



## Marin Perinatal Resource Directory 2024

This directory is an inclusive list of perinatal health and education providers located in Marin County. Questions? Please contact support@marinperinataltherapy.com or at (415) 413-7130. If you would like a digital file of this directory please see: www.marinperinataltherapy.com

**Most providers provide services via telehealth.**

*Please note that the providers listed in the resource directory do not constitute an endorsement or recommendation by Marin Perinatal Therapy.*

Marin Perinatal Therapy is a collaboration and a collective among Margot Kirshner, PsyD; Shannon Myers, LMFT; and Ali Vogt LMFT. Their contact information and specialties are listed on page 2.

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## Marin Perinatal Therapy Psychotherapists and Support Groups

Name	Contact Information	Locations	Support Groups & Workshops	Focus
Margot Kirschner, Psy.D	drmargotkirschner@gmail.com (415) 504-2634 www.drmargotkirschner.com	Corte Madera		I provide pregnancy, postpartum and early parenting support as well as support to men and women in the transition to parenthood.
Shannon Myers, LMFT, PMH-C	shannon@shannonmyers.com (415) 454-5191 www.shannonmyers.com  www.handsupport.org/events/event/north-bay-support-meetings.	San Rafael	<b>Free pregnancy loss support group</b> facilitated by HAND volunteers (Helping After Neonatal Death) every 3rd Wednesday from 7-9 pm virtually.  Pregnancy loss community events, rituals and retreats.	Infertility, pregnancy, postpartum adjustment and parenting support.  Grief therapy for pregnancy loss (including TFMR) and infant loss as well as pregnancy after loss.
Ali Vogt, LMFT	ali@alivogt.com 510-527-1918 www.alivogt.com	San Rafael	<b>New Parents and Babies Support Group</b> Fairfax. No charge, drop in group. Ages 0 – 3. Sponsored by the Town of Fairfax.	Pre and postpartum mental health care for parents or those that want to be parents. Reproductive grief including birth trauma. Divorce and single parenting. Life-threatening diagnoses. Supervision of associates.

## Acupuncture and Natural Medicine

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Amanda Sullivan Antonetti, L.Ac.	amanda@bridgewellness.com (415) 676-1832 www.bridgewellness.com	Larkspur			Fertility, Pregnancy and Postpartum support.
Melissa Berg, L.Ac.	melissaberg.acupuncture@gmail.com (415) 870-6977	San Rafael		Spanish	I specialize in fertility assistance, pregnancy, postpartum, menopause and autoimmune issues.
April Blake, ND, LM	april@draprilblake.com (415) 488-5831	Telehealth			Naturopathic doctor and licensed midwife that supports women throughout and after pregnancy using tools that include homeopathy, nutrition, vitamins, minerals and amino acid therapy. I am a certified Neuronutrient therapy provider and can offer support for anxiety and depression.
Katharine Chaney, L.Ac.	kchaney@purejoyacupuncture.com (415) 994-0252 www.purejoyacupuncture.com	San Rafael			Fertility, Pregnancy, Postpartum.
Jackie Crown, L.Ac., CPD, Perinatal Health Coach	jackie@fourhouse.com (415) 847-2317 www.fourhouse.com	Telehealth Home Visits			Pregnancy + Postnatal recovery care; postpartum prep sessions, mental health support.
Sarah Fink, L.Ac.	sarah@gingerrootwellness.com https://gingerrootwellness.com	Fairfax		Spanish Portuguese	Pre-pregnancy, pregnancy, labor support, and postpartum. In addition to acupuncture & herbal medicine, I also offer depth hypnosis focused on supporting these transitions.
Susan Fox, DACM, LAc., FABORM	susan@drsusanfox.com (415) 381-8500 www.drSusanfox.com	Mill Valley			Infertility, Pregnancy, Postpartum care using acupuncture and natural medicine.  Acupuncture, Chinese and Natural Medicine, Functional Medicine.

## Acupuncture and Natural Medicine (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Linda Gruber, L.Ac.	lindagruberacupuncture@gmail.com (415)305-9889 www.lindagruberacupuncture.com	Sausalito			I work with fertility preparation, pregnancy, and postpartum for women & men.
Lynette Hirabayashi, M.S., L.Ac., FABORM	lynette@marinfamilyacupuncture.com (415) 307-4747 www.marinfamilyacupuncture.com	San Rafael			Fertility, pregnancy, postpartum support.
Kara Morton, L.Ac.	kamorton22@gmail.com (219) 484-1708 www.karamorton.com	San Rafael			Fertility support, pregnancy, postpartum, perimenopause, menopause with Acupuncture & Chinese Herbs.
Chalita Photikoe, L.Ac.	chalitap@gmail.com (415) 322-9315 www.tamacupuncture.com	Mill Valley			Founded by two mothers, we offer affordable acupuncture focusing on women's health and wellness. We specialize in fertility, hormonal balance, pregnancy, postpartum and mood disorders.
Maria Quintana-Pilling, FNL, CNC	maria@urbanspicenutrition.com (415) 419-6934 www.urbanspicenutrition.com	Fairfax	<b>5-Day Detoxes</b> - whole food based detoxes (gentle enough for expecting and nursing mamas) <b>Cooking classes</b> , group & private classes.		Nutrition for infertility, pregnancy, postpartum, & women's health.
Monica Ralston, ND	drRalston@bewellnaturalmedicine.net (503) 577-7980 www.bewellnaturalmedicine.net/monica-ralston-nd	Mill Valley			I work with women throughout the lifespan, including but not limited to preconception care, fertility support, and postpartum recovery.
Maggie Shao, L.Ac	maggieshaowellness@gmail.com (415) 216-5992 www.maggieshao.com	Novato			Pregnancy support, Fertility, postpartum treatment using Acupuncture and Chinese Medicine.

## Acupuncture and Natural Medicine (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Briana Sinatra, ND	drbrianasinatra@gmail.com (415) 723-6963 www.drbriana.com	Telehealth			Naturopathic Doctor: Supports preconception/fertility, pregnancy, and postpartum phases along with general women's health and wellness.
Sara Stieg, L.Ac., FABORM	sara@nestacupuncture.com www.nestacupuncture.com	San Francisco  San Rafael			Fertility, pregnancy, postpartum support, nutritional guidance.
Carly Wertheim, MS	carly@monarchandmilkweed.com (415) 686-2121 www.monarchandmilkweed.com	San Rafael	<b>Nutrition for Pregnancy.</b> Emphasis on building life-long nourishment practices, kitchen confidence, and deep connection to the body's inner wisdom.		We offer holistic nutrition counseling for the pregnancy journey. Discover optimal nourishment for your body and baby with whole foods, herbal remedies, and everyday rituals.

## Chiropractic Care and Bodywork

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Susan Boudakian, D.O.	dr.boudakian@gmail.com (415) 507-0150 www.PediatricOsteopathyofMarin.com	San Rafael  Novato		Spanish  Italian	Doctor of Osteopathic Medicine, Pediatrician.
Seraphina Freund, DC	drseraphina@intrinsic-chiro.com (415) 634-8553 www.intrinsic-chiro.com	Mill Valley		Russian	I provide specific chiropractic care for pregnancy, postpartum, infants and children. I am trained in the Webster Technique to facilitate a healthy pregnancy and birth.

## Chiropractic Care and Bodywork (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Erin Heck, DC	liforcefc@gmail.com (415) 444-6965 www.skyefamilychiropractic.com	San Anselmo			Women's health, pregnancy, and postpartum support. Gentle chiropractic and musculoskeletal care. Nutritional and exercise recommendations to help the body heal and recover from all life's events and experiences.
InLite Bodywork Liya Bach CMT, MATP, CMLT (Manual Lymphatic Drainage Specialist)	liyabach5@gmail.com (415) 827-2913 www.inlitebodywork.com	Mill Valley		Russian	Manual Lymphatic Drainage for postpartum, pregnancy loss, post Cesarean surgery.
Ilani Kopiecki, CMT, CST	info@ilanisessions.com (415) 858-4476 www.ilanisessions.com	Novato			CranioSacral Therapy for Babies and Children. Specializing in nursing and latch issues, birth trauma, failure to thrive, cranial dysplasia and torticollis. 20 years experience.
Carol Lesser, LMT, CST, Doula	carolannelesser@yahoo.com www.carolannelesser.com	Mill Valley	<b>The Mom Village</b> is a mindfulness group for mothers to come together in community, practice meditation, sensory awareness and authentic sharing. Fridays 11am-12pm PST, Virtual		I am a birth and postpartum Doula as well as a massage therapist and midwifery student. I specialize in Craniosacral for pregnancy, birth, and beyond.
Colleen Lindstrom, DC	colleenlindstromdc@gmail.com (415) 637-7809	Sausalito Pt. Reyes	<b>Healing 101</b> A tool kit for parents, on the go. Ways to hold space, bring in support and cranial sacral.		I specialize in pregnancy, infant and family chiropractic care. I am Webster certified, a breech turning technique and I do infant cranial sacral.
Barbara Newlon, DO Licensed Osteopathic Physician & Family Practice Physician	drbarbaranewlon@gmail.com (415) 459-2522 www.drbarbaranewlon.com	Mill Valley		Spanish	33 year specialty: Pediatric Osteopathic Manual Medicine Treatment, incorporating the cranial concept: Head Birth injury, Poor Nursing, Developmental Delay, Sleep Disorders, chronic ear infections, etc.
Christina Ricchi, CMT, CD	christina@spiralwombwisdom.com (415) 717-4621 www.prenatalmassagemarin.com/	San Anselmo			Offering Birth Doula Support, Prenatal & Postnatal Massage Therapy, Biodynamic Craniosacral Therapy & Birth Integration work for support before or after birth process. Placenta encapsulation.

