



The Directory

EveryONE you need for pregnancy, birth
and beyond in Cascais/Lisbon

by happy mama happy baby

Introduction

Welcome to the Directory! This is a list of people and centres providing support for women during pregnancy, labour and post-partum in the Cascais/Lisbon area. The information was collected via survey and some internet sleuthing and is correct to the best of my knowledge.

PLEASE NOTE: This is not an endorsement of any of the services listed, please do your own research and check up on people's credentials (and follow your gut if you don't get on with someone).

How to use the directory: the same practitioner might be listed several times, depending on the range of services they offer. I suggest clicking on the heading you are interested in and then going through the (alphabetical) list to find the practitioner who is the right fit for you.

The list will be updated and checked periodically, please e-mail me at julie@happymamahappybaby.net if you have any comments, critiques or suggestions.

Wishing you the most wonderful of pregnancies and births,

Julie

happy.mama.happy.baby.net

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Doulas

Sara do Vale

A Doula Bailarina - The Dancing Doula

Doula - Dancer - Performing Arts for Babies Artist

Services	Pre/post-partum support Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre)
Languages	English Portuguese French
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo
Contact	Website - saradovale.com E-mail - saradovale@gmail.com Phone - 967761925

Maria Inês Miragaia

Doula - Storyteller

Services	Pre/post-partum support Home birthing support (no planned transfer to hospital or birthing centre) Home labour support (planned transfer to hospital or birthing centre) Breastfeeding support Newborn care classes
Languages	English Portuguese
Locations	Sintra Along the Linha de Cascais Central Lisbon
Contact	Website - doulamariamiragaia.wixsite.com/mangaia E-mail - doula.mariamiragaia@gmail.com Phone - 918194774

Patrícia Isabel Dimas Nobre

Bloom | Birth & Baby

Doula - Physiotherapist

Services	Pre/post-partum support Home birthing support (no planned transfer to hospital or birthing centre) Home labour support (planned transfer to hospital or birthing centre) Pilates during pregnancy Breastfeeding support Newborn care classes Massage for pregnancy and post-partum Labour preparation classes
Languages	English Portuguese Spanish
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo
Contact	Website - bloombirthbaby.pt E-mail - patricia.dimas.nobre@gmail.com

Patrícia Isabel Dimas Nobre

Phone - 964750565

Cristina Cardigo

Mimami - Amamenta Lisboa

Doula - Lactation Consultant

Services	Pre/post-partum support Birth doula Yoga during pregnancy Breastfeeding support Newborn care classes Labour preparation classes Babywearing consultant Infant massage instructor
Languages	English Portuguese
Locations	Along the Linha de Cascais
Contact	Website - lisboa.amamenta.net E-mail - cristina.cardigo@gmail.com Phone - 916291612

Carla Sousa Falé

Matervita Materina - Acompanhamento Materno-Infantil

Lactation Consultant - Doula - Tai Yoga Massage Therapist

Services	Pre/post-partum support Labour preparation classes Massage for pregnancy and post-partum Newborn care classes Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre)
Languages	English Portuguese Spanish
Locations	Along the Linha de Cascais Central Lisbon West of Cascais (Torres Vedras, Alenquer)
Contact	E-mail - matervita.materina@gmail.com Phone - 967 385 385 / 919 400 989

Silvia Patricia Pena Lino

Rede Portuguesa de Doulas

Doula - Scientist

Services	Labour preparation classes Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre) Birth doula Pre/post-partum doula Emotional post-partum support (birth experience, trauma, pregnancy loss, etc.)
Languages	English Portuguese Spanish
Locations	Central Lisbon Along the Linha de Cascais Sintra
Contact	Website - redeportuguesadedoulas.com/doula-siacutelvia-lino

Silvia Patricia Pena Lino

E-mail - silviaplino@gmail.com
Phone - 962791658

Mafalda Estácio Marques

Doula

Services	Post-partum support Breastfeeding support
Languages	English Portuguese
Locations	Cascais Sintra
Contact	E-mail - roxytoo@gmail.com Phone - 917100456

Midwives

Sónia Ferreira & Susana de Oliveira

VouNascer

Nurse Midwives

Services	Home labour support (planned transfer to hospital or birthing centre) Breastfeeding support Newborn care classes Massage for pregnancy and post-partum Labour preparation classes Pre/post-partum support Pre-conception support Pre-natal care Physical post-partum support Babysitting Nutrition Newborn massage Baby sleep guidance
Languages	English Portuguese French Spanish
Locations	South of the Tejo Sintra Along the Linha de Cascais Central Lisbon
Contact	Website - vounascer.com E-mail - geral@vounascer.com Phone - 218 098 491 - 962 192 876 (Susana)

