

**PSI Arizona Chapter Resource List
(formerly AZ Postpartum Wellness Coalition)
Warmline 1-888-434-MOMS**

DISCLAIMER: The providers in Part 1 on this list have attended the PSI professional certificate training on perinatal mood and anxiety disorders and offer services to pregnant and postpartum women.

The * indicates attendance at the 2-day training.

Other providers listed in Part 2 are interested in providing care to perinatal women, but have not necessarily had additional training in perinatal mood and anxiety disorders

PSI AZ Chapter does not assume responsibility for verification of credentials, or consumer reports.

PSI AZ Co-Coordiators:

***Carole Sheehan, MA, RN**

Arizona Warmline Coordinator

PSI-AZ Coordinator

President/Founder Tucson Postpartum Depression Coalition

520-631-6308

Carole_sheehan@hotmail.com

***DeAnn Davies, MS, CLC, IPMH**

Director, Early Childhood Outreach Division

Summit Healthcare Regional Medical Center

928-367-6550

ddavies@summithealthcare.net

***Lucia Ciciolla**

Phoenix metro area

480-389-5824

lucia.psivc@gmail.com

Online support meetings are available every week through Postpartum Support International both in English and Spanish. Go to: www.postpartum.net/psi-online-support-meetings/ to sign up. A great way to get support without leaving your house. Grab a cup of coffee, your phone or laptop and share your story, or just listen. Meetings are currently on Tuesday and Fridays (2016).

PART 1

Apache County

Cochise County

Canyon Vista Regional Health Center

Postpartum Wellness Services

*Ellen Ackerman, RN

520-417-3033 messages

520-732-9262

Ellen.ackerman@svrhc.org

Coconino County

Pregnancy and Postpartum Anxiety and Depression Support Group:

North Country Health Care

*Starr Kelley, *Rachel Josefchuk

2920 N. Fourth St. Flagstaff, AZ 86004

Community Room

Wednesdays, 1:30-3:00

Free.

Infant and partners welcome. No childcare for older children.

Rachel: 928-707-0748 (cell phone) leave text or message

The Guidance Center

2695 E. Industrial Dr.

Flagstaff, AZ 86004

928-527-1899

www.tgcaz.org

*Alicia Griffing, MS

Pregnancy and postpartum wellness group Thursdays 9:30-11:30. Infants welcome.

Education about perinatal mood disorders and social support. Must enroll at the Guidance Center to participate in group.

Therapists:

***Dr. Christina G. Hibbert, Psy.D** (Dr. Hibbert is the Founder of the Coalition)

Clinical Psychologist, Author, "This Is How We Grow"; Host, "Motherhood" on

www.webtalkradio.net; www.drchristinahibbert.com

315 W. Cherry Ave.

Flagstaff, AZ 86001

928-774-4393

Christina@drchristinahibbert.com

***Dr. Carol Collins**

519 N. Leroux St.
Flagstaff, AZ 86001
928-774-2581

***Alicia Griffing, MS**

The Guidance Center

2695 E. Industrial Dr.
Flagstaff, AZ 86004
928-527-1899

www.tgcaz.org

Individual, couples and trauma therapy.

Language: English, German

Insurance: AHCCCS, BCBS, Humana, Medicare, CIGNA and others

Must enroll as a Guidance Center Client to attend groups or therapy.

***Emmanuelle Giumelli**

Flagstaff Birth and Women's Center

Flagstaff, AZ

928-380-4095

No insurance.

Arizona Behavioral Health Associates

*Kara Miller, MA

Alethea Braun-Dunagan

Della Lusk, PhD

710 N. Beaver St.

Flagstaff, AZ 86001

928-774-7997

Specializing in Women's reproductive mental health. Individual and couples therapy.

Accepts Blue Cross/Blue Shield

***Darlene Merritt MD**

Hope Psychiatry

212 W. Elm Ave.

Flagstaff, AZ 86001

958-774-9232

Will take new patients for PPMD issues only.

Services are free.

No insurance.

Nurse Practitioners:

***Joyce Davidson, Women's Health Nurse Practitioner**

Flagstaff OB-GYN

1100 N. San Francisco St. #B

Flagstaff, AZ 86001

Accepts insurance.

(928) 779-7872

***Karen Holder, FNP, CNM**

North Country HealthCare

2920 N. 4th St.

Flagstaff, AZ 86004

Accepts insurance.

(928) 522-9414

Home Visitors:

North County Health Care

*Cathy Vaquera

2920 N. Fourth St.

Flagstaff, AZ 86004

928-607-7609

Doula care, infant massage, breastfeeding, Health Start

Coconino County Health Dept.

Health Start

*Lola Riggs

467 Vista Ave.

Page, AZ 86040

928-679-7295

Free.

No insurance.

People are referred to local resources.

Gila County

Gila County Health Department

*Paula Horn

Globe, AZ

928-425-3189

Will refer to local resources.

No insurance.

