



## **Portland Metro Resource List 2010**

*The following care providers have special interest in treating and serving women experiencing pregnancy/postpartum issues, including depression and anxiety (PPD and PPD/A).*

*Baby Blues Connection cannot recommend any specific intervention.*

*We suggest you call the provider and discuss your exact needs and concerns.*

### **Baby Blues Connection Message Line**

Leave a message and a trained volunteer will call you back to offer a sympathetic ear, support, information and resources.

Leave a message 24 hours a day

503-797-2843 – Portland

360-735-5571 – Vancouver

### **24- Hour Mental Health Crisis Hotlines**

Multnomah County 503-988-4888

Washington County 503-291-9111

Clackamas County 503-696-9560

Clark County 360-696-9560

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## **National Organizations**

### **Postpartum Support International**

**Helpline: 1-800-944-4PPD (4773)**

English & Español

Business Office Phone: 1-805-967-7636

P.O. Box 60931

Santa Barbara, CA 93160

[www.postpartum.net](http://www.postpartum.net)

Phone and email support, information, links, and worldwide resources.

### **Recovery, Inc.**

1-312-337-5661

National Headquarters

802 N Dearborn St.

Chicago, IL 60610

[www.recovery-inc.com](http://www.recovery-inc.com)

Mental health self-help program for depression, anxiety, or stress.



## **Postpartum Services**

### **Renaissance Childbirth and Postpartum Professionals**

Angi Gunther, Support Coordinator and Childbirth Educator

503-493-7390

[hello@renchildbirth.com](mailto:hello@renchildbirth.com)

[www.renchildbirth.com](http://www.renchildbirth.com)

Provide Birth and Postpartum Doula services with special interests in supporting moms with depression and anxiety. Servicing Portland, Vancouver and Salem areas.

### **Postpartum Care Services**

#### **Vicky York, IBCLC, CPD**

P.O. Box 15221

Portland, OR 97239

503-320-5811

[vmyork@yahoo.com](mailto:vmyork@yahoo.com)

[www.vickyorkpostpartumdoula.com](http://www.vickyorkpostpartumdoula.com)

[www.ikarma.com/user/vmyork](http://www.ikarma.com/user/vmyork)

Work with perinatal mood disorders, twins, first or later births, breastfeeding and gay couple support.

### **Care Givers Placement Agency**

503-244-6370

10211 SW Barber Blvd. 110A

Portland, OR 97219

[sharyn@cgpa.com](mailto:sharyn@cgpa.com)

[www.cgpa.com](http://www.cgpa.com)

Offering screened, trained experienced nannies to provide the support and help you need.

### **ABC Doula Service**

#### **Kimberly Bepler**

503-752-1691

P.O. Box 2732

Wilsonville, OR 97070

[www.abcdoulaservice.com](http://www.abcdoulaservice.com)

[Kimberly@abcdoulaservice.com](mailto:Kimberly@abcdoulaservice.com)

We serve families with newborns through several months of age, providing care for new moms as the rest, recoup and nurture their little ones. We focus our care on the new mother, meeting her need for support, instruction and practical care. We are non-clinical providers, non-judgmental nurturers and take great care of tired new moms!

### **Mothertree Birth Services**

503-343-9911 Portland

360-635-5666 Vancouver

[www.mothertreebirth.com](http://www.mothertreebirth.com)

Provides pregnancy, birth and postpartum doula support.



**Courtney Jarecki**  
**Full Moon's Daughter**

503-737-8834

Northeast Portland

Portland, Or 97211

[courtney@fullmoonsdaughter.com](mailto:courtney@fullmoonsdaughter.com)

[www.fullmoonsdaughter.com](http://www.fullmoonsdaughter.com)

Full Moon's Daughter and I work to create sacred space for a mother and her emerging family through doula services, childbirth education workshops, Blessingways, and Reiki healing. A Portland, Oregon based mother-baby organization, Full Moon's Daughter celebrates and honors the journey of all women as they walk their individual path towards motherhood.

**Misty Menashe**  
**Nationally Certified Child Passenger Safety Technician**

[pdxcarseatmama@hotmail.com](mailto:pdxcarseatmama@hotmail.com)

503-285-0887

Misty provides local free car seat use and installation assistance. Misty can also provide answers to the challenges of fitting multiple child car seats in a vehicle, best use practices, type of car seat to purchase and recall notifications. As a mother of three, and survivor of postpartum depression and anxiety - she can and will be sensitive to meeting your child safety seat needs. Serving the Portland Metro Area (including Vancouver, WA.)

**Ruby Sky Baby Sleep Coaching**  
**Suzanne Hansen RN BSN**

[www.rubyskycoaching.com](http://www.rubyskycoaching.com)

[Suzanne@rubyskycoaching.com](mailto:Suzanne@rubyskycoaching.com)

503-720-5652

Ruby Sky Baby Sleep Coaching offers compassionate support and sleep coaching for families with infants through school age children experiencing sleep deprivation and exhaustion. Our customized sleep plans support a wide variety of parenting philosophies. We work with families that are seeking assistance with weaning while still maintaining a family bed, to families that want support helping their children to fall asleep independently in their own room. We provide email support daily, and normally return all requests by email or phone in less than 24 hours.



## **Medical/Hospital Services & Support**

### **Hands on Medicine**

#### **Shelda Holmes, FNP**

503-281-0308

5311 N. Vancouver

Portland, OR 97217

[info@handsonmedicine.net](mailto:info@handsonmedicine.net)

[www.handsonmedicine.net](http://www.handsonmedicine.net)

Family practice clinic providing primary care including well-child checks, immunizations, chronic disease management, physicals, women's health, family planning, contraceptive counseling and prescription; counseling regarding child vaccination schedule.