Uta Schneeweiss and Karin Schlote

Dar à Luz - Parto Natural

Midwives - Yoga Teachers - Herbalists

Services	Post-partum support Massage for pregnancy and post-partum Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre) Pregnancy consultation (as done in the <i>Centro de Saúde</i>) and birth preparation in individual sessions during the pregnancy meetings
Languages	English

Uta Schneeweiss and Karin Schlote

	Portuguese
	German
	French
Locations	Central Lisbon
	Along the Linha de Cascais
	Sintra
	South of the Tejo
	Alentejo
	Algarve
Contact	Website - www.facebook.com/Dar-a-Luz-Parto-Natural
	E-mail - please get in touch via Facebook page
	Phone - please get in touch via Facebook page

Júnia Lima Barbosa

Preparação Aquática - Lisboa

Nurse Midwife

Services	Post-partum support
	Labour preparation classes
	Newborn care classes
	Breastfeeding support
	Home labour support (planned transfer to hospital or birthing centre)
	Pre-natal aquatic classes
	Aquababies
Languages	English
	Portuguese
Locations	Central Lisbon
Contact	Website - preparacaoaquatica.com
	E-mail - preparacaoaquatica.lisboa@gmail.com
	Phone - 914702199

Gisélia Maria Pereira Machado

A minha enfermeira parteira

Midwife - Yoga teacher - Hypnotherapist

Services	Post-partum support
	Labour preparation classes
	Newborn care classes
	Breastfeeding support
	Hypnobirthing
	Yoga during pregnancy
	Post-partum yoga
	Baby massage
Languages	English
	Portuguese
Locations	Along the Linha de Cascais
	Sintra
Contact	Website - aminhaenfermeiraparteira.pt
	E-mail - aminhaenfermeiraparteira@gmail.com
	Phone - 963204433

Olivia Augusta MonÁxi

Laya MonÁxi - Family of the Daughters of the Earth

Midwife

Services	Pre/post-partum support
	Massage for pregnancy and post-partum
	Breastfeeding support

	Home birthing support (no planned transfer to hospital or birthing centre) Physical post-partum support (pelvic floor, diastasis recti, etc.)
Languages	English Portuguese
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo
Contact	Website - oliviaaugusta.com E-mail - oliviamonaxi@gmail.com Phone - 935 240 382

Physical post-partum support

Olivia Augusta MonÁxi

Laya MonÁxi - Family of the Daughters of the Earth

Midwife

Services	Pre/post-partum support Massage for pregnancy and post-partum Breastfeeding support Home birthing support (no planned transfer to hospital or birthing centre) Physical post-partum support (pelvic floor, diastasis recti, etc.)
Languages	English Portuguese
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo
Contact	Website - oliviaaugusta.com E-mail - oliviamonaxi@gmail.com Phone - 935 240 382

Graça Gonçalves

Amamentos - Clínica de Amamentação de Lisboa

Physician

Services	Labour preparation classes Massage for pregnancy and post-partum Newborn care classes Breastfeeding support Yoga during pregnancy Birth doula Pre/post-partum support Children's massage Craneosacral therapy (adult and children) Physical post-partum support (pelvic floor, diastasis recti, etc.)
Languages	English Portuguese French Spanish
Locations	Central Lisbon
Contact	Website - amamentos.pt E-mail - geral@amamentos.pt Phone - 931313681 and 214091069

Ana Luísa Borralho Costa Pereira

Prema Yoga

Yoga Teacher

Services	Pre/post-partum support Labour preparation classes Massage for pregnancy and post-partum Breastfeeding support Yoga during pregnancy Birth doula Baby Yoga and Baby Shantala Massage course Physical post-partum support (pelvic floor, diastasis recti, etc.)
Languages	English Portuguese
Locations	Along the Linha de Cascais
Contact	Website - premayoga.pt E-mail - mypremayoga@gmail.com Phone - 917768208 / 919195035

Julie Dutra

Mind your Body

Body Awareness Coach

Services	Physical post-partum support (pelvic floor, diastasis recti, etc.) Spinning babies
Languages	English Portuguese German
Locations	Cascais
Contact	Website - Mind Your Body Cascais E-mail - julie@dutra.uk