Graham, Greenlee and LaPaz Counties

Maricopa County

Perinatal Mood and Anxiety Disorders Support Groups:

***Dignity Health Pregnancy and Postpartum Adjustment Support Group**

Free

Wednesdays, 1:00-2:30

Rome Towers Building (Center for Diabetes Management & Community Education)

1760 E. Pecos Road, Suite 235

Gilbert, AZ 85295

Moms may drive up to the 2nd floor parking garage, Moms may drive up to the second floor of the parking garage, park and walk across the pedestrian bridge.

Infants, toddlers and a support person are welcome to attend with mom.

Group does not meet the weeks of Fourth of July/Thanksgiving/Christmas or New Year's.

Information: *Missy Beauchamp. 480-728-5620.

***Missy Beauchamp, RN**

Dignity Health

1760 E. Pecos Road, Suite 235

Gilbert, AZ 85295

480-728-5620

***Banner Desert Medical Center Pregnancy and Postpartum Adjustment Support Group**

Facilitator: *Suzanne Clinton RN, *Michelle Igualt RN Postpartum Childbirth Educator

1400 S. Dobson Rd.

Mesa, AZ 85202

Tuesdays, 10:00-11:30

Building 2145, 4th floor (SW corner of campus where parking is available.)

480-412-5292 (Suzanne) for more information.

FREE support group. Babies welcome.

***Banner Thunderbird Medical Center**

New Moms Gathering

*Karleen Lee MS, RN

602-865-5908

5555 W. Thunderbird Rd.

Glendale, AZ 86306

2nd and 4th Tuesday, 11:00-12:30

Sign in lobby indicates which meeting room or facilitator will greet you in the lobby.

***St. Joseph's Hospital and Medical Center
Mother to Mother**

*Zoe Coleman

500 W. Thomas, Suite 800 (in the library)

Phoenix, AZ 85013

Every-other-Friday, 10:00-11:30am

ResourceLink: 1-877-602-4111

zoe.coleman@dignityhealth.org, 602-980-3208

***Maricopa Integrated Health System/Maricopa Medical Center**

2525 E. Roosevelt St., 2nd Floor (located in the Family Learning Center)

Phoenix, AZ 85008

602-344-1352

Meets every Wednesday, 11:00-12:00, bilingual

Contact: *Debra Welborn, MHA

480-363-4994

debra.welborn@mihs.org

***Maricopa Integrated Health System South Central Family Health Center**

33 W. Tamarisk (located in the Family Learning Center)

Phoenix, AZ 85040

Meets Tuesdays, 10:00-11:00, bilingual

Free.

Babies and young children welcome.

*Debra Welborn, MHA

602-344-6460

debra.welborn@mihs.org

***Shirley Velazquez, MAS-IFP**

Maricopa Integrated Health System

Family Learning Center

2525 E. Roosevelt St.

Phoenix, AZ 85008

602-344-1352

Shirley.velazquez@mihs.org

www.mihs.org

Postpartum support group in Spanish and English.

Breastfeeding information class.

Newborn care class.

Early literacy classes

Parenting classes in Spanish.

All classes are FREE.

***Banner Gateway Medical Center
Pregnancy and Postpartum Adjustment Support Group**

1900 N. Higley Rd.

Gilbert, AZ 85234

Grand Canyon Rooms

Thursday mornings: 10:00-11:30am

For more information, please email *Michele Stanley

(Michele.stanley@bannerhealth.com)

Free. No registration needed. Babies are welcome.

Scottsdale Shea Medical Center, Honor Health

Pregnancy and Postpartum Support Group

Virginia Piper Cancer Center, First floor Education Room

10460 N. 92nd Street

Scottsdale

480-323-3878 (call to check for schedule changes)

1st and 3rd Friday of the month

9:30-11:30 AM

Facilitator: Abby Garcia Ph.D

Free.

***Smooth Way Home**

A support group just for parents with babies who were in the NICU

In partnership with Dignity Health

Email for schedule and location: momssupport@cox.net

Facilitated by *Michelle Lacy, MA, LPC and *Lucia Ciciolla, PhD.

Questions: Michelle Lacy: momssupport@cox.net

***Pregnant and New Mothers Wellness Group**

Southwest Behavioral and Health Services

Outpatient Clinic, Mesa

This is an 8 week group that offers pregnant women and new mothers a chance to connect with each other and to talk about their journey through pregnancy, birth, and being a new mother. The group will include information about keeping physically and emotionally healthy during this time of change. Babies are welcome.

Facilitated by *Pam Barnes-Palty, M.Ed., M.A. PSI Certified

Bridget Wilke, RN, BSN

For more information contact the Outpatient Clinic: 480-820-5422.

Therapeutic Pregnancy and Post-Partum Program

Mercy Gilbert Medical Center, Conference Room 2

3555 S. Val Vista Dr.

Gilbert, AZ 85297

480-728-3396 or giamarchisano@dignityhealth.org

Mondays, 12:30-2:30, for 6 weeks.

This will be a closed 6-week session limited to 10 clients and registration is required.

There is no fee to attend.

A support person and babies (non-mobile) welcome to attend.