### **Kaiser Permanente Medical Social Workers**

Beaverton OB/GYN Clinic:

503-520-4906 (Advice Nurse)

503-350-2450 (Appointments)

Sunnyside Medical Center: Maternity & Women's Health

503-571-4753

Mt. Tabor OB/GYN Clinic:

503-571-2616

Rockwood and Division OB/GYN Clinic:

503-674-4750

East Interstate OB/GYN Clinic:

503-280-5053

Cascade Park & Salmon Creek OB/GYN Clinic:

360-571-4241

Support & counseling resources are available for Kaiser members who are experiencing depression and/or anxiety during and after their pregnancy. Our women's health social workers are available in most OB/GYN clinics and can coordinate care with your medical provider. Our supportive services also address infertility, domestic violence, grief/bereavement and plans for adoption. Surrogacy, high-risk pregnancies and pregnancy options counseling.

### **Kaiser Permanente Sunnyside Medical Center Classes**

#### **Labor & Delivery**

503-286-6816

10180 SE Sunnyside RD.

Clackamas, OR 97015

Birth preparation, birth refresher, dads to be, breastfeeding, breastfeeding for working mothers and more.



**Providence St. Vincent**

New Mom Groups and Classes

503-216-4033

9155 SW Barnes Rd. Suite 730

Portland, OR 97225

[www.providence.org/oregon/classes](http://www.providence.org/oregon/classes)

**Legacy Emanuel**

Hospital & Health Center

503-413-2200

2801 N. Gantenbein Ave.

Portland, Or 97227

[www.legacyhealth.org](http://www.legacyhealth.org)

Childbirth, parent education, baby-care, breastfeeding, adoptive family baby care, cesarean births, vaginal births after cesarean, multiples births, water aerobics for pregnant women.

**Tuality Healthcare**

503-681-1700

335 SE 8<sup>th</sup> Ave.

Hillsboro, OR 97123

[www.tuality.org](http://www.tuality.org)

Tuality provides support groups for breastfeeding and parenting infants and toddlers. They also offer a depression support group. No fees for services.

**Adventist Medical Center**

503-256-4000

10123 SE Market St.

Portland, OR 97216

[www.adventisthealthnw.com](http://www.adventisthealthnw.com)

Family and parenting classes, including infant CPR, breastfeeding, newborn care and caesarian birth.



## **Support Groups**

### **Baby Blues Connection Support Groups**

503-797-2843

360-735-5571

P.O. Box 1122

Portland, OR 97207-1122

[info@babybluesconnection.org](mailto:info@babybluesconnection.org)

[www.babybluesconnection.org](http://www.babybluesconnection.org)

Meetings are led by trained facilitators and embrace a mom-to-mom support model. The group also offers literature, resources and guest speakers. Please call the Baby Blues Connection message line for more information. No fee for services.

### **Brief Encounters**

503-699-8006 (English)

503-419-6299 (Spanish)

2116 NE 18<sup>th</sup> Ave.

Portland, OR 97232

[www.briefencounters.org](http://www.briefencounters.org)

Support group for parents dealing with infant loss of every kind.

### **Full House Moms**

503-972-1346

[support@fullhousemoms.com](mailto:support@fullhousemoms.com)

[www.fullhousemoms.com](http://www.fullhousemoms.com)

A non-profit support group designed to educate, assist and support parents, expectant parents and legal guardians of multiple birth children.

## **Counseling**

### **Paula Acker, LCSW**

503-940-5777

1962 NW Kearney St., Suite 104

Portland, OR 97209

[ackerp@comcast.net](mailto:ackerp@comcast.net)

[www.paulaacker.com](http://www.paulaacker.com)

Counseling for women and couples experiencing infertility, adoption and third party reproduction. Works with women who have lost pregnancies, including failed IVF or chemical pregnancies. Also has experience counseling cancer patients who are looking into reproductive options.



**Mari Alexander, PA-C, LMFT**

503-523-9630

1318 NW 20<sup>th</sup> Ave. Suite A

Portland, OR 97209

[marialeaxnder1952@yahoo.com](mailto:marialeaxnder1952@yahoo.com)

Individual counseling for pregnant moms who want to prepare for the birth of the child and their new role as a mother. Couple counseling to help couples ready themselves for birth and parenthood.

Counseling for moms who are overwhelmed after the birth or feeling sad, fearful or anxious. I enjoy supporting moms to be the best moms they want to be. Sliding fee scale.

**Csilla Andor, LCSW**

Corvallis and Eugene

541-231-4343

[Csilla@Fourth-Trimester.com](mailto:Csilla@Fourth-Trimester.com)

[www.Fourth-Trimester.com](http://www.Fourth-Trimester.com)

Specializes in treating emotional difficulties related to pregnancy, the postpartum period, miscarriage, pregnancy and infant loss, infertility and adoption.

**Britt K. Anderson, PhD**

503-977-7925

04 SW Hamilton St.

Portland, OR 97239

[britt@andersoncounseling.net](mailto:britt@andersoncounseling.net)

[www.andersoncounseling.net](http://www.andersoncounseling.net)

Licensed psychologist providing assessment and treatment for individuals, couples and families, specializing in pregnancy and postpartum issues.

**Raizie Axman, MA, LPC, NCC**

503-245-8633

3434 SW Kelly

Portland, OR 97239

[raxman@comcast.net](mailto:raxman@comcast.net)

Individual and couples therapy providing assessment, education and counseling. Referral to other providers as needed.

**Rebecca Coren, MA**

**Coren Counseling**

503-880-7706

Marriage, Family and Child Psychotherapist

2929 SW Multnomah Blvd, Suite 105

Portland, OR 97219

[corenmail@corencounseling.com](mailto:corenmail@corencounseling.com)

[www.corencounseling.com](http://www.corencounseling.com)

Individual, couple and family therapy to pregnant women and their partners, new parents adjusting to parenthood with all the changes, physical, emotional and spiritual that becoming a parent can bring. Specialize in postpartum depression, raising twins and high need children.