## Chiropractic Care and Bodywork (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Batsheva Rice	farmdoula@gmail.com (310) 402-9756 www.thebodymedicinewoman society.com	Forest Knolls			Preconception, Pregnancy, Postpartum Birth & Postpartum Doula & Bodyworker
Susan M St. Pierre, DO	ssp@n2ymedical.com (415) 895-1441	Novato			I am an osteopathic physician that uses osteopathic manipulation to help women with pregnancy related back/neck pain and to help newborns after a traumatic birth.
Dana Schachter, CMT/RYT	dana@soulsanctuariesf.com (415) 722-3752 www.soulsanctuariesf.com	San Anselmo			Prenatal and postpartum massage. Craniosacral therapy for adults and newborns. Yoga for fertility. Prenatal and postpartum yoga. Offering private yoga classes- designing each class to meet the needs of the individual.
Elizabeth Shelhart, CMT, RYT, CBD	eshelhart@gmail.com (415) 706-3705 www.eshelhart.com	San Rafael			Birth Doula services, Prenatal Yoga classes, Prenatal and Postpartum Massage Therapy (20 years experience). Prenatal Partners Birth Prep classes.
Heidi Skye, DC	drheidiskye@gmail.com (415) 444-6965 www.skyefamilychiropractic.com	Fairfax	<b>Having a Healthy Holistic Pregnancy</b> <b>Having a Comfortable Pregnancy</b> <b>Signs of Nervous System Distress in Infants</b> <b>Well-Beings - How to Raise Holistically Healthy Kids</b>		Wellness Care Program for pregnant postpartum mamas. Pregnancy & Pediatric Care Webster Technique. Newborn cranial sacral care. Colic, irritability, failure to latch, GI distress, constipation.

## Chiropractic Care and Bodywork (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Bee Deborah Uytiepo, CMT	info@healingisgiving.com (415) 226-9240 www.healingisgiving.com	San Rafael San Francisco Berkeley	<b>Soup, Salad &amp; Circle</b> - Women's Circles - Various topics, Every 1st Wednesday in San Anselmo		Holistic prenatal, fertility and pelvic wellness: infertility, postpartum/C-section recovery, pregnancy loss, IVF/IUI preparation, endometriosis, PCOS and pelvic pain relief. Certified Mercier Therapist, optimizing organ mobilization with an integrative visceral and neuromuscular approach.
Alex Zaphiris, MD	alexzaphirisMD@wholefamilyMD.org (415) 642-0333 www.wholefamilyMD.org	San Francisco Mill Valley			I offer integrative medicine and primary care including osteopathic manipulative treatments to support pregnancy and post-partum recovery in a membership practice.



## Doula Services

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
<p>Birth Realm Postpartum Care Co</p> <p>Jacqueline Davey Sarah Swymeler- Glick O'Nell Starkey Whitney Staeb Kira Nilsen Shoshana Friedman-Hawk</p>	<p>hello@birthrealm.com (310) 593-1218 www.birthrealm.com</p>	Sebastopol	<p><b>Early Weeks</b> classes help you create a strong foundation in parenthood. We teach tools to nourish yourself, partnership &amp; baby. Students leave class with a personalized postpartum plan.</p>		Postpartum support after birth, classes, sacred-tending & sleep consultations, all catered to your individual needs, with a lot of love.
<p>Alana Catanio Birth &amp; Postpartum Doula</p>	<p>info@adoulaformama.com (415) 488-5432 www.adoulaformama.com</p>	<p>Marin  Sonoma County</p>		Spanish	Advocacy and support throughout pregnancy, birth and postpartum. Customizable birth and postpartum services that cater to each family's individual needs.
<p>Alicia Contreras, HBCE, Birth Doula, Prenatal Bonding (BA) Facilitator</p>	<p>alicia@aliciacontreras.com (305) 934-2129 www.aliciacontreras.com</p>	<p>Marin  San Francisco</p>	<p><b>HypnoBirthing®</b> is a science-based practice. It effectively works with couples' minds, bodies, and emotions to inform, relax, and empower them for an optimal childbirth experience.</p>	Spanish	<p>Birth Doula HypnoBirthing® Prenatal Emotional Health / Prenatal Bonding (BA)</p>
<p>Jennifer Curtis, CD(DONA), CIIM, RIE® Associate</p>	<p>jennifercurtis@heartfulbirth.com (415) 233-0671 www.heartfulbirth.com</p>	San Rafael	<p><b>RIE® Before Baby™ and Parent-Infant Guidance™ classes</b> exploring Magda Gerber's Educaring Approach; Infant Massage Education.</p> <p>Private &amp; group classes for parents and professionals.</p>		Full-spectrum birth doula support, infant massage, early parenting and child development education for families and professionals. Supporting family empowerment and wellbeing in the perinatal year.

## Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Jennifer Darwin Certified Doula, Licensed Nurse	jennifer@goldengatedoula.com (415) 805-1780 www.goldengatedoula.com	San Francisco	Groups: <b>Weekly Mom Circle</b> led by a Licensed Family Therapist. Monthly Dad support groups.  Workshops: <b>Postpartum Preparation, Newborn Care, Baby Wearing, Birth Affirmation Class, Infant Massage, Comfort Measures for Labor, Creating a Practical Birth Plan.</b>	Spanish Mandarin Portuguese	Childbirth Education, Postpartum Doulas, Night Doulas, Lactation Support, Perinatal Yoga, prenatal/postpartum massage, Herbal Sitz Baths, Yoni Steams.
Kirsten Dudley, CD	doula@kirstendudley.com (415) 425-0519 www.kirstendudley.com/	Marin  San Francisco	<b>Bumps &amp; Babies Group:</b> Monthly walks and gatherings with topics such as birth preparation, breastfeeding, postpartum preparation, prenatal yoga and mom & baby yoga. <a href="https://www.MarinDoula.team/events">https://www.MarinDoula.team/events</a>  Workshops: <b>Lamaze Childbirth classes</b> <b>Birth preference creation</b> <b>Spinning Babies® Parent class</b> <b>Comfort measures</b> <b>Postpartum preparation</b> <b>Breastfeeding</b> <b>Newborn care</b>		I am a Lamaze Childbirth Educator. Spinning Babies® Parent Educator, a certified Birth & Postpartum Doula and love supporting parents to be prepared for the birth of their baby in a way that suits them.
Molly Escobar, CBE, CD CPD	molly@doulamee.com (415) 246-9396 www.doulamee.com	Novato			Pregnancy, postpartum, and pregnancy loss (I am also a certified funeral arranger).

## Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Mollee Franklin, CD, CLE	Mollee@MarinDoulaServices.com (415) 572-4526 www.MarinDoulaServices.com	San Rafael	I teach childbirth education classes and offer private classes as well.		I offer birth doula services, lactation education and support and postpartum doula services.
From Pregnant to Parent  Richelle Clayton (CD-L, CD-PIC, CBE, R-PLC, Sleep Coach)	hello@frompregnanttoparent.com  www.frompregnanttoparent.com	Marin  East Bay  San Francisco	<b>Preparing for Parenthood</b> (For Expecting Parents)  <b>Navigating the First Year</b> (Weekly Groups)  <b>Rediscovering Yourself in Parenthood</b> (Group Program)  <b>Empowered and Grounded</b> (Burnout and Identity Program)		Parental Burnout, Identity, Self-Care, Role and Identity Shifts, Vision and Goal Setting, Parenthood Transition, Parental Leave Transition, Perinatal Mental Health, Sleep Coaching 0 - 6 years.
Paula Grady, LM, CPM	paula@themidwives.com (707) 287-2822 www.themidwives.com	Napa Santa Rosa		Any PPO	Any/all pregnancy, intrapartum and postpartum including any and all outcomes.
Cara Guyot	cara@theguyots.com (415) 609-0932	Mill Valley			Postpartum Doula services, Night Doula. Doula Sibling services. Back to work transitional support. Remote Doula consultations.
Carol Lesser, LMT, CST, Doula	carolannelesser@yahoo.com www.carolannelesser.com	Mill Valley	<b>The Mom Village</b> is a mindfulness group for mothers to come together in community, practice meditation, sensory awareness and authentic sharing.  Fridays 11am-12pm PST, Virtual		I am a birth and postpartum Doula as well as a massage therapist and midwifery student. I specialize in Craniosacral for pregnancy, birth, and beyond.

## Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Clara Love, CD (DONA) CLEC, RPYT (registered prenatal yoga teacher)	info@clara.love 336-508-9988 www.clara.love	North Bay San Francisco East Bay	<b>Bumps &amp; Babies Group:</b> Monthly hikes and gatherings with topics such as birth preparation, breastfeeding, postpartum preparation, prenatal yoga and mom and baby yoga. <a href="https://www.marindoula.team/events">https://www.marindoula.team/events</a>		I provide birth doula services, postpartum doula services, breastfeeding education and counseling, prenatal and postnatal yoga.
Devon Magarahan	douladevonmarin@gmail.com (610) 235-9443 www.douladevonmarin.squarespace.com/	San Anselmo			I am a Birth and Postpartum Doula.
Madi Maguire, CD, CPD, CLEC	hello@babysavvy.co (415)706-2427 www.babysavvy.co	San Francisco			Daytime, in-home postpartum doula support. Virtual doula support/new parent coaching. Baby prep in the home/nursery prep.
Karine Mallet	karine.mallet@gmail.com (415) 290 9038 www.doulakey.com	San Francisco  Marin		French	Birth preparation, support, breastfeeding, and postpartum support. Multicultural families, giving birth abroad, giving birth away from family.
Ashley Merrill, CPM, CLC	ashleymerrill@gmail.com (971) 322-7398	Fairfax  Home Visits	Postpartum Preparation class series	Spanish	INNATE Postpartum Care Certified Practitioner and Certified Lactation Counselor. Holistic family-centered postpartum care to support thriving mothers and babies, rooted in traditional wisdom, enhanced by modern evidence. Education, home-visits, support groups.
Liza Ozkay	liza@doulasofmarin.com (510) 224-0889 www.doulasofmarin.com	San Rafael			Birth & Postpartum Doula. Breastfeeding Support. Infant Care. Infant Sleep Support.

## Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Batsheva Rice	farmdoula@gmail.com (310)402-9756 www.thebodymedicinewomansociety.com	Forest Knolls			Birth & Postpartum Doula & Bodyworker. Preconception, pregnancy, postpartum.
Christina Ricchi, CMT, CD	Christina@spiralwombwisdom.com (415) 717-4621 www.prenatalmassagemarin.com	San Anselmo			Offering Birth Doula Support, Prenatal & Postnatal Massage Therapy, Biodynamic Craniosacral Therapy & Birth Integration work for support before or after birth process. Placenta encapsulation.
Michelle Riehle Trained Doula, CNM Student	michelleriehle@gmail.com Instagram: Moonbellyandbaby	Marin	I facilitate weekly women's groups with guided intentions. <b>My Birth Story:</b> Sharing your birth story and hearing others.		Labor and Birth Doula, pregnancy education, holistic Doula care and natural labor support, labor partner education, yoga and pregnancy.
Annie Stephenson, PCD (DONA) Mt Tam Mamas Postpartum Love	mt.tam.mamas@gmail.com (415) 377-4466	Mill Valley	Monthly talks featuring postpartum doula Annie and a featured specialist in the perinatal field, followed by a hike to build community with other mamas.	Certified postpartum and able to reimburse through Carrot and many employee sponsored FSAs	In-home and virtual daytime postpartum support to new and expanding families in Marin.
Catherine Stone, CAPPA, Certified Lactation Specialist	motheringwisdom@gmail.com (415) 377-2162 motherangel.tumblr.com/about	Fairfax			Birth Doula, preparation for birth with birthing skills (8 prenatal visits). Postpartum Doula, support for new mothers and babies. Lactation Specialist, support for lactation issues. Pro bono services for those in need.

## Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Cherie Visconti, IBCLC Postpartum and Birth Doula DONA	cherie@bayareabirthworks.com (415) 509-6414	Marin County Sonoma County San Francisco	Private breastfeeding classes specializing in multiples.	Hungarian Aetna TLN	Private, home-visit pre and postpartum breastfeeding consultations, specializing in multiples. Pre/postpartum packages offered.  Childbirth Educator ICEA, Lactation Consultant, Infant Massage Instructor.
Teyler Wallace Postpartum Doula, Lactation Educator, Perinatal Chef	teyler.lysette@gmail.com (714) 586-1403 www.Thefoodiedoula.com		<b>Postpartum Support Group:</b> Support group that meets for 8 session intervals, led by an experienced postpartum doula, lactation educator & Infant sleep specialist.  <b>Breast/Chest feeding 101:</b> 3 hour course covering breast/chest feeding fundamentals. Aimed at offering pregnant and postpartum people with tools/information to help them navigate nursing.	CM&F Group Inc.  some Spanish	Postpartum support.
Isa Woodyard, CPD	isawoodyard@gmail.com (510) 519-9544 doulaisawoodyard.com	Marin San Francisco			Postpartum DAY Doula and Sibling Doula.

## Exercise and Fitness Services

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Sarah Bradford The LUNA Mother Co Prenatal & Postnatal Fitness and Wellness (CPT, PPCES, PPDCC, CNC)	sarah@lunamother.co (415) 295-7707 www.lunamother.co	San Rafael	Our online platform offers childbirth ed classes, breastfeeding classes, baby sign language classes, infant sleep guides, a postpartum prep series, and a robust & supportive community of mothers.		Prenatal fitness, postpartum fitness, diastasis recti prevention & rehabilitation, pelvic floor rehabilitation, C-section rehabilitation, prenatal nutrition, parenting classes resources.
Carolyn Latham, DPT	carolyn@verityptw.com (615) 604-5367 www.veritypt.org/	San Anselmo  Home visits throughout Marin			Sports and orthopedic physical therapist with specialty in pelvic floor pains and dysfunctions. I help the active woman navigate pregnancy and postpartum.
Metta Mama Yoga Studio	ashley@mettayogastudio.com (415) 868-3569 www.mettayogastudio.com/mama	San Rafael	<b>Prenatal, postnatal, pelvic floor, nutrition, new mama support.</b>		A beautiful yoga studio space dedicated to new and expecting moms and parents to gather and build a community rooted in yoga and mindfulness practices.
Dana Schachter, CMT/RYT	dana@soulsanctuariesf.com (415) 722-3752 www.soulsanctuariesf.com	San Anselmo			Prenatal and postpartum massage. Craniosacral therapy for adults and newborns.  Yoga for fertility. Prenatal and postpartum yoga.  Offering private yoga classes- designing each class to meet the needs of the individual.
Marci Silverberg Pelvic Path Physical Therapy	info@pelvicpath.com (415) 233-8488 www.pelvicpath.com	San Rafael			Whole body orthopedics with Pelvic Health Specialty. Women and Men, all stages.

## Lactation Specialists

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Priya Bhasin, MST, OTR/L	priya@beginbalanced.com www.beginbalanced.com	Marin	Prenatal 1:1 and group sessions "Tongue to Toes" education on child development, hot topics in baby development, infant & baby gear/toys - all of the practical new baby information that you can avoid googling late night because you'll have learned it here!	Conversational Spanish	First 1000 days, tongue ties, oral motor therapy, manual therapy, peace of mind development sessions, prenatal education. Maternal occupational therapy.
Jennifer Darwin, Certified Doula, Licensed Nurse	jennifer@goldengatedoula.com (415) 805-1780 www.goldengatedoula.com	San Francisco	<b>Groups: Weekly Mom Circle</b> led by a Licensed Family Therapist. Monthly Dad support groups.  <b>Workshops: Postpartum Preparation, Newborn Care, Baby Wearing, Birth Affirmation Class, Infant Massage, Comfort Measures for Labor, Creating a Practical Birth Plan.</b>	Spanish Mandarin Portuguese	Childbirth Education, Postpartum Doulas, Night Doulas, Lactation Support, Perinatal Yoga, prenatal/postpartum massage, Herbal Sitz Baths, Yoni Steams.
Mollee Franklin, CD, CLE	Mollee@MarinDoulaServices.com (415) 572-4526 www.MarinDoulaServices.com	San Rafael	I teach childbirth education classes and offer private classes as well.		I offer birth doula services, lactation education and support and postpartum doula services.
Carole Hanson, IBCLC	CaroleHanson.LC@gmail.com (415) 328-6622	Novato	Support groups for <b>expectant and new parents of multiples</b> .  Private and small group breastfeeding classes. <b>Expecting Twins and Breastfeeding Twins</b> taught at UCSF, open to all expectant parents.	German	In-home Lactation Consultations, and private breastfeeding classes. As a mother of twins, I specialize in supporting pregnant and new parents with multiples.
Katie Howser, IBCLC	hello@katiehowser.com (415) 969-0264 www.katiehowser.com	Mill Valley		Aetna	