Program is facilitated by a Therapist specializing in perinatal mood disorders

Nurse Practitioners (can prescribe medication):

Redemption Psychiatry

***Ann Marie Casey, PMHNP-BC**

2730 S. Val Vista Dr., Suites 146 & 137

Gilbert, AZ 85295

480-471-8560

<http://redemptionpsychiatry.com/biographies.cfm>

Specializes in perinatal psychiatry with a focus on pregnancy and postpartum anxiety and mood disorders. Accepts many insurance plans.

Physicians:

***Dr. Susan Baumann, psychiatrist**

4545 E. Shea Blvd., Suite 112

Phoenix, AZ 85028

602-494-7110

No insurance.

Psychiatric and Psychological Affiliates of Scottsdale

***Saba Mansoor, MD**

***Jamie Picus Psy.D**

6909 E. Greenway Parkway, Suite 240

Scottsdale, AZ 85254

480-609-0001

www.psychiatricandpsychologicalaffiliates.com

Provides diagnosis and treatment, medication management and individual/couples/family therapy. Private pay, but will assist in filing for insurance reimbursement.

Counselors/Therapists:

***Ruth Gruen RN, LMFT, IBCLC**

Surprise Behavioral Health

99th Ave. and Bell Road

Sun City, AZ

623-337-3388

Accepts insurance. Specialties include: infertility, prenatal, postpartum, lactation, couples counseling, depression, anxiety, trauma, EMDR training, hypnosis (She prioritizes homes with PPD and will “squeeze” them in so they don’t have to wait long for a first appointment.).

***Michelle Lacy, MA, LPC**

1166 E. Warner Rd., Suite 101

Gilbert, AZ 85296

480-220-0582

***Sharla Best MS, MFT**

Women’s Health Innovations of AZ

Perinatal Support Coach

1166 E. Warner Rd., Suite 101

Gilbert, AZ 85296

480-339-7119

* I take a holistic approach to guiding individuals and families to wholeness and wellness. Specialize in marital, couple and family life challenges, with an emphasis on perinatal and postpartum mood disturbances

***Danielle Fragnito, LPC, LISAC, LLC**

Licensed professional counselor

20860 N. Tatum Blvd. Suite 300

Phoenix, AZ 85050

602-509-6974

dfragnito@live.com

www.dfragnito.com

Individual and couples therapy. Certified EMDR.

Specializes in Trauma and anxiety reduction, perinatal mental health issues, couples, relationships, LGBTQ and womens issues.

English only

Insurance: BCBS, Aetna, Healthnet/MHN, Private Pay

Personally experienced PPD. Please identify as a mom when you leave a message so I can call back as soon as possible.

Moving to North Phoenix September 2016

***Cynthia Moran, LMSW**
HRT/Parenting Skills Program
2131 E. Broadway Rd.,#14
Tempe, AZ 85282
480-570-7533 cynthiam@hrtaz.com
Family and individual therapy.
No insurance.
English only.

***Tara Welker, PhD**
11020 N. Tatum Blvd.
Phoenix, AZ 85028
602-568-4618
drtarawelker@gmail.com
Individual therapy.
No insurance.
Sliding scale
English only.

Also specializes in infant-toddler mental health and have a passion for helping caregivers with parenting, adjustment and early childhood struggles such as bonding and attachment.

***Cara English, DBH, MA, LAC**
AZ Breastfeeding Center

As a Doctor of Behavioral Health, I utilize an eclectic approach of therapies, including CBT, Mindfulness-Based Stress Relief, Acceptance and Commitment Therapy, and Brief/Solution-Focused approaches. I am able to collaborate with other providers (IBCLCs, Midwives, OB-GYNs, NPs, PCPs, etc.) to work as a whole-person health team with moms and families.

Private pay (\$85 individual/\$30 group), and are eligible for HSA payments. A superbill is provided to assist patients in filing for insurance reimbursement.

Tempe, AZ
(480) 442-8491

Psychiatric and Psychological Affiliates of Scottsdale

***Saba Mansoor, MD**

***Jamie Picus Psy.D**

6909 E. Greenway Parkway, Suite 240
Scottsdale, AZ 85254
480-609-0001

www.psychiatricandpsychologicalaffiliates.com

Provides diagnosis and treatment, medication management and individual/couples/family therapy. Private pay, but will assist in filing for insurance reimbursement.

***Kristina Blackledge, MS, MFT**
Arizona Parent Advocate and Breakthrough Academy
Specialized training in PPMD.
Infant Mental Health Specialist
Attachment and bonding.
Couples training (becoming parents program)
“This is not what I expected” support groups
Personal experience with PPMD.
602-402-9510.
www.azfamilytherapy.com

The Center for Hope

***Ann Sabatini**

***Lisa Zarin**

Mesa, AZ

480-461-1711

Treatment for substance abusing pregnant women and their children. Postpartum issues identified and addressed. Outpatient only with transitional housing. AHCCCS only.