Sónia Ferreira & Susana de Oliveira

VouNascer

Nurse Midwives

Services	Home labour support (planned transfer to hospital or birthing centre) Breastfeeding support Newborn care classes Massage for pregnancy and post-partum Labour preparation classes Pre/post-partum support Pre-conception support Pre-natal care Physical post-partum support (pelvic floor, diastasis recti, etc.) Babysitting Nutrition Newborn massage Baby sleep guidance
Languages	English Portuguese French Spanish
Locations	South of the Tejo Sintra Along the Linha de Cascais Central Lisbon
Contact	Website - vounascer.com E-mail - geral@vounascer.com Phone - 218 098 491 - 962 192 876 (Susana)

Uta Schneeweiss and Karin Schlote

Dar à Luz - Parto Natural

Midwives - Yoga Teachers - Herbalists

Services	Post-partum support Massage for pregnancy and post-partum Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre) Pregnancy consultation (as done in the <i>Centro de Saúde</i>) and birth preparation in individual sessions during the pregnancy meetings
Languages	English Portuguese German French
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo Alentejo Algarve
Contact	Website - www.facebook.com/Dar-a-Luz-Parto-Natural E-mail - please get in touch via Facebook page Phone - please get in touch via Facebook page

Patrícia Isabel Dimas Nobre

Bloom | Birth & Baby

Doula - Physiotherapist

Services	Pre/post-partum support Home birthing support (no planned transfer to hospital or birthing centre) Home labour support (planned transfer to hospital or birthing centre) Pilates during pregnancy Breastfeeding support Newborn care classes Massage for pregnancy and post-partum Labour preparation classes
Languages	English Portuguese Spanish
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo
Contact	Website - bloombirthbaby.pt E-mail - patricia.dimas.nobre@gmail.com Phone - 964750565

Lucília Manuela Neves

SomosPais

Lamaze certified childbirth educator - Postpartum refit teacher - Breastfeeding counsellor

Services	Pre/post-partum support Labour preparation classes Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre) Refit after birth sessions
Languages	English Portuguese

Lucília Manuela Neves

Spanish
French
Locations Central Lisbon
Along the Linha de Cascais
Sintra
Contact Website - somospais.com
E-mail - luciliamanuela@gmail.com
Phone - 919 498 254

Home birthing support

Olivia Augusta MonÁxi

Laya MonÁxi - Family of the Daughters of the Earth

Midwife

Services Pre/post-partum support
Massage for pregnancy and post-partum
Breastfeeding support
Home birthing support (no planned transfer to hospital or birthing centre)
Physical post-partum support (pelvic floor, diastasis recti, etc.)
Languages English
Portuguese
Locations Central Lisbon
Along the Linha de Cascais
Sintra
South of the Tejo
Contact Website - oliviaaugusta.com
E-mail - oliviamonaxi@gmail.com
Phone - 935 240 382

Uta Schneeweiss and Karin Schlote

Dar à Luz - Parto Natural

Midwives - Yoga Teachers - Herbalists

Services Post-partum support
Massage for pregnancy and post-partum
Breastfeeding support
Home labour support (planned transfer to hospital or birthing centre)
Home birthing support (no planned transfer to hospital or birthing centre)
Pregnancy consultation (as done in the *Centro de Saúde*) and birth preparation in individual sessions during the pregnancy meetings
Languages English
Portuguese
German
French
Locations Central Lisbon
Along the Linha de Cascais
Sintra
South of the Tejo
Alentejo
Algarve
Contact Website - www.facebook.com/Dar-a-Luz-Parto-Natural
E-mail - please get in touch via Facebook page
Phone - please get in touch via Facebook page

Lucília Manuela Neves

SomosPais

Lucília Manuela Neves

Lamaze certified childbirth educator - Postpartum refit teacher - Breastfeeding counsellor

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Languages	English Portuguese Spanish French
Locations	Central Lisbon Along the Linha de Cascais Sintra
Contact	Website - somospais.com E-mail - luciliamanuela@gmail.com Phone - 919 498 254

Silvia Patricia Pena Lino

Rede Portuguesa de Doulas

Doula - Scientist

Services	Labour preparation classes Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre) Birth doula Pre/post-partum doula Emotional post-partum support (birth experience, trauma, pregnancy loss, etc.)
Languages	English Portuguese Spanish
Locations	Central Lisbon Along the Linha de Cascais Sintra
Contact	Website - www.redeportuguesadedoulas.com/doula-siacutelvia-lino E-mail - silviaplino@gmail.com Phone - 962791658