**Wendy Newhouse Davis, PhD**

503-246-0941

7239 SW 34<sup>th</sup> Ave.

Portland, OR 97219

[wdavis@postpartum.net](mailto:wdavis@postpartum.net)

Oregon coordinator for Postpartum Support International. Specializes in supporting women and their families through pregnancy, birth and postpartum, encouraging prevention, recovery, and hope. Provides consultation and professional training and coordinates with medical providers.

**Britta Dinsmore, PhD**

503-913-4791

7929 SW 37<sup>th</sup> Ave., Suite. D

Portland, OR 97219

Provides individual, couples and group therapy within a team framework, including a psychiatric component. Practice addresses postpartum depression, sleep difficulties, infertility and parenting issues. Psycho-education is emphasized to provide understanding symptoms, reduce self-blame and mobilize support resources.

**Kate Donchi, MS, LMFT**

503-708-1657

2250 NW Flanders St., Suite 105

Portland, OR 97210

[www.katedonchi.com](http://www.katedonchi.com)

Provides individual, couples, family and group therapy to adults, adolescents and children. Emotional support and problem solving focused on the enormous personal relationship changes that come with having a new baby. M-F 9 a.m. - 8 p.m. Sliding fee scale.

**Lesley Alter, LCSW**

**Energy Matters**

503-624-1974

9860 SW Hall Blvd., Suite B

Tigard, OR 97223

also

530-286-1004

8532 N. Ivanhoe, Suite 203

Portland, OR 97203

[lalter@energymatterspdx.com](mailto:lalter@energymatterspdx.com)

[www.energymatterspdx.com](http://www.energymatterspdx.com)

Provides brief, solution-focused therapy to individuals and families coping with depression, self-esteem, co-dependency and relationship problems. Also provides energy work in using the body to heal itself from trauma, depression, and anxiety. Special interest in postpartum and prenatal depression as well as birth trauma and fertility issues.



**Jill Fancher, PhD, Psychology Resident**

360-713-6121

Evergreen Behavioral Health

4400 NE 77th Ave, Ste 275

Vancouver, WA 98662

[jill@evergreenbehavioralhealth.com](mailto:jill@evergreenbehavioralhealth.com)

[www.evergreenbehavioralhealth.com](http://www.evergreenbehavioralhealth.com)

Individual and group therapy, helping with chronic pain and illness, stress, tension, fatigue, insomnia, weight and well-being, depression, and/or anxiety and prenatal or postpartum depression.

**Sally Gardner, LCSW**

Certified Imago Couples Therapist

503-233-3042

1725 SE Tenino St.

Portland, OR 97202

[sallygardnerlcsw@mac.com](mailto:sallygardnerlcsw@mac.com)

<http://web.mac.com/sallygardnerlcsw/iWeb/Site/Home.html>

Offers women a place to explore and heal from feelings of postpartum depression, pregnancy loss, parenting issues and infertility. Individual counseling gives women the needed support to reconnect with themselves and stay connected to their babies. Certified Imago therapist working with couples.

**Melissa Grossman, MS, LPC**

503-788-7997

6491 SW Capitol Highway

Portland, OR 97239

[melissagn@comcast.net](mailto:melissagn@comcast.net)

Individual, couples, family and group counseling. Special interest in supporting women for whom pregnancy and childbirth has brought up issues related to eating disorders, body image and trauma/sexual abuse.

**Audrianna J. Gurr, MS, NCC**

503-475-4005

1220 SW Morrison St., Suite 1201

Portland, OR 97205

[audriannaj@gmail.com](mailto:audriannaj@gmail.com)

[www.gurrcounseling.com](http://www.gurrcounseling.com)

Counseling and support for individuals and couples experiencing anxiety, depression and/or stress due to challenges. Special interest in postpartum issues, grief/loss (including miscarriage, infant loss), addictions work (chemical and gambling) and counseling for interpersonal communications. Methods include: DBT, CBT, mindfulness, motivational interviewing and solution focused work.



**Victoria Lane, PsyD**

503-449-1710

7505 SW Beveland St., Suite 205

Tigard, OR 97223

[victoria.lane@comcast.net](mailto:victoria.lane@comcast.net)

Licensed psychologist with a private practice in Tigard. Specializes working with women and couples coping with PPD and pregnancy issues, fertility and miscarriage. Sliding fee scale.

**LifeCircle Counseling and Consulting, LLC**

**Cynthia Good Mojab, MS, IBCLC, RLC**

*Cynthia is on maternity leave*

P.O. Box 5803

Aloha, OR 97006

[admin@lifecirclecc.com](mailto:admin@lifecirclecc.com)

[www.lifecirclecc.com](http://www.lifecirclecc.com)

Focusing on mental health needs of women during their reproductive years, including pregnancy loss and infant loss; mothering children with special needs; breastfeeding loss and emotional discomfort with breastfeeding; attachment and maternal development; communication, and perfectionism.

**Jennifer Linnman, LCSW**

503-490-1364

1962 NW Kearney St., Suite 106

Portland, OR 97209

[jrawlins@smith.edu](mailto:jrawlins@smith.edu)

Education for parents, individuals, attachment based parenting techniques for parents and/or mother/infant dyads. Play therapy for children ages 3+ i.e. Siblings living with PPD.

**Irma E. Llanes, MA**

503-332-3394

7155 SW Varns St., Suite 211

Tigard, OR 97223

[irmallanes@verizon.net](mailto:irmallanes@verizon.net)

Strength-based approach for individuals, couples and families. Bilingual in Spanish and English. Individual, Child & Family Therapist specializing in working with emotional trauma, domestic violence, depression, parenting, behavioral problems, foster care, life transitions and personal growth. Provides healing through language specific and culturally responsive counseling. Connected with community resources and services including those in the Latino community.