***Maritsa Beltran, MSW**

Maricopa Integrated Health Services

Family Learning Center

33 W. Tamarisk

Phoenix, AZ 85041

602-344-6460

Maritsa.beltran@mihs.org

Support group

SPANISH speaking

Warmline volunteer

Doula/Art Therapist:

***Rochelle Trotman-Norman, MPS**

Baby Bee Maternal Wellness

8400 S. Kyrene Rd., Suite 128

Tempe, AZ 85224

602-824-8178

Rochelle@babybeematernalwellness.com

<http://www.babybeematernalwellness.com/>

Integrated perinatal art therapy, full spectrum doula care, and childbirth education for wellness and healing. Individual and group sessions.

Fee is \$85 per individual session, \$35 per group session

No insurance accepted.

In-home sessions can be arranged.

***Aynsley Babinski, BS**

Psychology Pre-Doctoral Intern
East Valley Counseling Associates
4114 E. Valley Auto Drive, Suite 208
Mesa, AZ 85206
480-507-7880
Information about fees and copays upon request.
aynsley.babinski@gmail.com

Home Visitor/Health Programs/Lactation:

***Sara Rumann, Program Manager**

Health Start

Maricopa County Public Health
602-364-1421
rumanns@azdhs.gov

Provides education, support and advocacy services to pregnant and postpartum women in-home.

Hospital-inpatient

Aurora Psychiatric Hospital – Glendale

6015 W. Peoria Ave.
Glendale, AZ
623-344-4444
AHCCCS and other insurance accepted.
Voluntary/danger to self/others criteria
Contact: *Lori Milus RN, MSN. Director of Nursing

Mohave County

Mohave County Health Dept.

*Angelica Pichardo
700 W. Beale St.
Kingman, AZ86401
928-753-0714
Angelica.pichardo@mohavecounty.us

Navajo County

Summit Healthcare Regional Medical Center

***DeAnn Davies, MS, CLC, IPMH**

Director, Early Childhood Outreach & Pediatric Psychology Division
928-367-6550

Pima County

Pregnancy and Postpartum Anxiety/Depression Support Groups:

***Mother to Mother: Pregnancy and Postpartum Adjustment Support Group**

Northwest Medical Center Women's Center

Tucson, AZ

Meets every Wednesday from 10:00-11:30 in the Event Center adjacent to the Women's Center.

Contact *Rhonda Anderson

520-877-4149

Support group for pregnant and post-partum women experiencing depression or anxiety. Babies welcome.

Free.

***Carondelet St. Joseph Hospital Postpartum Depression Support Group**

Carondelet Women's Center, Childbirth Education Room, First Floor

***Terry Scallon RN**

520-873-6858

350 N. Wilmot Rd.

Tucson, AZ 85711

Meets Wednesday evenings, 6:00-7:30, in the Agave Room near the concierge desk.

Free.

Babies welcome.

***Serafina Women's Services (A program of CODAC Behavioral Health**

***Kristen Russell MA**

502 N. Silverbell Rd.

Tucson, AZ 85745

Wednesdays 5:00-6:00pm

Babies welcome.

Call for directions and to confirm group date/time.

520-202-1987

***TMC Postpartum Support Group**

***Pearl Aviles MA, *Tara Stanislav RN**

Thursday, 5:30-7:00

Tucson Medical Center Fireplace Room

5301 E. Grant Road

Tucson, AZ 85712

Questions: 520-324-7576

Facilitator speaks both English and Spanish. Infants and toddlers welcome.

Pregnancy and Postpartum Depression and Anxiety Services:

Serafina Women's Services

***Kristen Russell MA**

502 N. Silverbell Rd.

Tucson, AZ 85745

Wednesdays 5:00-6:00pm

Babies welcome.

Call for directions and to confirm group date/time.

Teen Education and Support:

TOPS Parenting Support Group for Teens

***Laura Pederson, RN (520-284-9536)**

Monday evenings 6:30pm

3024 E. Ft. Lowell Rd.

Tucson, AZ 85716

520-888-2881

Free.

21 & under only. Must be enrolled with them. Not open to the public. Teen OB education and support for teen parents. Variety of programs including parenting classes and support groups.

Counselors/Therapists:

***Alison Sutton-Ryan LCSW, LISAC**

7400 N. Oracle Road, #162Q

Tucson, AZ 85704

520-245-8962

Private pay/sliding scale fee. United Healthcare only. Specialties are women and adolescent girls, perinatal mood disorders, substance abuse, parenting.

***Norma Paulic, LCSW**

10 N. Norton Ave., Suite 140

Tucson, AZ 85719

520-820-1931

Private practice. Therapy for children, adolescents and adults. Parenting and living skills.

Insurance accepted.

***Debra Kaplan MA, LISAC**

6151 E. Grant Rd.

Tucson, AZ 85712

520-203-1943

No insurance accepted.

CODAC Health, Recovery and Wellness, Inc (was Serafina Womens Services)

***Kristen Russell MA**

502 N. Silverbell Rd.

Tucson, AZ 85745

520-202-1987

520-202-1716, ext. 8025

***Kathryn Seidler, LCSW, therapist**

3801 N. Campbell, Suite E

Tucson, AZ 85719

520-310-7602

BC/BS, United Healthcare, Aetna accepted.