## Lactation Specialists (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Sandy Adler Killen, IBCLC, Pediatric RN	sandyadlerk@yahoo.com (415) 987-8900 www.sandyadlerlactationconsulting.com	Fairfax  Home Visits		Spanish	Experienced Kaiser Lactation Consultant and Pediatric RN providing prenatal and postpartum breastfeeding support.
Clara Love, CD(DONA) CLEC, RPYT (registered prenatal yoga teacher)	info@clara.love 336-508-9988 www.clara.love	North Bay  San Francisco  East Bay	<b>Bumps &amp; Babies Group:</b> Monthly hikes and gatherings with topics such as birth preparation, breastfeeding, postpartum preparation, prenatal yoga and mom and baby yoga. <a href="https://www.marindoula.team/events">https://www.marindoula.team/events</a>		I provide birth doula services, postpartum doula services, breastfeeding education and counseling, prenatal and postnatal yoga.
MarinHealth Lactation Center	(415) 925-7522 <a href="https://www.mymarinhealth.org/programs-services/pregnancy-childbirth/after-delivery/lactation-services/">https://www.mymarinhealth.org/programs-services/pregnancy-childbirth/after-delivery/lactation-services/</a>	Greenbrae	<b>Mom's Support Group:</b> Drop in, no fee. Tuesdays: 10:30-11:45 am. For Zoom link, email: yana.harootunian-cox@mymarinhealth.org		Outpatient lactation support for anyone with any private insurance (not Medi-Cal), 7 days a week. Hospital Grade Pump rentals available.
Ashley Merrill, CPM, CLC	ashleymerrill@gmail.com (971) 322-7398	Fairfax  Home Visits	Postpartum Preparation class series	Spanish	INNATE Postpartum Care Certified Practitioner and Certified Lactation Counselor. Holistic family-centered postpartum care to support thriving mothers and babies, rooted in traditional wisdom, enhanced by modern evidence. Education, home-visits, support groups.
Kelly Phipps, CLEC	kelly@milkwaddles.com (415) 412-5104 www.milkwaddles.com	San Rafael	<b>New Parent &amp; Baby Groups</b> (2-3 sessions offered throughout the year in Marinwood/Terra Linda for new parents and babies pre-crawling). <b>Childbirth Preparation</b> (coming soon).	Conversational French	Pregnancy, Birth, Postpartum, Breastfeeding, Childbirth Education, Full Spectrum Doula Support including Pregnancy Loss, Parenting, Infant Sleep, Infant Care.
Ellen Schwerin, MPH, IBCLC Happy Milk Lactation Support	ellen@happymilk.us (510) 730-2154 www.happymilk.us/	Home Visits		Aetna	Home visits for lactation consultations, prenatal and postpartum.

## Lactation Specialists (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Anne Sillcocks, CLC	annesillcocks@gmail.com (415) 317-4207	Mill Valley			Private lactation counseling, prenatal and postpartum breastfeeding education and counseling
Catherine Stone, CAPPA, Certified Lactation Specialist	motheringwisdom@gmail.com (415) 377-2162 <a href="https://motherangel.tumblr.com/about">https://motherangel.tumblr.com/about</a>	Fairfax			Birth Doula, preparation for birth with birthing skills (8 prenatal visits). Postpartum Doula, support for new mothers and babies. Lactation Specialist, support for lactation issues.
Juliana Stewart, IBCLC Registered Perinatal Nurse	julianawstewart@gmail.com (415) 524-6275 <a href="https://sites.google.com/prod/view/julianalc">https://sites.google.com/prod/view/julianalc</a>	Marin  Home Visits		Spanish	Lactation Consultant. In-home breastfeeding support. Prenatal private breastfeeding classes.
Cherie Visconti, IBCLC	cherie@bayareabirthworks.com (415) 509-6414	Marin County  Sonoma County  San Francisco	Private breastfeeding classes specializing in multiples.	Hungarian Aetna TLN	Private, home-visit pre- and postpartum breastfeeding consultations. Specializing in multiples. Pre/postpartum packages offered.

## Medical Provider - OB/GYN, Pediatricians

Name	Contact Info	Locations	Language / Insurance	Focus
Magnolia Pediatrics of Marin  Anika Sanda, MD Uta Kerl, MD Suzanne Christie, MD Mignon Parsons, MD	info@magnoliapediaticsofmarin.com (415) 380-8700 www.magnoliapediaticsofmarin.com	Mill Valley	Most insurance accepted.	Pediatricians
MarinHealth OBGYN	(415) 461-7800	Greenbrae Novato	Most insurance accepted.	A collaborative Midwife/OBGYN perinatal practice.

## Midwives

Name	Contact Info	Locations	Language / Insurance	Focus
Diane Holzer, LM, CPM, PA-C	midwife@laughingcrows.net (415) 721-7693 www.dianeholzer.com	Fairfax	Spanish	Prenatal, birth and postpartum.
MarinHealth OBGYN	(415) 461-7800	Greenbrae Novato	Most insurance accepted.	A collaborative Midwife/OBGYN perinatal practice.
Marin Community Clinic	(415) 448-1500	Novato San Rafael	Medi-Cal and uninsured women and families.	A collaborative Midwife/OBGYN perinatal practice.
The Midwives Childbirth Services	paula@themidwives.com (707) 287-2822 www.themidwives.com	Napa Santa Rosa		Any/all pregnancy and intra-partum and post-partum including any and all outcomes.

## Other Perinatal Services

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
April Blake Certified Biofeedback Specialist, Certified Light Therapist, Certified Grief Counselor	aprilblake88@gmail.com (415) 250-4681 <a href="http://inlight4life.com/about-april">http://inlight4life.com/about-april</a>	San Rafael  San Anselmo  Home visits	Monthly grief support groups will be coming soon.		Grief counseling, stress & pain reduction, brain balancing, self-care and life-style support.  Specialties include: Depression, anxiety, insomnia, wound healing, reduction of pain & inflammation, increase in circulation and skin issues.
Susan Bradford, LVN, CCE, CHD, CHT, Birth Ceremonialist	sbradford@sonic.net (415) 404-8700 <a href="http://www.thebirthjourney.net">www.thebirthjourney.net</a>	San Anselmo	Offering group and private sessions: <b>The Birth Journey: Holistic Childbirth Preparation</b> <b>Breastfeeding Basics</b> <b>Holistic Newborn Care</b> <b>Waxing Moon Mamas: Women's Pregnancy Circle</b>		Holistic Birth Preparation, Breastfeeding, Newborn Care Education Pregnancy Circles Birth Blessings & Baby Welcoming Ceremonies Private Consultations
Britt Fohrman, ERYT, Doula, Pleasure Coach	britt@brittfohrman.com (415) 412-2441 <a href="http://www.brittfohrman.com">www.brittfohrman.com</a>	San Francisco	Support Groups: <b>Women's Circles</b> in SF, as well as retreats in Northern California. <a href="http://www.thejuicyladies.com">www.thejuicyladies.com</a>  Workshop: <b>Preparing Your Vagina for Birth.</b>		Preconception, Pregnancy Loss, Pregnancy, Birth.
Karen Melton, Dip. HUM	starbear@sonic.net (707) 829-1764 <a href="http://www.KarenMelton.com">www.KarenMelton.com</a>	Santa Rosa	Conscious early parenting for pre-pregnant and pregnant. Parenting and Attachment support for parents.		Body-based healing for early trauma (pre-conception through infancy) Professional Supervision in the field of Pre and Perinatal Psychology. Cranial Sacral Healing for all Ages.

## Other Perinatal Services

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Postpartum Support Center	info@postpartumsc.org (415) 362-3623 www.postpartumsc.org	Novato	<p><b>Weekly Peer Support Groups</b> provide a safe and judgment-free environment for expectant/new mothers to express and share personal experiences, feelings, coping strategies and firsthand information.</p> <p>We offer educational classes/workshops to expectant and new parents and their support teams about PPD/PPA and assist them in building their strong postpartum support system.</p>	Spanish	Our focus is to help new parents and their support teams navigate through the postpartum period while educating them about PPD/PPA, promoting preventative care.