**Lindsay McGrath, MS**

503-860-2239

1305 NE Fremont St.

Portland, OR 97212

[portlandfamilytherapist@gmail.com](mailto:portlandfamilytherapist@gmail.com)

[www.portlandfamilytherapist.com](http://www.portlandfamilytherapist.com)

I provide mental health therapy for the whole family: individuals, couples, families and group therapy. I primarily work with the pre and postpartum depression, anxiety and transitions to parenthood. I have a special interest in bonding with baby while depressed. Adjustment to parenthood, marital therapy, infertility, miscarriage, parenting issues and parenting skills and birth trauma. Sliding fee scale.

**Kate McNulty, LCSW**

503-295-6265

1020 SW Taylor St., Suite 370

Portland, OR 97205

*also*

1235 SE Division St.

Portland, OR 9720

[katemcn@comcast.net](mailto:katemcn@comcast.net)

[www.portlandcoachingandcounseling.com](http://www.portlandcoachingandcounseling.com)

Provides counseling and support to individuals and couples dealing with depression, anxiety, role transitions and isolation. Special interest working with pregnancy and postpartum issues with emphasis on mindfulness meditation.

**Mychelle Moritz, ATR-BC, LPC**

971-344-7527

1614 NE Alberta St.

Portland, OR 97211

[mychelle@nurturepdx.com](mailto:mychelle@nurturepdx.com)

[www.nurturepdx.com](http://www.nurturepdx.com)

Provides art therapy and counseling to women and families. Support for transitioning to parenthood or expanding the family. Special interest in pregnancy, birth, postpartum, birth trauma and emotional birth preparation. Sliding fee scale available.

**Motherroots Counseling**

**Gaby Donnell, LCSW**

503-287-2295

**Laurie Cox, LCSW**

503-819-6354

823 NE Broadway St.

Portland, OR 97232

[www.motherrootscounseling.com](http://www.motherrootscounseling.com)

Provide individual counseling, workshops and consultation related to pregnancy, adoption, birth and postpartum adjustment. Healing from birth trauma and fertility issues. Work with lesbian moms.



**Brooke Noli, MA, MFT**

971-645-1180

226 NE Graham St.

Portland, Oregon 97212

[www.portlandcounselor.net](http://www.portlandcounselor.net)

[bnoli@earthlink.net](mailto:bnoli@earthlink.net)

For years, Brooke was an apprenticing midwife and labor doula until she finally pursued her interest in psychology and therapy. Now Brooke has a masters degree in therapy, and her private practice focuses on therapy for individuals and the life-cycle transitions associated with pregnancy, birth, and postpartum. In order to help make therapy available to anyone who desires it, Brooke offers a sliding scale fee.

**Orange Dot Counseling**

**Molly Padulo, MA**

503-402-1855

1962 NW Kearney St. Suite 103

Portland, OR 97209-1466

[molly@orangedotcounseling.com](mailto:molly@orangedotcounseling.com)

[www.orangedotcounseling.com](http://www.orangedotcounseling.com)

Support and resources are provided to women and couples experiencing depression and anxiety during pregnancy and/or after birth. Special attention is also given to women and couples preparing for pregnancy and the dynamic shift that happens. Baby-proofing relationships and partnership building is emphasized.

**Psychological Service Center of Pacific University**

503-352-2400

511 SW 10<sup>th</sup> Ave. Suite 400

Portland, OR 97205

[www.pscpacific.org](http://www.pscpacific.org)

Offers both individual and group counseling dealing with depressive and anxiety disorders, as well as medication evaluation with a psychiatric nurse practitioner for those actively involved in psychotherapy. Sliding fee is available for all services.

**Carol R. Stampfer FNP, PMHNP**

503-244-7739

833 SW 11th Ave. #620

Portland, Oregon 97205

[www.carolstampfer.com](http://www.carolstampfer.com)

Evaluations, psychiatric medication management and psychotherapy for men and women. Special interests in prenatal and postpartum adjustment issues, ADHD, anxiety and adolescent/young adult emotional challenges. Psychotherapy is based in a biologic, family structure and cognitive behavioral theories. I also teach mindfulness skills.



**Diane N. Solomon, PMHNP, CNM**

503-224-3438

833 SW 11th Ave., Suite 925

Portland, OR 97205

Offers psychiatric evaluation and treatment, including specialized interest in pregnancy and postpartum issues.

**Amy Stoeber, PsyD**

503-653-5205

10001 SE Sunnyside Rd., Suite 140

Clackamas, OR 97015-5746

Child and family psychologist specializing in working with children ages 0 to 18 and their families in either individual, family or group settings with special attention on healthy attachment.

**Thelma Vega, MA**

503-888-3679

6124 SE Milwaukie Ave

Portland, OR 97202

[thelma\\_cit@comcast.net](mailto:thelma_cit@comcast.net)

Provides individual counseling to women with issues including: life transitions, depression, anxiety, parenting, self-esteem, recovery from an addiction, cross-cultural issues, and communication in relationships. My approach is collaborative and holistic. I assist women to re-connect with their inner knowledge and understand the influence of body, mind and spirit aspect of herself.

**Paula Wagenbach, PsyD**

503-421-0092

1818 NE Irving St.

Portland, OR 97232

[wagenbachpm@yahoo.com](mailto:wagenbachpm@yahoo.com)

Licensed psychologist providing therapy to women and their partners, coping with depression, anxiety, body-image concerns and relationship transition. Committed to helping heterosexual, lesbian and adoptive women retain and expand their identities while developing healthy, joyful relationship with their children. Sliding fee scale available.

**Rebecca York, MSW**

503.927.4306

5932 NE Glisan St

Portland, OR 97213

[lotusflowertherapy@gmail.com](mailto:lotusflowertherapy@gmail.com)

*Sometimes we all lose our way.* I am a social worker committed to helping women and families with the often overwhelming transitions that can occur during pregnancy and postpartum. I will bring a variety of powerful tools and teach you the skills to use them. Trained in EMDR. **You can clarify your life-vision and define goals that will empower you to thrive.** 30 minute consultation available at no charge. \$40 per 50 minute session, sliding scale and payment options available.