El Rio Community Health Center

***Karyl Williams LCSW**

Integrated Behavioral health Consultant/Coordinator

Tucson, AZ

520-792-9890

***Judith Henderson MSW, LCSW**

4570 E. Camp Lowell

Tucson, AZ

520-529-8096

judithhenderson@comcat.net

No insurance accepted. Sliding scale for post-partum mood disorders.

***Pearl Aviles-Taub, MA**

Healthy Families, Tucson

In home therapy for Healthy Families clients.

Specializing in perinatal adjustment.

Must register with Healthy Families by 3 months postpartum.

Bilingual

520-321-3774

***Jennifer Breslin, PhD.**

Neuropsychology Ltd./Healthsouth

2650 N. Wyatt Dr.

Tucson, AZ 85712

520-320-6230

Insurance: United, Tricare. Also private pay.

***Autumn Wiley-Hill, PhD., PLLC**

1760 E. River Road, Suite 142

Tucson, AZ 85718

520-477-7049

dr.wileyhill@gmail.com

www.autumnwiley-hill.com

Insurance: BCBS, Aetna. Need-based sliding scale.

Individuals, couples.

Maternal mental health/perinatal depression and anxiety, relationships, transition/change, self-criticism and self-esteem, adjustment, loss, desire to make value-congruent changes in one's life.

Mindfulness, self-compassion.

Nurse Practitioners, Physicians, Prescribe Meds:

***Valerie Kading, MSN, NP**

CODAC Health, Recovery and Wellness, Inc

NW Clinic

201 W. Orange Grove Rd, Suite 416

Tucson, AZ

520-202-1990

Private insurance

***Lina Rosen, *Larisa Biznichuk NP**

CODAC Health, Recovery and Wellness, Inc

Cobblestone Clinic

1075 E. Ft Lowell Rd

Tucson, AZ

202-1960

***Terry Lozier, RN, MSN, PMHNP-BC**

Pathways of Arizona

3295 W. Ina Rd.#150

Tucson, AZ 85741

1161 N. El Dorado Place # 103

Tucson, AZ 85715

NW location on [Tues, Thurs, Fri](#)

El Dorado location on [Wed.](#)

[520-744-4376](tel:520-744-4376). Ext 135

Terry.lozier@pathways.com

Family mental health practitioner caring for women and children and trained in perinatal mood and anxiety disorders.

Physical Therapy/Wellness Classes

Success Physical Therapy LLC

***Diana Fassett, BS, PT**

Pelvic Floor Physical Therapy

Sports Rehabilitation

Wellness Classes

850 N. Kolb Rd

Tucson, Az 85710

520-885-5125

diana@successphysicaltherapy.com

In Home Doula Care/Childbirth Education/Home Visitors

***Heartsounds Mother and Infant Care (Doulas)**

520-419-6058

www.HeartSoundsBaby.com

Provides in-home care services and support to families with a newborn.

Love in Bloom Birth and Postpartum Service

***Carolyn Matthiasson**

520-322-9186

www.loveinbloomboula.com

Labor and postpartum doula support.

***Pima County Health Department Health Start**

Kathy Malkin

520-724-7901

Education, support and advocacy to pregnant and post-partum women.

Public Health Nursing

Tucson: East 298-3888

South 889-9543

North 293-4620

Green Valley 520-648-1626

Ajo 520-387-7206

Healthy Families:

Healthy Families Tucson

***Pauline Haas-Vaughn., Senior Program Director**

520-321-3774

Breastfeeding Support and Education:

Mama's Latte, LLC

***Sibylle Rundel, CDC, IBCLC**

***TJ Marsh, CDC, IBCLC**

Certified Lactation Consultants

Tucson, AZ

520-628-4202

Doula and lactation support in your home.

No insurance. Sliding scale.

Other Community Resources:

Tucson Postpartum Depression Coalition (TPDC)

***Carole Sheehan, M.A., RN**

520-631-6308

Carole_sheehan@hotmail.com

www.tucsonpostpartum.com

Call to schedule a presentation. Promoting education, awareness and support for perinatal mood disorders.

Pinal County

Pinal County Healthy Families

***Laura Friedman**

1729 N. Trekell Rd., #120

Casa Grande, AZ 85122

520-518-5292

Santa Cruz County

Yavapai County

***Betsy Tismeer, RN, LMFT**

Psychotherapist, private practice
812 Valley St.
Prescott, AZ 86315
928-708-9211
Accepts some insurance.

Healing Arts Center

***Margaret A. Walden, LCSW, ATR**

753 N. Main St.
Cottonwood, AZ 86325
928-399-0608
Psychotherapy, art therapy, therapy dog, adults only, EMDR
Accepts insurance.

***Sue Carlson, LPC**

172 E. Merritt St.
Prescott, AZ 86301
928-713-8671
Specializes in PPMD.
Insurance accepted.

Home Visitor:

Yavapai County Community Health Services

***Barbara Jorgensen**

1090 Commerce Dr.
Prescott, AZ 86305
928-442-5489
barbara.jorgensen@yavapai.us

Yuma County

PART 2
Other Statewide Resources by County

The providers for the following agencies are not known to have attended the PSI professional training on perinatal mood and anxiety disorders. PSI AZ Chapter encourages consumers to ask providers what special training they may have had in maternal mental health.