Carla Sousa Falé

Matervita Materina - Acompanhamento Materno-Infantil

Lactation Consultant - Doula - Tai Yoga Massage Therapist

Services	Pre/post-partum support Labour preparation classes Massage for pregnancy and post-partum Newborn care classes Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre)
Languages	English Portuguese Spanish
Locations	Along the Linha de Cascais Central Lisbon West of Cascais (Torres Vedras, Alenquer)
Contact	E-mail - matervita.materina@gmail.com Phone - 967 385 385 / 919 400 989

Patrícia Isabel Dimas Nobre*Bloom | Birth & Baby*Doula - Physiotherapist

Services	Pre/post-partum support Home birthing support (no planned transfer to hospital or birthing centre) Home labour support (planned transfer to hospital or birthing centre) Pilates during pregnancy Breastfeeding support Newborn care classes Massage for pregnancy and post-partum Labour preparation classes
Languages	English Portuguese Spanish
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo
Contact	Website - bloombirthbaby.pt E-mail - patricia.dimas.nobre@gmail.com Phone - 964750565

Maria Inês MiragaiaDoula - Storyteller

Services	Pre/post-partum support Home birthing support (no planned transfer to hospital or birthing centre) Home labour support (planned transfer to hospital or birthing centre) Breastfeeding support Newborn care classes
Languages	English Portuguese
Locations	Sintra Along the Linha de Cascais Central Lisbon
Contact	Website - doulamariamiragaia.wixsite.com/mangaia E-mail - doula.mariamiragaia@gmail.com Phone - 918194774

Sara do Vale*A Doula Bailarina - The Dancing Doula*Doula - Dancer - Performing Arts for Babies Artist

Services	Pre/post-partum support Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre)
Languages	English Portuguese French
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo
Contact	Website - saradovale.com E-mail - saradovale@gmail.com Phone - 967761925

Hypnobirthing

Gisélia Maria Pereira Machado

A minha enfermeira parteira

Midwife - Yoga teacher - Hypnotherapist

Services	Post-partum support Labour preparation classes Newborn care classes Breastfeeding support Hypnobirthing Yoga during pregnancy Post-partum yoga Baby massage
Languages	English Portuguese
Locations	Along the Linha de Cascais Sintra
Contact	Website - aminhaenfermeiraparteira.pt E-mail - aminhaenfermeiraparteira@gmail.com Phone - 963204433

Lamaze childbirth educator

Lucília Manuela Neves

SomosPais

Lamaze certified childbirth educator - Postpartum refit teacher - Breastfeeding counsellor

Services	Pre/post-partum support Labour preparation classes Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre) Refit after birth sessions
Languages	English Portuguese Spanish French
Locations	Central Lisbon Along the Linha de Cascais Sintra
Contact	Website - sospais.com E-mail - luciliamanuela@gmail.com Phone - 919 498 254

Lactation consultants

Lucília Manuela Neves

SomosPais

Lamaze certified childbirth educator - Postpartum refit teacher - Breastfeeding counsellor

Services	Pre/post-partum support Labour preparation classes Breastfeeding support Home labour support (planned transfer to hospital or birthing centre) Home birthing support (no planned transfer to hospital or birthing centre) Refit after birth sessions
Languages	English Portuguese Spanish French

Lucília Manuela Neves

Locations Central Lisbon
Along the Linha de Cascais
Sintra

Contact Website - somospais.com
E-mail - luciliamanuela@gmail.com
Phone - 919 498 254

Cristina Cardigo

Mimami - Amamenta Lisboa
Doula - Lactation Consultant

Services Pre/post-partum support
Birth doula
Yoga during pregnancy
Breastfeeding support
Newborn care classes
Labour preparation classes
Babywearing consultant
Infant massage instructor

Languages English
Portuguese

Locations Along the Linha de Cascais

Contact Website - lisboa.amamenta.net
E-mail - cristina.cardigo@gmail.com
Phone - 916291612

Yoga & Pilates

Patrícia Isabel Dimas Nobre

Bloom | Birth & Baby
Doula - Physiotherapist

Services Pre/post-partum support
Home birthing support (no planned transfer to hospital or birthing centre)
Home labour support (planned transfer to hospital or birthing centre)
Pilates during pregnancy
Breastfeeding support
Newborn care classes
Massage for pregnancy and post-partum
Labour preparation classes

