call: (414) 933-2722
- **The Parenting Network**
Parenting classes.
How to Contact:
Call: (414) 671-0566
- **The Table - Alice's Garden**
Fresh food and community referral resource.
How to Contact:
Email: venicewb@gmail.com
- **United Community Center**
Residential substance use treatment for women and children.
How to Contact:
Call: (414) 643-8530
- **Wisconsin Community Services**
Case management services for women with behavioral health needs.
How to Contact:
<https://www.wiscs.org/>
- **Wisconsin Women's Health Foundation**
First Breath: Free program for positive changes in tobacco, alcohol, and substance use during pregnancy.
How to Contact:
Call: (608) 251-1675

This list offers a variety of resources that can support expecting parents in Milwaukee and beyond. Whether you need healthcare, housing, food assistance, or emotional support, these organizations provide vital services to ensure a healthy and supported pregnancy and family life.



For more information on resources, please visit Zilber Family Foundation at: https://zilberfamilyfoundation.org/wp-content/uploads/2024/12/ZFF-x-TBP-Resource-Guide_FINAL.pdf

Reference:

Zilber Family Foundation. (n.d.). *The bridge project: Resource Guide*.
https://zilberfamilyfoundation.org/wp-content/uploads/2024/12/ZFF-x-TBP-Resource-Guide_FINAL.pdf