Apache County:

Apache County Department of Health

Chris Sexton, Director
Springerville, AZ
928-337-4364

Cochise County:

Healthy Families (model)

North Cochise County
118 S. Arizona Av.
Wilcox, AZ 85643
520-458-7348
Support and home visitation

Mary Gomez, Director

Cochise County Health Dept., First Things First Program
520-432-9400

Cenpatico Behavioral Health of Arizona

1-866-495-6735 (crisis line)
www.cenpaticoaz.com

Coconino County:

Health Choice Integrated Care

928-774-7128 Business office
800-640-2123 Customer Service
They refer to a clinic near the client.

The Guidance Center

2187 N. Vickey St.
Flagstaff, AZ 86004
928-527-1899
Accepts insurance.

Gila County:

Cenpatico Behavioral Health of Arizona

www.cenpaticoaz.com

1-866-495-6735 (crisis line)

Behavioral health portion of AHCCCS in Gila County

Graham, Greenlee, LaPaz Counties:

Cenpatico Behavioral Health of Arizona

www.cenpaticoaz.com

1-866-4958-6735 (crisis line)

Behavioral health provider for AHCCCS.

Maricopa County:

Therapy and Support Groups:

"The Birth of a Mother" Support and Therapy Group

Weekly open group for mothers during the entire first year postpartum.

\$20 per group session. Glendale, Phoenix, and Tempe.

Facilitator: Jennifer Kizer, MA LPC

602-380-1053, Heartwisdomhealing@gmail.com

Facebook business page at jenniferkizermalpc

Marilyn Kieffer-Andrews, RNP, Ph.D

Psychiatric Nurse Practitioner

6545 N. 16th St.

Phoenix, AZ 85016

602-230-7113

Provides counseling and medication for pregnant and postpartum women.

Jennifer Kizer, MA LPC

Heart Wisdom Healing

Individual therapy

Sliding scale fee

602-380-1053

Heartwisdomhealing@gmail.com

facebook business page at jenniferkizermalpc

Offices in Glendale and Tempe and in home sessions available

Arizona Breastfeeding Center (ABC)

In addition to the breastfeeding support consultations and groups, we provide individual, couples, family, and group therapy to pregnant and postpartum moms.

4703 S Lakeshore Dr

Unit 2

Tempe, AZ 85282

United States

(480) 442-8491

<http://azbreastfeedingcenter.com/counseling-1/>

Meggan Sullivan, LCSW

Ms. Sullivan is an Associate at Northlight Counseling, who provides maternal mental health services at Arizona Breastfeeding Center (ABC). Meggan utilizes an eclectic approach of theories and therapies in her practice including Hypnotherapy, and is EMDR certified.

All major insurance accepted.

3 locations: Phoenix, Mesa, Chandler.

(480) 442-8491

TERROS/Phoenix Interfaith Counseling

16th St. and Indian School (602-248-9247

Dunlap (602-943-2999)

Tempe on Rural (480-317-9868)

Adult Crisis Line: 1-800-631-1314

Obstetrics/Midifery:

Valley Women for Women

22711 S. Ellsworth

Queen Creek, AZ 85142

480-782-0993

Joanna Wilder RN, BSN, CPM, LM (midwife)

Embracing Birth Midwifery

GracYa

2134 W Monroe St

Phoenix, AZ 85009

(602)799-1107

Facebook page Embracing Birth Midwifery LLC

Embracingbirthmidwifery.com

Blog: embracingbirthandlife.wordpress.com

One hour free consultations for couples who are pregnant or considering pregnancy, and who want to process a traumatic birth. Midwifery services include preconception

counseling, well woman care, full prenatal care, home birth, and 5-6 newborn/postpartum visits. I foster strong collaborative relationships in case of transfer.

Facilitates small groups where women have a safe space to process their stories.

Southwest Contemporary Women's Care

6301 S. McClintock, Suite 215

Tempe, AZ 85283

480-820-6657

Provides individual and couples counseling within an OB/GYN office.

Accepts insurance.

Physical Therapy:

Robyn Wilhelm, PT, DPT

Pelvic & Women's Health Physical Therapist

2651 W. Guadalupe Rd. Ste #106

Mesa, AZ 85202

602.316.0571

www.wilhelmppt.com

Specializing in pelvic and women's health PT. Practice includes prenatal and postpartum clients.

Conditions treated include: urinary incontinence, pelvic floor weakness, pelvic organ prolapse, diastasis recti, painful intercourse, vulva pain, pudendal nerve neuralgia, pelvic pain (acute and chronic), perineal massage and pelvic floor stretching, progressive relaxation for pain and stress, optimizing labor and delivery with positioning strategies, postpartum biomechanics with baby care and more.

Each initial examination I have with a patient/client is 60-90 minutes and each treatment visit is 60 minutes or 90 minutes.