## **Community Services & Counseling Clinics**

### **William Temple House**

503-226-3021

2023 NW Hoyt St.

Portland, OR 97209

[www.williamtemple.org](http://www.williamtemple.org)

Free counseling services. Call for more information.

### **Lutheran Community Services Northwest**

605 SE 39<sup>th</sup> Ave.

Portland, OR 97214-3298

Portland 503-231-7480

Beaverton 503-924-2448

Individual, marriage, family and Christian counseling. Bilingual services available. Sliding fee.

### **Women's Counseling Center**

503-235-4050

### **Portland Men's Resource Center**

503-235-3433

12 SE 14<sup>th</sup> Ave.

Portland, OR 97214-1404

[info@portlandmrc.com](mailto:info@portlandmrc.com)

[www.portlandmrc.com](http://www.portlandmrc.com)

Mental Health counseling center. Also offers domestic abuse intervention and recovery. Additional locations in Beaverton and Oregon City.

### **Insights Teen Parent Program**

503-239-6996

711 SE Ankeny St., Suite B

Portland, OR 97214

[ttucker@insightstpp.org](mailto:ttucker@insightstpp.org)

[www.insightstpp.org](http://www.insightstpp.org)

Services include counseling, support groups, outreach to young mothers and fathers, assistance with basic needs, information, referrals and mentor support.

### **Community Health Nurses**

Multnomah County 503-988-5055, ext 24276

Washington County 503-846-3712

Clackamas County 503-655-8430

Clark County 360-397-8440

Community Health Nurses make home visits to pregnant and postpartum women, and families with infants, toddlers, and young children with special needs. They will provide health information, discuss your baby's growth and development, provide breastfeeding information/support, and help you find other important community services.



### **Oregon SafeNet**

1-800-723-3638

621 SW Alder St., Suite 810

Portland, OR 97205-3623

Statewide Maternal and Child Health Hotline.

Call for health information and resources.

English and Spanish, other translators available.

[safenet@211info.org](mailto:safenet@211info.org)

[www.oregonsafenet.org](http://www.oregonsafenet.org)

## **Psychiatric Services**

### **Wildwood Psychiatric Resource Center, P.C.**

Main Office 503-629-2131

16110 SW Regatta Ln.

Beaverton, OR 97006

Rita Hill, RN PsyD 503-690-0306

Ann Howard, MD 503-690-8606

Marcia Kahn, MD 503-645-9444

Glenda Peterson, MN, PMHNP 503-645-8216

Sharon Chatkupt Lee, PsyD 503-533-7876

[www.wildwoodpsych.com](http://www.wildwoodpsych.com)

Individual, group, and family treatment programs, including comprehensive evaluations, educational materials, classes, plus medical and non-medical interventions

### **Diane N. Solomon, PMHNP, CNM**

503- 224-3438

833 SW 11<sup>th</sup> Ave., Suite 925

Portland, OR 97205

Offers psychiatric evaluation and treatment, including specialized interest in pregnancy and postpartum issues.

### **Dale Norma Oller, MD**

503-203-1777

5319 S.W. Westgate Dr., Ste 107

Portland, OR 97221

Evaluation, medications, and relational psychotherapy for adult women. Special interest in pregnancy, postpartum and prescribing medications during these times. Cognitive Behavioral Group therapy for OCD pregnant or postpartum women (and their partners). Communicate with Midwives, OB's and Pediatricians.



**Carol R. Stampfer FNP, PMHNP**

503-244-7739

833 SW 11th Ave. #620

Portland, Oregon 97205

[www.carolstampfer.com](http://www.carolstampfer.com)

Evaluations, psychiatric medication management and psychotherapy for men and women. Special interests in prenatal and postpartum adjustment issues, ADHD, anxiety and adolescent/young adult emotional challenges. Psychotherapy is based in a biologic, family structure and cognitive behavioral theories. I also teach mindfulness skills.

**Kathleen Kelley, PMHNP**

503-830-3215

5319 SW Westgate Dr. Suite 107

Portland, Oregon 97221

Family Psychiatric Mental Health Nurse Practitioner (PMHNP), with advanced training in psychotherapy and medication management. Individualized and holistic approach to both psychotherapy and medications. Therapy is relationship-based, and draws from supportive, psychodynamic, and cognitively based traditions. I am also able to provide medication management for clients who are currently receiving therapy from another provider.

**Colby Rauch, PMHNP, LLC**

(503) 926-2404

Individual Counseling and Medication Management

516 SE Morrison St., Suite 705

Portland, OR 97214

[www.colbyrauch.com](http://www.colbyrauch.com)

I believe that psychiatric medications are most effective when used in conjunction with counseling. I provide individual counseling as well as medication management. I am happy to see clients who are actively engaged in therapy with another provider, and I will make every effort to coordinate care with your therapist. I particularly enjoy long-term relationship-based therapy and I am interested in working closely with therapists who perform this type of counseling.

**Mary Welch, PMHNP**

503-504-2157

Wise Counsel and Comfort

423 NE 60th Ave

Portland, OR 97213

[welchmnp@gmail.com](mailto:welchmnp@gmail.com)

I provide psychiatric assessments, medication management, and counseling services. I work collaboratively with women and families. My goal is to provide women with as much education and support as needed to make informed decisions. I can provide flexible services including telephone visits.



**Psychological Service Center of Pacific University**

503-352-2400

511 SW 10<sup>th</sup> Ave., Suite 400

Portland, OR 97205

[www.pscpacific.org](http://www.pscpacific.org)

Individual and group counseling dealing with depressive and anxiety disorders, as well as medication evaluation with psychiatric nurse practitioner for those actively involved in psychotherapy. Sliding fee scale available for all services.