## Parent Coaching

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Danielle Aubin, LCSW	Danielle@danielleaubin.com 415-706-4235 www.presenceperinatal.com	Telehealth for CA and MN residents  Home visits for Marin residents only		Spanish	Psychotherapy during the perinatal period and for new parents. Specializing in neurodiversity, anxiety, depression, and parenting challenges.
Priya Bhasin, MST, OTR/L	priya@beginbalanced.com www.beginbalanced.com	Marin	Prenatal 1:1 and group sessions "Tongue to Toes" education on child development, hot topics in baby development, infant & baby gear/toys - all of the practical new baby information that you can avoid googling late night because you'll have learned it here!	Conversational Spanish	First 1000 days, tongue ties, oral motor therapy, manual therapy, peace of mind development sessions, prenatal education.  maternal occupational therapy.
Jackie Crown, L.Ac., CPD, Perinatal Health Coach	jackie@fourhouse.com (415) 847-2317 www.fourhouse.com	Telehealth  Home Visits			Pregnancy + Postnatal recovery care; postpartum prep sessions, mental health support.
Jennifer Curtis, CD(DONA), CIIM, RIE® Associate	jennifercurtis@heartfulbirth.com (415) 233-0671 www.heartfulbirth.com	San Rafael	<b>RIE® Before Baby™ and Parent-Infant Guidance™ classes</b> exploring Magda Gerber's Educaring Approach; Infant Massage Education. Private & group classes for parents and professionals.		Full-spectrum birth doula support; infant massage, early parenting and child development education for families and professionals. Supporting family empowerment and wellbeing in the perinatal year.
Alane Freund, LMFT	info@heartandmindequine.com (415) 203-6600 www.alanefreund.com/	Woodacre	<b>Highly Sensitive People and Horses</b> ; The Language of Love and Leadership; Speaking Horse for Youth.		Parenting Sensitive Children, Highly Sensitive People, Highly Sensitive and Anxious Children, New Parents' Support Group, Parents of Difficult Teens.

## Parent Coaching (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
From Pregnant to Parent Richelle Clayton (CD-L, CD-PIC, CBE, R-PLC, Sleep Coach)	hello@frompregnanttoparent.com www.frompregnanttoparent.com	Marin East Bay San Francisco	<b>Preparing for Parenthood</b> (For Expecting Parents) <b>Navigating the First Year</b> (Weekly Groups) <b>Rediscovering Yourself in Parenthood</b> (Group Program) <b>Empowered and Grounded</b> (Burnout and Identity Program)		Parental Burnout, Identity, Self-Care, Role and Identity Shifts, Vision and Goal Setting, Parenthood Transition, Parental Leave Transition, Division of Responsibilities, Perinatal Mental Health, Sleep Coaching.
Sarah Janoff-Brinn, LCSW	sarah@sarahjanoffbrinnlcsw.com (415) 228-6917 www.sarahjanoffbrinnlcsw.com	San Rafael		Preferra Insurance Company RRG Plan	Infertility, pregnancy, postpartum, and new motherhood
Megan Kaden, Psy.D	mkaden@gmail.com (510) 409-6981 megankaden.com	Mill Valley	<b>Rediscovering Sexuality After Baby:</b> Support, education & actionable advice for women.		
Deborah Kamins, Ph.D	deborah@drkamins.com (415) 518-4414 www.drkamins.com	Mill Valley	<b>Climate Anxiety Support Group:</b> Online support group for women struggling to manage their thoughts and feelings related to climate change and associated problems.		Emotional regulation, stress management, communication skills, and focused support for those struggling with issues related to pregnancy, postpartum, parenting, and/or life transition.
George Kolcun, LMFT	gkolcunmft@gmail.com (415) 810-7085 www.GeorgeKolcunMFT.com	Kentfield San Francisco			

## Parent Coaching (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Meghan Lewis, PhD	MeghanLewisPhD@gmail.com (510) 508-2976 www.MeghanLewisPhD.com	Sausalito			Preconception planning, pregnancy challenges, birthing options consultation, labor story integration through creative expression, postpartum preparation, intentional solo parenting (SMC), and LGBTQ+ family formation.
Madi Maguire, CD, CPD, CLEC	hello@babysavvy.co (415)706-2427 www.babysavvy.co	San Francisco			Daytime, in-home postpartum doula support Virtual doula support/new parent coaching Baby prep in the home/nursery prep.
A New Leaf Therapy Group Tracey Herman Broome, LMFT Ali Al-Zand, LMFT	tracey@newleaftherapist.com alia@newleaftherapist.com (415) 267-1885 www.anewleaftherapist.com	San Rafael			Using complementary trauma-informed psychotherapy approaches, including EMDR, IFS, CBT, and Psychodynamic therapy, we help individuals, couples, and families navigate the small bumps of life transitions and parenting consulting as well as process and grow from past traumas and loss.
Postpartum Support Center	info@postpartumsc.org (415) 362-3623 www.postpartumsc.org	Novato	<b>Weekly Peer Support Groups</b> provide a safe and judgment-free environment for expectant/new mothers to express and share personal experiences, feelings, coping strategies and firsthand information.  We offer educational classes/workshops to expectant and new parents and their support teams about PPD/PPA and assist them in building their strong postpartum support system.		Our focus is to help new parents and their support teams navigate through the postpartum period while educating them about PPD/PPA, promoting preventative care.



## Parent Coaching (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Alla Ramaswamy, M.Ed	allafox999@yahoo.com (760) 704-9910 www.instagram.com/psychology_and_arts	Telehealth	<b>Siblings Friendship</b> <b>How-to-not snap at your child</b> <b>How to speak so they listen</b> <b>Cleaning and organizing made enjoyable</b> <b>Creating an environment for sleep, play, study</b>	Russian	Relationship is the base for behavior at any age.
Daria Sievers, MSW, LCSW	daria.sievers@gmail.com (415) 302-9130 www.dariasievers.com	Fairfax		NASW RRG	Trauma-Informed Services. Grief, Loss, Trauma Repair, Post Traumatic Growth.
Annie Stephenson, PCD (DONA)  Mt Tam Mamas Postpartum Love	mt.tam.mamas@gmail.com (415) 377-4466	Mill Valley	Monthly talks featuring postpartum doula Annie and a featured specialist in the perinatal field, followed by a hike to build community with other mamas.	Certified postpartum and able to reimburse through Carrot and many employee sponsored FSAs	In-home and virtual daytime postpartum support to new and expanding families in Marin.

## Physical Therapy

Name	Contact Info	Locations	Support Groups & Workshops	Focus
Janette Cariad, PT	janette@nhpt.biz (510) 327-5730 <a href="http://www.nurturinghealthphysicaltherapy.com">www.nurturinghealthphysicaltherapy.com</a>	Telehealth		Pregnancy and postpartum physical therapy.
Carolyn Latham, DPT	carolyn@verityptw.com (615) 604-5367 <a href="http://www.veritypt.org">www.veritypt.org</a>	San Anselmo  Home visits throughout Marin		Sports and orthopedic physical therapist with specialty in pelvic floor pains and dysfunctions. I help the active woman navigate pregnancy and postpartum.
Alicia Roberts, MSPT	alicia@aliciapt.com (415) 578-5524 <a href="http://www.blossompt.com">www.blossompt.com</a>	San Rafael San Francisco	<b>Your Mommy Body</b> workshop for postpartum women <b>Your Pregnant Mommy Body</b> workshop for pregnant woman preparing for birth and improving recovery <b>Ab Rehab</b> - group postpartum rehab class for pelvic floor, core connection and strength, heal abdominal separations & incontinence, address posture.	Pregnancy and Postpartum Orthopedics & Pelvic Floor.
Marci Silverberg Pelvic Path Physical Therapy	info@pelvicpath.com (415) 233-8488 <a href="http://www.pelvicpath.com">www.pelvicpath.com</a>	San Rafael		Whole body orthopedics with Pelvic Health Specialty. Women and Men, all stages.