Mental Health/Psychiatric Hospitals and Crisis Services:

Maricopa Crisis Line: 602-222-9444

Information and Referral Hotline: 602-263-8856

Connections AZ: Urgent Psychiatric Care

902 N. Second St.

Phoenix, AZ 85004

602-416-7600

Insurance accepted.

Crisis Response Network

1-800-631-1314

602-222-9444 (crisis line)

**Connections of Arizona
Urgent Psychiatric care**

24 Hour crisis facility
902 N. Second St. (Second St. and Roosevelt)
Phoenix, AZ
602-416-7600
No insurance needed.

**Maricopa Medical Center
Outpatient Clinic at Desert Vista Behavioral Health Center**

Mesa, AZ
480-344-2100 for a screening appointment
Outpatient psychiatric services are available for adults, children and adolescents including psychiatric evaluation, individual psychotherapy, psychodynamic, cognitive behavioral, brief supportive therapies, family therapy and prescription of medication if necessary. Treatment is provided at affordable rates for those who do not have insurance or public benefits (\$40 intake, \$10 therapy, \$25 therapy and med management). Treatment is provided by psychiatric residents under the supervision of Board Certified attending psychiatrists.

Healthy Connections for Moms-To-Be and Legacy House

NCADD (national council on alcoholism and drug dependence)
Provides pregnant women experiencing substance abuse and co-occurring disorders access to a comprehensive continuum of services designed to promote recovery.
4201 N. 16th St. #220
Phoenix, AZ 85016
602-274-2234
24 hour Information and Referral: 866-836-8078

**Aurora Tempe Behavioral Healthcare
Acute psychiatric hospital**

Tempe, AZ
480-345-5420
Accepts insurance.

Other:

Arizona Birth Network
www.azbirthnetwork.org
azbirthnetwork@gmail.com

MISS Foundation Support Groups

77 E. Thomas, Suite 221

Phoenix, AZ 85012

602-279-6477

1-888-455-MISS

www.missfoundation.org/support/groups/arizona

MISS Foundation specifically targets grief and bereavement due to the loss of a child.

La Leche League

602-234-1956

Information helpline for breastfeeding support and information.

Mohave County:

Healthy Families/Child and Family Resources, Inc.

2202 Hualapai Mountain Rd.,#101

Kingman, AZ 86401

928-753-4410

Mohave Mental Health Clinic

Kingman, AZ

928-757-8111

Northern Arizona Regional Behavioral Health Center

928-774-7128 or 1-877-756-4090

Navajo County:

Winslow Indian Health Care Center

500 Indiana Ave.

Winslow, AZ

928-289-4646

IHS Clinic (Native patients only)

Community Counseling Center

Holbrook, Winslow, Show Low

928-524-6701

Little Colorado Behavioral Health

St. Johns, Springerville

928-337-4307

Apache Behavioral Health

928-338-4811

White Mountain Apache patients

Northern Arizona Regional Behavioral Health
877-756-4090

North Country Health Care

Health Start

Deborah Lewis

2109 Navajo Blvd.
Holbrook, AZ 86025
928-524-2851, ext. 3741
dslewis@nchcaz.org

Pima County:

Crisis:

Pasadera

2502 N. Dodge Blvd., #190
Tucson, AZ 85715
520-617-0043
24/7 walk-in services for assessment and referrals. Crisis services.

Obstetricians:

Judith E. Riley, MD

310 N. Wilmot Rd., #306
Tucson, AZ 85711
520-325-0865
Board certified on obstetrics and gynecology.
Monday-Friday: 9:00-5:00
Offering exceptional one-on-one healthcare to the women of southern Arizona.
Affiliated with Banner University Medical Center.
Most insurance.

Kokopelli Obstetrics & Gynecology

Michael Stevens, MD

6567 E. Carondelet Dr.
Tucson, AZ 85710
520-296-9446
Board certified in obstetrics and gynecology.
Monday-Friday: 9:00-5:00
Committed to providing unsurpassed OB/GYN care with compassion and dignity.
Affiliated with Tucson Medical Center and Carondelet St. Joseph's Hospital.
Most insurance.
Se habla espanol.

Crossroads OB/GYN

Stephanie Chin, MD; Gayle Dean, MD; Jennifer Reinhart, MD; Erin Sperry, MD; John Graziano, MD; Jenny Dalessandra, NP; Krista Martin, NP; Suzie Harrison, NP

2424 N. Wyatt Dr., #260

Tucson, AZ 85712

520-795-8080

Carla Grijalva, Medical Practice Manager

cgrijalva@genesisobgyn.net

Website: www.genesisob/gyn.org

Monday-Friday: 8:00-5:00

Private insurance and AHCCCS

Se habla espanol.

Frank Laudonio, MD, PC

523 N. Tucson Blvd.

Tucson, AZ 85716

520-323-5577

Email: flaudonio@midtownobgyn.org

Website: www.midtownobgyn.org

Office contact: Sandra or Bertina

Monday-Thursday 9:00-5:00, Friday 9:00-1:00

All insurance. 20% off for self-pay

Se habla espanol.