**Lifeworks NW**

503-645-9010

888-645-1666

[intake@lifeworksnw.org](mailto:intake@lifeworksnw.org)

[www.lifeworksnw.org](http://www.lifeworksnw.org)

Prevention and treatment services offered to families, children and adults –from physician and social services providers. Call to schedule an appointment.

**OHSU Behavioral Health Clinic**

503-494-4745

621 SW Alder St., Suite 520

Portland, OR 97205

[contact@ohsuhealth.com](mailto:contact@ohsuhealth.com)

Individual and group counseling and medication management. Sliding fee scale available for Multnomah County residents.

**Dena K. Drasin, MD**

503-720-1313

6834 SE 28<sup>th</sup> Ave.

Portland, OR 97202

[denadrasin@aol.com](mailto:denadrasin@aol.com)

Child psychiatrist providing care to mothers and children using trauma touch therapy, which helps patients follow body sensations and regain a feeling of aliveness.



## **Naturopathic Care**

### **La Botanica Natural Medicine**

**Adriana Azcarate-Ferbel, ND**

503-230-0458

8512 SE 9<sup>th</sup> Ave.

Portland, OR 97202

[la\\_botanica\\_now@yahoo.com](mailto:la_botanica_now@yahoo.com)

[www.sellwoodnaturalhealth.com](http://www.sellwoodnaturalhealth.com)

Provides holistic, naturopathic approach, which includes thorough assessments, laboratory testing, neurotransmitter balancing, endocrine balancing, nutritional counseling, massage, hydrotherapy, energy work and the use of supplements, herbs and homeopathy as appropriate to the patient. Sliding fee scale.

### **Samantha Brody, ND, LAc**

503-977-0500

6610 SW Capitol Hwy

Portland, OR 97239

[receptionist@drsamantha.com](mailto:receptionist@drsamantha.com)

[www.drsamantha.com](http://www.drsamantha.com)

Provides acupuncture, herbal treatments, nutritional support, and natural hormone balancing.

### **Carrie Jones, ND**

7357 SW Beveland Rd, Suite 200

Tigard, OR 97223

503.670.4941

*Additional Office:*

Sherwood Family Medicine

20015 SW Pacific Hwy (Hwy 99)

Sherwood, OR 97140

503.625.2848

Naturopathic Physician with focus in women's health. Hormone testing to determine what areas of the body are imbalanced. Work with nutritional, amino acid, and herbal supplements. Treatment can be complementary to anti-depressant treatment from another provider.

[www.naturalwomenshealthcare.com](http://www.naturalwomenshealthcare.com)

<http://thehappyhealthywoman.blogspot.com>

### **Jennifer Brennan-Kos, ND**

503-972-8559

1632 SE 72<sup>nd</sup> Ave.

Portland, OR 97215

Homeopathic medicine



**Sara Ohgushi, ND**

503-703-7825

2304 E. Burnside St., Suite 101

Portland, OR 97214

[www.sarasfamilycare.com](http://www.sarasfamilycare.com)

[sao@imagina.com](mailto:sao@imagina.com)

Provides natural childbirth, postpartum care, including breastfeeding support, and family health care using herbs, nutritional and homeopathy.

**Whole Family Health Clinic**

**Holly Zapf, ND**

503-460-0630

2928 SE Hawthorne Blvd., Suite 106

Portland OR 97214

[cspinpdx@yahoo.com](mailto:cspinpdx@yahoo.com)

[www.hollyzapfnd.com](http://www.hollyzapfnd.com)

Provides classical homeopathy, nutritional guidance and therapeutic exercises in a family-oriented practice treating pregnant and postpartum women, as well as children of all ages.

## **Body Work and Movement**

**Zenana Spa and Wellness Center**

503-238-mama

2024 SE Clinton St.

Portland, OR 97202

[www.zenana-spa.com](http://www.zenana-spa.com)

[info@zenana-spa.com](mailto:info@zenana-spa.com)

A day spa and wellness center with a focus on pregnant and parenting families. We offer a variety of spa and wellness services as well as lactation consultation, classes, support groups and a boutique offering unique mom and baby products. Childcare is available while receiving services or attending classes.

**Magnolia Healing Arts, LLC**

**Nicola Moll, LAc, MSTOM**

503-975-9798

1235 SE Division St., Suite 115mx

Portland OR 97202

[magnoliahealing@mac.com](mailto:magnoliahealing@mac.com)

[www.magnoliahealing.com](http://www.magnoliahealing.com)

Offers acupuncture and Chinese medicine to assist with restoring internal balance and emotional strength especially during the pre-and postnatal time.



**Katherine Salzmann, LMT**

503-231-9374

2922 SE Woodward St.

Portland, OR 97202

Swedish massage, energy work and emotional support.

Unbroken Flow Acupuncture

**Kendra Ward, MAOM, LAc**

503-244-0500

2920 SW Dolph Court, Suite 2

Portland, OR 97219

[Kendra@unbrokenflow.com](mailto:Kendra@unbrokenflow.com)

[www.unbrokenflow.com](http://www.unbrokenflow.com)

Acupuncture, Chinese herbal medicine, bodywork and essential oils to bring the body and mind back into balance. My technique is very gentle and the treatments are meant to be nourishing and supportive. I work with women along all stages of their journey towards motherhood—infertility, pregnancy related conditions and perinatal health and well being.

**Orthopedic & TMJ Therapy Center**

503-777-6746

9204 SE Mitchell St.

Portland, OR 97266

[www.hands-onhealthcare.com](http://www.hands-onhealthcare.com)

Pelvic Floor Rehabilitation & Women's Health Care. A physical therapy clinic specializing in public pain and rehabilitation. Provides natural treatment in a safe environment for pregnancy/postpartum aches and pains. Aches & pains may include tail bone, pelvic floor pain, painful intercourse, prolapse issues, urinary/fecal incontinence or urinary/fecal retention.