# Psychiatrists

Name	Contact Info	Locations	Language / Insurance	Focus
Robin Bitner, MD	robinbitnermd@gmail.com (415) 944-9132 www.robinbitnermd.com	San Rafael		Pregnancy, postpartum.
Melanie de Luna, MD	melaniedelunamd@gmail.com (415) 820-1696 www.melaniedelunamd.com	Corte Madera		Pre-conception planning, pregnancy, postpartum.
Elizabeth Elmschig, MD	elizabeth@elmschigmd.com (415) 295-2486 www.ElmschigMD.com	Corte Madera		Individual therapy and integrative psychiatry for pregnant and postpartum women and parents.
Nazineh Huff, MD	naz.huff@gmail.com (415) 830-4833 www.huffpsychiatry.com	Mill Valley	Farsi	Medication management while pregnant, considering pregnancy and after.
Tiffany Hwang, MD	tiffanyhwang.md@gmail.com (650) 713-2288 www.tiffanyhwangmd.com	Menlo Park		Reproductive psychiatrist with focus on safe prescribing and risk/benefit evaluations of psychiatric medications during preconception planning, pregnancy, breastfeeding, and infertility.
Linda Kim, MD	hello@moonmentalhealth.com (510) 214-2065 www.moonmentalhealth.com	Orinda		Medications in pregnancy postpartum period. Infertility Support Groups. Dr. Jen Sweet is also in the practice.
Kathryn Kinasz, MD	info@calpsychiatry.com 310-935-0754 www.calpsychiatry.com/kathryn-kinasz	Menlo Park		Child, adolescent and adult psychiatrist specializing in women's reproductive mental health (infertility, pregnancy, postpartum, parenting), eating disorders and ADHD.

## Psychiatrists (con't)

Name	Contact Info	Locations	Language / Insurance	Focus
Juliet Morgan, MD	info@calpsychiatry.com (310) 935-0754 www.calpsychiatry.com	Corte Madera  San Francisco		Psychiatrist and board certified neurologist. Specialization in women's reproductive mental health. Also specializes in integrative treatment of mood/anxiety disorders, ADHD, insomnia, trauma, neuropsychiatric illnesses.
Beatrice Rabkin, MD	info@calpsychiatry.com (310) 935-0754 www.calpsychiatry.com	San Francisco  Palo Alto		Psychiatrist specializing in women's reproductive mental health using a multimodal approach (mindfulness, yoga psychology and other integrative practices). Fellowship training in psychosomatic medicine at Stanford.
Gabrielle Taylor, MD	Gabrielle@gtaylorprofessional.com (415) 457-1910	San Rafael		Integrative Psychiatry for the Child, Adolescent, and Adult.
Emily Tejani, MD	drtejani@emilytejanimd.com (415) 510-2204 www.emilytejanimd.com	Corte Madera		Addiction Treatment for Women Parenting Support. Infant, Child, Adolescent, and Adult Psychiatry & Psychotherapy.
Kathy Waller, MD	Info@kathywallermd.com (415) 990-1579 www.kathywallermd.com	Corte Madera		Pregnancy and postpartum psychotherapy and psychiatric medication management.
Marie Giarratana Young, DrNP, MPH, MS	mgiarratanayoung@gmail.com (415) 289-6655	Corte Madera  Santa Rosa		Women's Health and Psychiatric Nurse Practitioner specializing in Women's Reproductive Mental Health, using an integrative model of care. Can provide women's health counseling, and psychiatric medication management.

## Psychotherapy Services and Support Groups

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Joanna Adler, Psy.D.	joanna.adler@yahoo.com (415) 203-9879 <a href="https://www.joannaadler.net/">https://www.joannaadler.net/</a>	Telehealth	The <b>Conscious Parenting</b> workshops are designed to help you navigate mindful parenting strategies, being on the same page as your co-parent, family dynamics, parenting a challenging child, and getting the support you need.		I offer psychotherapy and hypnotherapy for women and families. I also specialize in supporting women and families through the loss of a pregnancy or a baby.
Susan Allen, LMFT	susanallenlmft@gmail.com (415) 505-3541 <a href="http://www.susanallentherapy.com">www.susanallentherapy.com</a>	San Francisco  Corte Madera			Reproductive and maternal mental health: infertility and third-party family building; pregnancy and postpartum; parenting transition.
Danielle Aubin, LCSW	Danielle@danielleaubin.com 415-706-4235 <a href="http://www.presenceperinatal.com">www.presenceperinatal.com</a>	Telehealth for CA and MN residents  Home visits for Marin residents only		Spanish	Psychotherapy during the perinatal period and for new parents. Specializing in neurodiversity, anxiety, depression, and parenting challenges.
Michelle Baumgartner, LCSW, OTR/L	mbaumgartnerlcsw@comcast.net (415) 269-2213 <a href="http://www.michellebaumgartnertherapy.com">www.michellebaumgartnertherapy.com</a>	San Rafael			Pregnancy and postpartum anxiety and mood disorders, birth trauma, pregnancy loss.
Robin Joy Berenson, Ph.D, LMFT	rjberenson@cipmarin.org (415) 459-5999 <a href="http://www.robinjoyberensonphd.com">www.robinjoyberensonphd.com</a>	San Rafael			I work with pregnant women, postpartum, and pregnancy loss. I also work with women having difficulty conceiving.

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Deanna Bernard, LCSW	TeletherapyLCSW@protonmail.com (707) 749-0022 www.TeletherapyLCSW.weebly.com	Santa Rosa	<b>Women's Online Support Group</b> - a 10-week evening series offering self-care tools, group psychotherapy as well as experiential practices exploring changes in transition to motherhood.  <b>New mother support groups</b>		
Susan Bordon, LCSW, CLE	susan@kinspacefamily.com (415) 310-5131 www.kinspacefamily.com	Mill Valley  San Francisco	<b>Drop in Breast + Bottle Feeding Support Group</b> - This weekly 90-minute drop-in support group is open to new moms and inclusive of all feeding strategies. Meet parents in your community and get all of your questions answered.  <b>McMoyler Method Parent Prep Series</b> - Unpacking the essentials of childbirth prep, breastfeeding, newborn care and Infant CPR.		Pregnancy & postpartum. In home visits for PPD and anxiety.
Jenn Boyd, LMFT	jennboyd1mft@gmail.com (415) 375-0374	Telehealth			Reproductive & maternal mental health (infertility, pregnancy, postpartum & parenting transition); special focus in working with moms returning to a career.
Jessica Brown, LMFT	jessica@jessicabrowntherapy.com (510) 775-1200 www.jessicabrowntherapy.com	Berkeley			Pregnancy, postpartum individuals and couples
Sara Budin, AMFT	budinsara@gmail.com (415) 335-9185 www.holosinstitute.net/team/Sara-Budin/	Lagunitas			Pregnancy, postpartum, pregnancy loss, infertility.

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Annie Buxbaum, LMFT, Psy.D	dr.anniebuxbaum@gmail.com (707) 582-0701 www.anniebuxbaumtherapy.com	Santa Rosa			Pregnancy, postpartum, pregnancy loss, infertility.
Jennifer Chance, LMFT	jenniferchancetherapy@gmail.com (415) 734-6981 www.jenniferchancetherapy.com	San Francisco			Pregnancy, postpartum, pregnancy loss, infertility.
Mary Christy-Cirillo, LMFT	marymec33@yahoo.com (415) 613-6590	Sausalito Berkeley			Single Parenting, Donor Insemination, Birther, Infertility Issues, Pregnancy, Loss, Miscarriage, Postpartum Depression.
Dawn Daabul, LMFT	dawndaabulmft@gmail.com (628) 214-8283	San Rafael		Hebrew	Pregnancy, postpartum, pregnancy & infant loss.
Mark Edwards, LMFT	markedwardsmft@me.com (415) 456-6523 www.markedwardsmft.com	San Rafael			Child adolescent and adult psychotherapy. Parent coaching. Consultation services.
Boukje Eerkens, Psy.D	boukjeerkens@gmail.com (415) 272-3406 www.postpartumPTSD.com	San Rafael		Dutch	I provide assessment and treatment of depression, anxiety, and PTSD and hold specialized certificate training in perinatal psychology from Postpartum Support International (PSI).
Elizabeth Elmschig, MD	elizabeth@elmschigmd.com (415) 295-2486 www.ElmschigMD.com	Corte Madera			Individual therapy and integrative psychiatry for pregnant and postpartum women and parents.
Alane Freund, LMFT	alane@alanefreund.com (415) 203-6600 www.alanefreund.com www.areyouhighlysensitive.com	San Rafael  Woodacre	Monthly Q&A Webinars for Parents, Office & Equine-Assisted Therapy Groups for Parents, Highly Sensitive Parents, Sensitive & Anxious Children, HSPs & Horses weekends.		Temperament consultation/therapy, focus on high sensitivity and intensity. Equine, Office, & Tele-Mental Health. Equine work is especially helpful for couples and dads.