Doulas/Childbirth Educators

Desert Doula Birth and Postpartum Services

Tucson, AZ

520-749-0329

Elizabeth Mendoza

6151 E. 17th St.

Tucson, AZ 85711

520-891-5417

Doula, childbirth education

Arizona Children's Association

Parent Connection

Maria Ortiz

520-321-1500

Provides support, information and resources for parents.

Pinal County:

Cenpatico Behavioral Health of Arizona

866-495-6735 (crisis line)

www.cenpaticoaz.com

Corazon Integrated Health Care Services

900 E. Florence Blvd.

Casa Grande, AZ

520-836-4278

Helping Associates, Inc.

1901 N. Trell Rd., Suite A

Casa Grande, AZ 85122

520-836-1029

Individual, families and couples counseling and groups. Psychiatric services. Other services available. Call for intake.

Horizon Human Services

Casa Grande: 520-836-1688

Globe: 520-402-9297

Crisis Line: 866-495-6735

24 hour crisis services. Counseling and domestic violence services. Residential program for women with substance abuse problems. Psychiatric services also available. Call for intake.

Santa Cruz County:

Cenpatico Behavioral Health of Arizona

1-866-495-6735 (crisis line)

www.cenpaticoaz.com

Mariposa Community Health Center

Yara Castro

Maternal/Child Health Manager

1852 N. Mastick Way

Nogales, AZ 85621

520-375-6050

ycastro@mariposachc.net

Corazon Integrated Healthcare Services

1891 N. Mastick Way

Nogales, AZ 85621

520-375-5300

Yavapai County:

West Yavapai Guidance Clinic

Prescott and Prescott Valley
928-445-5211

Spectrum Healthcare

Cottonwood, Sedona
928-634-2236
AHCCCS and Medicare

Northern Arizona Behavioral Health

928-774-7128

Yuma County:

Cenpatico Behavioral Health of Arizona

1-866-495-6735 (crisis line)

www.cenpaticoaz.com

ADDITIONAL STATEWIDE RESOURCES

Healthy Families

www.healthyfamiliesamerica.org

MotherToBaby Arizona (Formerly AZ Pregnancy Riskline)

University of Arizona Health Sciences, Tucson

Education and counseling about the possible effects of exposures during pregnancy or breastfeeding.

Tucson area: 520-626-3410

Toll-Free: 888-285-3410

<http://www.mothersbaby.org>.

Arizona DHS Breastfeeding Resource Line

1-800-833-4642

24/7 multilingual line. Breastfeeding questions are answered and, if necessary, community resources are given out. Free phone service. Baby care and mommy care can also be fielded if necessary. We handle a considerable amount of calls about medications and lactation, too.

Child Care Resource and Referral

2800 E. Broadway

Tucson, AZ

800-308-9000

520-320-4028

www.azchildcare.org

Statewide program. Offers free child care referrals in the areas where parents are looking for care.

La Leche League 1-800-LALECHE.

Medela Helpline (lactation), www.medelabreastfeedingus.com/ask-the-lc,

1-800-435-8316.

Regional Behavioral Health Centers (Cover AHCCCS enrollees):**Cenpatico Behavioral Health of Arizona**

1-866-495-6735 (crisis line)

www.cenpaticoaz.com

Regional Behavioral Health Centers for Pima, Pinal, Gila, Yuma, Santa Cruz, Cochise, Graham, Greenlee and LaPaz Counties

Community Partnership of Southern Arizona (Pima County)

520-622-6000 (crisis line)

www.cpsaarizona.org

Serves Pima County only.

Southeastern Arizona Behavioral Health Services, Inc.

611 W. Union

Benson, AZ 85602

520-586-0800

1-866-495-6735 (Nursewise crisis line)

888-404-5530 (NAZCARE warmline)

Mothers of Preschoolers

www.mops.org

888-910-6677

Program designed to nurture mothers with children infancy through kindergarten.

Groups in many areas. For complete list to go to website and enter location.

Birth to Five Helpline

Sponsored by Southwest Human Development

1-877-705-5437

A toll-free questions line for parents, caregivers and professionals.

MISS Foundation

www.misschildren.org

602-279-6477

For families with a fetal loss.

Teen Outreach Pregnancy Services (TOPS)

1-877-882-2881 (statewide)

They will refer to closest provider.

Websites

www.beyondtheblues.com

www.postpartum.net

www.ppdsupportpage.com

www.postpartumprogress.com

www.pndsa.co.za

www.psiaz.org

www.tucsonpostpartum.com

www.drchristinahibbert.com

www.arizonafamilytherapy.com

www.postpartumcouples.com

Helpful AZ resource links

<https://www.swhd.org/programs/health-and-development/birth-to-five-helpline/>

<http://www.erikson.edu/fussybaby/>

[https://www.mercymaricopa.org/assets/pdf/members/Benefits/UrgentCare%20WalkInDirectoryFINAL2_508.p
df](https://www.mercymaricopa.org/assets/pdf/members/Benefits/UrgentCare%20WalkInDirectoryFINAL2_508.pdf)