Languages English
Portuguese
Spanish

Locations Central Lisbon
Along the Linha de Cascais
Sintra
South of the Tejo

Contact Website - bloombirthbaby.pt
E-mail - patricia.dimas.nobre@gmail.com
Phone - 964750565

Ana Luísa Borralho Costa Pereira

Prema Yoga
Yoga Teacher

Services Pre/post-partum support
Labour preparation classes
Massage for pregnancy and post-partum

	Breastfeeding support
	Yoga during pregnancy
	Birth doula
	Baby Yoga and Baby Shantala Massage course
	Physical post-partum support (pelvic floor, diastasis recti, etc.)
Languages	English
	Portuguese
Locations	Along the Linha de Cascais
Contact	Website - premayoga.pt
	E-mail - mypremayoga@gmail.com
	Phone - 917768208 / 919195035

Kimberly Stark

Flowing Lotus

Yoga Teacher

Services	Yoga during pregnancy
	Yoga post-partum
Languages	English
Locations	Cascais
Contact	Website - flowinglotus.com
	E-mail - info@flowinglotus.com
	Phone - 927606839

Gisélia Maria Pereira Machado

A minha enfermeira parteira

Midwife - Yoga teacher - Hypnotherapist

Services	Post-partum support
	Labour preparation classes
	Newborn care classes
	Breastfeeding support
	Hypnobirthing
	Yoga during pregnancy
	Post-partum yoga
	Baby massage
Languages	English
	Portuguese
Locations	Along the Linha de Cascais
	Sintra
Contact	Website - aminhaenfermeiraparteira.pt
	E-mail - aminhaenfermeiraparteira@gmail.com
	Phone - 963204433

Body Workers

Graça Gonçalves

Amamentos - Clínica de Amamentação de Lisboa

Physician

Services	Labour preparation classes
	Massage for pregnancy and post-partum
	Newborn care classes
	Breastfeeding support
	Yoga during pregnancy
	Birth doula
	Pre/post-partum support
	Children's massage
	Craneosacral therapy (adult and children)

Languages	Physical post-partum support (pelvic floor, diastasis recti, etc.) English Portuguese French Spanish
Locations	Central Lisbon
Contact	Website - amamentos.pt E-mail - geral@amamentos.pt Phone - 931313681 and 214091069

Fiona Maria McGlynn

TrimTabTao

Massage Therapist - Ayurvedic Life Coach - Yoga Teacher - Vedic Astrologer - Celebrant

Services	Massage for pregnancy and post-partum
Languages	English
Locations	Cascais
Contact	Website - trimtabtao.weebly.com E-mail - trimtabtao@gmail.com Phone - 919771393

Ana Luísa Borralho Costa Pereira

Prema Yoga

Yoga Teacher

Services	Pre/post-partum support Labour preparation classes Massage for pregnancy and post-partum Breastfeeding support Yoga during pregnancy Birth doula Baby Yoga and Baby Shantala Massage course Physical post-partum support (pelvic floor, diastasis recti, etc.)
Languages	English Portuguese
Locations	Along the Linha de Cascais
Contact	Website - premayoga.pt E-mail - mypremayoga@gmail.com Phone - 917768208 / 919195035

Patrícia Isabel Dimas Nobre

Bloom | Birth & Baby

Doula - Physiotherapist

Services	Pre/post-partum support Home birthing support (no planned transfer to hospital or birthing centre) Home labour support (planned transfer to hospital or birthing centre) Pilates during pregnancy Breastfeeding support Newborn care classes Massage for pregnancy and post-partum Labour preparation classes
Languages	English Portuguese Spanish
Locations	Central Lisbon Along the Linha de Cascais Sintra South of the Tejo

Patrícia Isabel Dimas Nobre

Contact Website - bloombirthbaby.pt
E-mail - patricia.dimas.nobre@gmail.com
Phone - 964750565

Dr Justine Ward

Vida Clinic

Chiropractor

Services Chiropractic treatments for pregnancy and post-partum
New baby and infant check-ups and chiropractic care (if needed)

Languages English
Portuguese

Locations Santarém

Contact Website - vidaclinicasantarem.com
E-mail - contact@vidaclinicasantarem.com
Phone - 934 990 675

Christianne Fife Figueira

Health Connection

Chiropractor

Services Labour preparation classes
Massage for pregnancy and post-partum
Chiropractic treatments for pregnancy and post-partum
Newborn care classes
Breastfeeding support