**Nurture Integrative Bodywork**

**Savannah Mayfield, LMT, CEC**

503-473-4754

5515 NE 30<sup>th</sup> Ave.

Portland, OR 97211

[www.nurturelifecoaching.com](http://www.nurturelifecoaching.com)

Body-Mind integration coaching to support healing and personal empowerment. Reconnect with the wisdom of the body through gentle bodywork, coaching dialogue and craniosacral therapy.

**Motherwise Yoga & Holistic Childbirth**

**Camille Mulchi BS, RYT, CCE**

503-236-2458

2024 SE Clinton

Portland, OR 97202

[Camille@motherwiseyoga.com](mailto:Camille@motherwiseyoga.com)

[www.motherwiseyoga.com](http://www.motherwiseyoga.com)

Provides prenatal and postpartum yoga instruction as well as childbirth classes that extend through the 4<sup>th</sup> trimester with time dedicated to postpartum mood disorders. Doula services are also offered.



**Carol Gray, LMT**

503-236-2999

1414 NW 53<sup>rd</sup> Dr.

Portland, OR 97210

[carol@carolgray.com](mailto:carol@carolgray.com)

[www.carolgray.com](http://www.carolgray.com)

Craniosacral therapy for all ages, body work plus doula services. Midwife care, birthing from within classes and birth story workshops. For more information call or email.

**Mamalates**

**Wendy Foster**

503-459-8936

2006 SE 32<sup>nd</sup> Pl.

Portland, OR 97214

[wendy@mamalates.com](mailto:wendy@mamalates.com)

[info@mamalates.com](mailto:info@mamalates.com)

[www.mamalates.com](http://www.mamalates.com)

Provides movement therapy using pilates for postpartum women to help reconnect and recover from birth and postpartum experiences. Prenatal classes also available.

**BirthWisdom**

**Vittoria Palazzie LMT, HCHI, Yoga Instructor**

971-506-6789

6357 SW Capitol Highway

Portland, OR 97239

[vittoria@birthwisdom.org](mailto:vittoria@birthwisdom.org)

[www.home.birthwisdom.org](http://www.home.birthwisdom.org) Provides postpartum doula services, hypnosis for childbirth, prenatal & postpartum yoga classes, prenatal & postpartum massage classes, infant massage classes.

**E.B. Ferdig, Yoga Therapy**

503-333-5484

5220 SE 42<sup>nd</sup> St.

Portland, OR 97206

[ebferdig@gmail.com](mailto:ebferdig@gmail.com)

[www.ebyogatherapy.com](http://www.ebyogatherapy.com)

Yoga therapy for new moms integrates talk therapy, movement, breath/mind/body awareness, self-care training and deep relaxation to achieve specific, measurable, results. E.B works with individuals, as well as small groups targeting transitions of new motherhood.

**Amy Bean, LPTA, LMT**

503-780-1478

3429 NE Sandy Blvd.

Portland OR 97232

[www.radiancehealingarts.com](http://www.radiancehealingarts.com)

Therapeutic massage and energetic healing. Also offers baby slings and information on Northwest Attachment Parenting.



**Andrea Crawford, LMP, CD (DONA)**

360-601-5206

400 East 17th Street

Vancouver, WA 98663

[andrea@massagedoula.net](mailto:andrea@massagedoula.net)

[www.massagedoula.net](http://www.massagedoula.net)

Prenatal/postpartum massage therapy in office or in client's home, including hot stone, deep tissue, relaxation.

**Stroller Strides**

**Rachel Heyer**

503-939-7177

16186 SW Hazeltine Lane

Tigard, OR 97224

[rhey@strollerstrides.net](mailto:rhey@strollerstrides.net)

[www.strollerstrides.net](http://www.strollerstrides.net)

Stroller Strides offers moms fitness, Moms' groups and the ability to connect with other moms in a supportive environment.

## **Breastfeeding Care**

**Beyond Birth Lactation Services**

2024 SE Clinton street

Portland, Oregon 97202

503-238-mama [6262]

[info@zenana-spa.com](mailto:info@zenana-spa.com)

[www.zenana-spa.com/services/wellness/beyondbirth](http://www.zenana-spa.com/services/wellness/beyondbirth)

Beyond Birth Lactation Services provides the support and technical assistance needed to foster success for the breastfeeding family. Our experienced lactation specialists provide evidence based information and comprehensive, skilled assistance to help you through the joys and challenges of breastfeeding.

**Postpartum Care Services**

**Vicky York, IBCLC, CPD**

**Board Certified Lactation Consultant**

503-320-5811

P.O. Box 15221

Portland, OR 97293

[vmyork@yahoo.com](mailto:vmyork@yahoo.com)

[www.vickyorkpostpartumdoula.com](http://www.vickyorkpostpartumdoula.com)

[www.ikarma.com/user/vmyork](http://www.ikarma.com/user/vmyork)

Breastfeeding help in the privacy and comfort of your home. Help with latch & position, sore nipples, milk supply, breast infections nursing multiples and all aspects of breastfeeding. Teaches breastfeeding classes, newborn care, and grandma classes at Alma Midwifery Birth Center. For information about classes, call Alma Birthing Center at 503-233-3001.



## Websites

### **Postpartum Progress**

[www.postpartumprogress.com](http://www.postpartumprogress.com)

Promoting progress in treatment and comfort among sufferers of postpartum mood disorders.

### **Postpartum Support International (PSI)**

[www.postpartum.net](http://www.postpartum.net)

PSI provides support, resources, articles, links, training, and information, with volunteers and groups in all U.S. States and over 35 other countries. The organization connects volunteers, providers, researchers, and educators. Baby Blues Connection is a member of PSI.

### **Pacific Postpartum Support Society**

[www.postpartum.org](http://www.postpartum.org)

The Pacific Postpartum Support Society (PPSS) is a non-profit society which provides support to women and families experience depression or anxiety related to the birth or adoption of a baby.

### **MedEdPPD.org**

[www.mededppd.org](http://www.mededppd.org)

Extensive educational Website for families and professionals, in English and Español.