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Alexandra Geary-Stock, LCSW	alexandrapsychotherapy@gmail.com (415) 762-9093 www.alexandragearystock.com	San Francisco			I work with parents, new moms and those struggling with infertility, in particular the IVF process.
Cara Gereau, LMFT	caragereau@gmail.com (415) 578-0279 www.somatictherapymarin.com	Woodacre	<b>Equine Workshops and Support Groups for Children.</b>		Couples intensives, parenting and family challenges, divorce, co-parenting, preparation for parenthood, child, couples and family psychotherapy.
David Gottlieb, LMFT	dgottlieb4320@gmail.com (510) 421-1496 www.davidgottliebtherapy.com	Petaluma			I provide support to men as they transition into fatherhood as well as couples therapy for new parents.
Elizabeth Greason, LCSW	epgreason@comcast.net (415) 454-2636 www.traumapsychotherapy.com/elizabeth.html	San Anselmo			Postpartum, pregnancy, and trauma.
Ashley Halverson, LCSW, PMH-C	ashley@inclusivereproductivehealing.com (619) 568-2608 www.inclusivereproductivehealing.com	Telehealth		Aetna Cigna UHC/Optum	Pregnancy, postpartum, pregnancy loss, birth trauma, parenting support, infertility, reproductive grief and trauma, fathers, LGBTQ+. Perinatal Mental Health Certified and EMDR trained.
Katharine Hatch, PhD	drkhatch@gmail.com (415) 419-3539 www.drkhatch.com	San Rafael	<b>Pathways: A Postpartum Support Group</b> - six-week series offering support and ways to ease postpartum challenges. Offered virtually in affiliation with MarinHealth and open to women and babies under one-year-old.		Infertility and family building, including ART and 3rd party reproduction, Pregnancy-related issues, pregnancy loss, traumatic birth experiences, postpartum issues, adjustment to motherhood issues.



## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
<p>Headlands Psychotherapy Group</p> <p>Morgan Howson, LMFT Ellen Hathaway, LMFT</p> <p>For rest of staff names see website</p>	<p>therapy@headlands.group (415) 690-9668 www.headlands.group</p>	<p>Mill Valley</p> <p>San Francisco</p>	<p>Consultation groups for EMDR therapists.</p>	<p>Armenian Danish French German Russian Spanish</p>	<p>EMDR Therapy for PTSD and trauma recovery; perinatal/birth trauma; early attachment; parent/baby, parent/child. Individuals (toddler, child, teen, adult, later life), couples (EFT, Gottman and PACT), family therapy (for families with minors or adult children).</p>
<p>Sarah Janoff-Brinn, LCSW</p>	<p>sarah@sarahjanoffbrinnlcsw.com (415) 228-6917 www.sarahjanoffbrinnlcsw.com</p>	<p>San Rafael</p>		<p>Preferra Insurance Company RRG Plan</p>	<p>Infertility, pregnancy, postpartum, and new motherhood.</p>
<p>Pauline Jarakian, LMFT</p>	<p>pjarakian@aol.com (415) 246-4117 www.paulinejarakianmft.com</p>	<p>San Anselmo</p> <p>San Francisco</p>	<p><b>Support groups for new mothers</b> with postpartum depression and anxiety, navigating stressors, career, motherhood, attachment with baby. Emotional support and tools to decrease both anxiety and depression in a safe place.</p> <p>Offering workshops on <b>Infant Parent Therapy</b> and <b>Adult Attachment</b> to both professionals and patients.</p>		<p>Postpartum and Pregnancy Loss specialties. I work in collaboration with your team of healthcare providers. UCSF Perinatal is among my collaborating hospitals that I've worked with for decades.</p>
<p>Megan Kaden, Psy.D</p>	<p>mkaden@gmail.com (510) 409-6981 www.megankaden.com</p>	<p>Mill Valley</p>	<p><b>Rediscovering Sexuality After Baby:</b> Support, education and actionable advice for women.</p>		<p>Parent coaching, pregnancy, postpartum, fertility challenges. Couples therapy and individuals dealing with relationship issues.</p>
<p>Deborah Kamins, Ph.D</p>	<p>deborah@drkamins.com (415) 518-4414 www.drkamins.com</p>	<p>Mill Valley</p>	<p><b>Climate Anxiety Support Group:</b> Online support group for women struggling with emotional distress related to climate change.</p>		<p>Emotional regulation, stress management, communication skills, and focused support for those struggling with issues related to pregnancy, postpartum, parenting, and/or life transition.</p>

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Jamie Katoff, LMFT	jamielkatoff@gmail.com (415) 255-2502 www.jamielkatoffmft.com	San Rafael		Modern Health Lyra	Pregnancy, postpartum, couples therapy.
Margot Kirschner, Psy.D <b>Marin Perinatal Therapy</b>	drmargotkirschner@gmail.com (415) 504-2634 www.drmmargotkirschner.com	Corte Madera			I provide pregnancy, postpartum and early parenting support as well as support to men and women in the transition to parenthood.
Christina Klein, LMFT	christinakleinmft@gmail.com (415) 413-7352 https://www.christinakleinmft.com	Greenbrae			Reproductive and maternal mental health, Parental Leave Transition, Role and Identity Shifts, Work/Life Integration, Fair Play Method. Certified RETAIN Parental Leave Coach, Certified Fair Play Method Facilitator.
George Kolcun, LMFT	gkolcunmft@gmail.com (415) 810-7085 www.GeorgeKolcunMFT.com	Kentfield San Francisco			Emotionally Focused Couples Therapy, and empirically proven method to improve connection and relationship satisfaction.
Nancy Langley, LCSW	nancylangley07@comcast.net 415-267-7659	Novato San Francisco			Infertility, pregnancy and neonatal loss.
Larissa Laska-Ruebusch, Psy.D	info@illumepsychology.com (707) 216-1612 www.illumepsychology.com	Home based services			I provide home based, family centered neurodevelopmental assessment (including autism spectrum evaluations). I work with families from a neurodiversity affirming perspective.
Myriam Martinez, LMFT	myriam@myriammartinezmft.com (415) 235-2734 www.myriammartinezmft.com	Novato	<b>Postpartum Support Group</b> in Novato.	Spanish	Pregnancy and postpartum.

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Gina Borelli Moore, LMFT	gina@ginaborellimoore.com (415) 460-6390 www.ginaborellimoore.com	Corte Madera	<b>Pathways: A Postpartum Support Group</b> - six-week series offering support and ways to ease postpartum challenges. Offered virtually in affiliation with MarinHealth and open to women and babies under one-year-old.		Pregnancy, infertility, pregnancy loss, birth trauma, postpartum mood issues, postpartum adjustment, transitions moving from couple to parents, body image and eating disorders.  Individual, couples and family therapy.
Shannon Myers, LMFT, PMH-C <b>Marin Perinatal Therapy</b>	shannon@shannonmyers.com (415) 454-5191 www.shannonmyers.com  www.handsupport.org/events/event/north-bay-support-meetings.	San Rafael	<b>Free pregnancy loss support group</b> facilitated by HAND volunteers (Helping After Neonatal Death) every 3rd Wednesday from 7-9 pm virtually.  Pregnancy loss community events, rituals and retreats.		Infertility, pregnancy, postpartum adjustment and parenting support.  Grief therapy for pregnancy loss (including TFMR) and infant loss as well as pregnancy after loss.
Shannon Navarro, LMFT	navarromft@gmail.com (415) 850-8221 www.shannonmft.com	San Rafael			Grief and loss.
A New Leaf Therapy Group Tracey Herman Broome, LMFT Ali Al-Zand, LMFT	tracey@newleaftherapist.com alia@newleaftherapist.com (415) 267-1885 www.anewleaftherapist.com	San Rafael			Using complementary trauma-informed psychotherapy approaches, including EMDR, IFS, CBT, and Psychodynamic therapy, we help individuals, couples, and families navigate the small bumps of life transitions and parenting consulting as well as process and grow from past traumas and loss.
Lelah Nichol, LCSW	lelahnichol@gmail.com (415) 236-2145 www.Lelahnichol.com	San Rafael			Pregnancy, postpartum, parent infant and child attachment, issues pertaining to adjustment to motherhood and mothering in general.

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Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Lauren A. Ogren, LMFT	Laurenogrenmft@gmail.com (415) 488-6650 www.Laurenogrentherapy.com	San Rafael			Postpartum issues, depression, anxiety, trauma. Pregnancy anxiety, infertility support, EMDR, teens.
Nicole Ohebshalom, RN, LPCC	nicole@nicoleohebshalom.com (914) 843-6456 www.nicoleohebshalom.com	Telehealth			Infertility, pregnancy, traumatic birth, and postpartum using EFT for couples, sex therapy and EMDR. I was an RN in a fertility and endocrinology practice.
Kory Orlanski, LMFT	kory@koryorlanskimft.com (415) 294-4003 www.koryorlanskimft.com	Mill Valley Home Visits			Adjustment, mood, and anxiety during pregnancy and postpartum periods. Transition to parenthood, parenting support, and relationship stressors.
Judy Pasdach, LCSW	judy.pasdach@gmail.com (415) 312-1176 www.judypasdach.com	Petaluma		Aetna United	Support for Perinatal Mood and Anxiety Disorders and Specializing in Pre-term and Medically Complex Birth.
Sydney McCall Patel, LMFT	Sydney.mccall@gmail.com (415) 717-1483 www.marinpostpartumtherapy.com	Mill Valley	<b>Marin Mama Support Group</b> - A drop-in support/therapy group for mama's dealing with PPD/Anxiety.		Perinatal mood disorders.
Margaret Perlstien, LMFT	mspmft@comcast.net (415) 531-6097 www.margaretperlstienmft.com	Corte Madera			Support for moms or couples going through pregnancy or newborn loss, difficulties transitioning into parenthood, postpartum depression, and adjustment into a new family structure.
Tessa Pickard, LCSW	tessahpickard@gmail.com (415) 793-9222	Mill Valley			Pregnancy & Postpartum, Infant-parent mental health, attachment, early childhood development.