Languages English
Portuguese

Locations Along the Linha de Cascais

Contact Website - saudecoluna.com
E-mail - geral@saudecoluna.com
Phone - 91 500 70 90

Activities with baby

Cristina Cardigo

Mimami - Amamenta Lisboa

Doula - Lactation Consultant

Services Pre/post-partum support
Birth doula
Yoga during pregnancy
Breastfeeding support
Newborn care classes
Labour preparation classes
Babywearing consultant
Infant massage instructor

Languages English
Portuguese

Locations Along the Linha de Cascais

Contact Website - lisboa.amamenta.net
E-mail - cristina.cardigo@gmail.com
Phone - 916291612

Ana Luísa Borralho Costa Pereira

Prema Yoga

Yoga Teacher

Services	Pre/post-partum support Labour preparation classes Massage for pregnancy and post-partum Breastfeeding support Yoga during pregnancy Birth doula Baby Yoga and Baby Shantala Massage course Physical post-partum support (pelvic floor, diastasis recti, etc.)
Languages	English Portuguese
Locations	Along the Linha de Cascais
Contact	Website - premayoga.pt E-mail - mypremayoga@gmail.com Phone - 917768208 / 919195035

Sónia Ferreira & Susana de Oliveira

VouNascer

Nurse Midwives

Services	Home labour support (planned transfer to hospital or birthing centre) Breastfeeding support Newborn care classes Massage for pregnancy and post-partum Labour preparation classes Pre/post-partum support Pre-conception support Pre-natal care Physical post-partum support Babysitting Nutrition Newborn massage Baby sleep guidance
Languages	English Portuguese French Spanish
Locations	South of the Tejo Sintra Along the Linha de Cascais Central Lisbon
Contact	Website - vounascer.com E-mail - geral@vounascer.com Phone - 218 098 491 - 962 192 876 (Susana)

Gisélia Maria Pereira Machado

A minha enfermeira parteira

Midwife - Yoga teacher - Hypnotherapist

Services	Post-partum support Labour preparation classes Newborn care classes Breastfeeding support Hypnobirthing Yoga during pregnancy Post-partum yoga Baby massage
Languages	English Portuguese
Locations	Along the Linha de Cascais Sintra

Gisélia Maria Pereira Machado

Contact Website - aminhaenfermeiraparteira.pt
E-mail - aminhaenfermeiraparteira@gmail.com
Phone - 963204433

Ultrasound Clinics

These clinics in the Cascais/Oeiras area offer pregnancy ultrasounds on the national healthcare system.

You need to be registered with the nurse and doctor at your *centro de saúde* and they will give you a slip that exempts you from paying for the ultrasounds, which you take to the clinic. Book as early as you can as it can be hard to get an appointment at short notice!

There are of course many more clinics you can go to if you have private health insurance or are happy to pay for the ultrasounds.

CEMEO - Centro médico de ecografia

cemeo.pt

There are two clinics, one in Oeiras, one in Carcavelos

CEMEO Oeiras

Address Largo Henrique Paiva Couceiro nº42 r/c dto
2780-117 Oeiras
Contact Tel: 21 442 6055 / 214416507
Fax: 21 469 4645
Email: geral@cemeo.pt
Days available Tuesdays all day, Friday mornings

CEMEO Carcavelos - now part of Joaquim Chaves Saúde

Address Rua 5 de Outubro 10 R/C Dt.º
2775-562 Carcavelos
Contact Tel: 21 458 8230
E-mail: marcacoes@jcs.pt (appointments) / geral@jcs.pt (general)
Days available Wednesday mornings, Thursday afternoons

Ecoestoril - Centro de Ecografias

Address Rua Egas Moniz, Nr 262 Loja B
São João do Estoril
2765-477 Estoril
Contact Tel: 21 467 0048
Days available Wednesday mornings, Thursday afternoons

Organisations/helpful websites

Portuguese Doula Network - Rede Portuguesa de Doulas

redeportuguesadedoulas.com

Portuguese website that can help you find a doula or train as a doula

Portuguese Association for Women's Rights during Pregnancy and Birth (Associação Portuguesa pelos Direitos da Mulher na Gravidez e Parto)

associacaogravidezparto.pt

Portuguese website providing information on natural birthing options in Portugal

Water Mamas (Mães d'Água)

maesdagua.org

Portuguese website with information on water birthing in Portugal

Doula.pt

doula.pt

Portuguese website that can help you find a doula