### **Online PPD Support Group**

[www.ppdsupportpage.com](http://www.ppdsupportpage.com)

The purpose of this website is to offer information, support and assistance to those dealing with postpartum mood disorders, their families, friends, physicians and counselors.

### **I'm Listening**

[www.janehonikman.com](http://www.janehonikman.com)

Created by Jane Honikman, founder of Postpartum Support International. Provides comfort, guidance, and encouragement. Good site for volunteers, moms, providers, and families. You can read about "The Steps to Wellness" and create your own plan of action.

### **Postpartum Dads**

[www.postpartumdads.org](http://www.postpartumdads.org)

This website is intended to help dads and families by providing firsthand information and guidance.

### **Postpartum Men**

[www.postpartummen.com](http://www.postpartummen.com)

Yes, men can develop postpartum depression and anxiety. PostpartumMen is a place for men with concerns about their own depression, anxiety or other problems with mood after the birth of a child. Information and support, including a self-assessment for postpartum depression and a forum.

### **Nurture Mom**

[www.nurture.com](http://www.nurture.com)

Caring for kids...means caring about mothers! Information that helps a mom take care of herself while she takes care of her family.



## **Well Motherhood**

[www.wellmother.com](http://www.wellmother.com)

Wellmother.com is an online resource for women and their families designed to offer support and resources on a number of issues related to the emotional challenges specially related to their reproductive cycle including: Pregnancy, postpartum, Pregnancy Loss, PMS, and Menopause.

## **Trauma and Birth Stress**

[www.tabs.org.nz](http://www.tabs.org.nz)

TABS is Trauma and Birth Stress, a Charitable Trusts that serves as a support group of mothers. We have in common stressful and traumatic pregnancies or births that affect our lives negative for months or years afterwards. We formed TABS because of the need to make PTSD known as a form of mental illness that can happen following childbirth, but quite distinct from the Baby Blues, Post Natal Depression (postpartum depression) and Post natal Psychosis.

## **The Postpartum Stress Center**

[www.postpartumstress.com](http://www.postpartumstress.com)

Providing support, counseling and education to women and their families who experience difficulties related to pregnancy, pregnancy loss and the postpartum period.

## **Postpartum Couples**

[www.postpartumcouples.com](http://www.postpartumcouples.com)

This website was created to provide information and resources to mothers and fathers. The resources here are intended to provide couples, families, and professional with information and tools to help mothers and families heal from Postpartum Mood Disorders.

## **Maternal & Child health Library: Knowledge Path: Postpartum Depression**

[http://mchlibrary.info/KnowledgePaths/kp\\_postpartum.html](http://mchlibrary.info/KnowledgePaths/kp_postpartum.html) The MCH Library is a service provided by Georgetown University. Their goal is to serve the maternal and child health (MCH) community with accurate and timely information and resources. This electronic guide includes recent resources about the prevalence and incidence of perinatal depression, identification and treatment, impact on the health and well-being of a new mother and her infant, and implications for service delivery. Materials in several languages.

## **Multicultural Health Communication Services**

[www.mhcs.health.nsw.gov.au/mhcs/topics/Pregnancy\\_and\\_Post\\_Natal.html](http://www.mhcs.health.nsw.gov.au/mhcs/topics/Pregnancy_and_Post_Natal.html)

Edinburgh Scale in other languages.

## **New Jersey Department of Health**

[www.state.nj.us/health/fhs/ppd/home.shtml](http://www.state.nj.us/health/fhs/ppd/home.shtml)

The whole website is an excellent resource. It's from New Jersey, which put together an extensive campaign after the Governor's wife came out with her own PPD experience.

## **Kelly Mom**

[www.kellymom.com](http://www.kellymom.com)

Information on breastfeeding, sleep and parenting.



## **Español: Información Depresión Posparto**

### **New Jersey Department of Health – en Español**

[www.state.nj.us/health/fhs/ppd/sobre.shtml](http://www.state.nj.us/health/fhs/ppd/sobre.shtml)

The whole website is an excellent resource. It's from New Jersey, which put together an extensive campaign after the Governor's wife came out with her own PPD experience.

### **US Department of Health and Services**

[www.4women.gov/espanol/preguntas/postpartum.cfm](http://www.4women.gov/espanol/preguntas/postpartum.cfm) en Español

### **Más Allá de la Melancolía”/ “ “Beyond the Blues”**

<http://www.beyondtheblues.com/#espanol> You can order this book from the website or print it out as an e-book, in English or Spanish. **“Más Allá de la Melancolía”** contiene la información más reciente para las mujeres que sufren de problemas temperamentales y depresivos durante y después del embarazo.

### **Family Doctor**

[www.familydoctor.org/e379.xml](http://www.familydoctor.org/e379.xml)

Resources en Español

### **Wisconsin Perinatal Foundation**

[www.perinatalweb.org/content/view/79/220](http://www.perinatalweb.org/content/view/79/220)

Resources in Español

If you click on Materials & Publications at the top of the page, you can find flyers and pamphlets you can order, including several in Spanish for moms and providers. Download Spanish version of the EPDS.

### **Journal of the American Medical Association**

<http://jama.ama-assn.org/cgi/data/287/6/802/DC1/1>

Resources in Español

### **Maternal & Child Health Library, Non-English Languages**

[www.mchlibrary.info/nonenglish.html](http://www.mchlibrary.info/nonenglish.html)

The MCH Library's online catalog, MCHline, includes materials for consumers and professionals in numerous languages other than English.

**The Edinburgh Postnatal Depression Scale (EPDS)** is available in many languages. For a copy in another language, call the UIC Perinatal Consultation Line at 1-800-573-6121

**“Rompiendo el Silencio”** (Breaking the Silence) pamphlet you can order through Noodle Soup. Their number is 216-881-5151. Their website is [www.noodlesoup.com](http://www.noodlesoup.com)