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Susan Quigley, LMFT	susanquigleymft@gmail.com (415) 722-5525 www.susanquigleymft.com	San Rafael			Infertility, adoption, parenting, anxiety and depression, grief and loss.
Ceres Rutan, Psy.D	ceresrutan@gmail.com (415) 820-1585	Petaluma			Pregnancy support, infertility, postpartum depression and anxiety, birth trauma, couples therapy for parents, divorce Mediation, co-parenting counseling.
Lee Safran, LMFT	leesafranmft@gmail.com (510) 496-6096 www.leesafran.com	Kensington			Specializing in infertility, PMADs, birth trauma, TFMR, pregnancy and infant loss and early parenting. I also offer adjunctive ketamine assisted psychotherapy (KAT).
Claire Sebastian, LCSW	clairesebastianlcsw@gmail.com (415) 529-6560 www.clairesebastianlcsw.com	Corte Madera	<b>Planning for Postpartum Wellness</b> classes.	Lyra	Pregnancy and PPMDS: postpartum depression, anxiety, and panic disorder. Identity issues, relationship conflicts, and work/life balance.
Jenny Shully, LCSW	jenshully@gmail.com (707) 345-6565	Napa		United Aetna Kaiser NorCal	Pregnancy, postpartum, pregnancy loss, infertility, traumatic birth.
Daria Sievers, MSW, LCSW	daria.sievers@gmail.com (415) 302-9130 www.dariasievers.com	Fairfax		NASW RRG	Trauma-Informed Services. Grief, Loss, Trauma Repair, Post Traumatic Growth.
Claudia Six MA, Ph.D	claudia@drsix.net (415) 453-6218 www.drsix.net	Telehealth		French	Decreased intimacy & relationship challenges after a baby, infertility and its impact on the couple, sex on command, body image, different sexual sensations after childbirth, libido.

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Megan Spence, Psy.D, PMH-C	meganspence@cultivatetogetherpsychology.com 415-275-1928 www.cultivatetogetherpsychology.com	Telehealth			Women's health issues across the lifespan (reproductive stress, PMDD, perinatal mood disorders, family planning and pregnancy decision making, birth trauma, menopause), trauma, and couples therapy.
Caitlin Steele, LCSW	Hello@CaitlinSteeleLCSW.com (415) 523-9939 www.CaitlinSteeleLCSW.com	Sebastopol			Mental health services for those experiencing infertility, pregnancy loss, and those experiencing mood disorders during or after pregnancy.
Shelly Stolesen, Ph.D	drstolesen@me.com (415) 888-8084 www.drshellystolesen.com	Mill Valley			Psychotherapy for postpartum depression and anxiety, miscarriage, infertility, pregnancy loss, and other issues. I provide therapy to help women navigate the birth process and beyond.
Jessica Strassman, LCSW	jessica@strassman.com (415) 378-7085 www.marinkidstherapy.com	San Rafael	Support groups offered for <b>parents of children with learning and behavioral challenges.</b>  Workshop offered for <b>parents of children with ADHD.</b>		Therapeutic services: individual, children (age 4-18), and family work to manage feelings around pregnancy, pregnancy loss, and adjustment for siblings. Specific expertise in adoption and post adoption.
Hannah Stutz, LCSW	hannah@hannahlcsw.com (415) 237-3421 www.hannahlcsw.com	San Francisco		Lyra	I focus on providing trauma-informed therapy to those who are pregnant, postpartum, have experienced termination or loss, or parenting burnout.
Gabrielle Taylor, MD	Gabrielle@gtaylorprofessional.com (415) 457-1910	San Rafael			Integrative Psychiatry for the Child, Adolescent, and Adult.

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Katherine Taylor, Psy.D, PMH-C	Katie@lilysupport.com (415) 273-9233 <a href="http://www.psychologytoday.com/us/therapists/katherine-taylor-san-francisco-ca/700251">www.psychologytoday.com/us/therapists/katherine-taylor-san-francisco-ca/700251</a>	Novato	<b>Motherhood &amp; You:</b> The first 6 months: six- week skills -based therapy group for new moms.	Optum/United Sliding Scale	Adjustment, mood and anxiety during pregnancy/postpartum periods.
Thought Partners, Inc.  <i>Psy.D's:</i> Laura Tabak Alyssa Steiger Shelly Wold  <i>Psychological Associates:</i> Julianne Guida, PsyD Jessie Curtner, AMFT Evan Lutz, AMFT	info@mythoughtpartners.com (415) 991-3443 <a href="http://www.mythoughtpartners.com">www.mythoughtpartners.com</a>	Kentfield			Pregnancy, Postpartum, EMDR, Healing from trauma, traumatic birth, fertility, pregnancy, pregnancy loss, postpartum mood disorders, transition to parenthood, parenting support, infertility.
Janelle Torres, LCSW	janelletorreslcsw@gmail.com (510) 473-7575 <a href="http://www.janelletorreslcsw.com">www.janelletorreslcsw.com</a>	San Rafael		Spanish	I have experience in working with mental health and psychosocial stressors during pregnancy and postpartum period.
Vanessa Vertin, Ph.D, LMFT	vanessavertin@aol.com (415) 807-9063 <a href="http://www.clearcenterofhealth.com/vanessa-vertin-phd/">www.clearcenterofhealth.com/vanessa-vertin-phd/</a>	Mill Valley  San Francisco			Infertility, pregnancy, postpartum, pregnancy loss, abortion, adoption, parenting, couple issues, "alternative" family forms/various ways to build the family you want.
Ali Vogt, LMFT <b>Marin Perinatal Therapy</b>	ali@alivogt.com 510-527-1918 <a href="http://www.alivogt.com">www.alivogt.com</a>	San Rafael	<b>New Parents and Babies Support Group</b>  Fairfax. No charge, drop in group.		Pre and postpartum. Birth trauma. Divorce, and single parenting. Postpartum psychosis. Terminal illnesses. Supervision of associates.

## Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Kathy Waller, MD	Info@kathywallermd.com (415) 990-1579 www.Kathywallermd.com	Corte Madera			Pregnancy and postpartum psychotherapy and psychiatric medication management.
Maya Weir, Psy.D	drmayaweir@gmail.com (510) 398-0497 www.drmayaweir.com	Napa			Pregnancy and postpartum.
Jenny Werba, APCC, AMFT  Supervised by Ali Vogt LMFT 47693	jennywerba@gmail.com (415) 612-8889 www.jennywerba.com	Telehealth		Sliding Scale	Fertility, pregnancy, postpartum, birth trauma, pregnancy loss.
Melissa Whippo, LCSW	melissawhippo@gmail.com (415) 517-0959 www.melissawhippo.com	San Anselmo	<b>The Soma Mama</b> , a 2-hour yoga practice and support group for mamas with little ones age 0-3. Children are welcome to attend with their mamas. Held throughout the Bay Area. Please see FB page for event dates/times.	Spanish	I offer therapeutic support for mood concerns during pregnancy and postpartum. At the Center for Transformational Psychotherapy we do Ketamine Assisted Psychotherapy research.
Bridget Whitlow, LMFT	bridget@bridgetwhitlow.com (415) 827-0283 www.bridgetwhitlow.com	Corte Madera			Eating disorders, pregnancy, postpartum, anxiety.
Marie Giarratana Young, DrNP, MPH, MS	mgarratanayoung@gmail.com (415) 289-6655	Corte Madera  Santa Rosa			Women's Health and Psychiatric Nurse Practitioner specializing in Women's Reproductive Mental Health, using an integrative model of care. Can provide women's health counseling, and psychiatric medication management.
Leila Zwelling, LCSW, PMH-C	leila@leilazwelling.com (415) 851-7352 www.leilazwelling.com	Kentfield			infertility, pregnancy loss, pregnancy and postpartum mood and anxiety disorders.