



Portland Metro Resource List 2009

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

National Organizations

Postpartum Support International Help Line

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

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

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



Postpartum Services

Renaissance Childbirth and Postpartum Professionals

503-493-7390

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

www.vickyorkpostpartumdoula.com

www.ikarma.com/user/vmyork

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

Care Givers Placement Agency

503-244-6370

10221 SW Barber Blvd. 110A

Portland, OR 97219

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

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

Provides pregnancy, birth and postpartum doula support.



Medical/Hospital Services & Support

Kaiser Permanente Sunnyside Medical Center Classes

503-286-6816

10180 SE Sunnyside RD.

Clackamas, OR 97015

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

Kaiser Permanente Medical Social Workers

Beaverton OB/GYN Clinic:

503-520-4923

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.

Providence St. Vincent

New Mom Groups and Classes

503-216-6595

9155 SW Barnes Rd. Suite 730

Portland, OR 97225

www.providence.org/oregon/classes

Legacy Emanuel

Hospital & Health Center

503-413-4840

2801 N. Gantenbein Ave.

Portland, Or 97227

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 8th Ave.

Hillsboro, OR 97123

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

10120 SE Market St.

Portland, OR 97126

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

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

2116 NE 18th Ave.

Portland, OR 97232

www.briefencounters.org

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

Full House Moms

503-285-1346

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.

Portland, OR 97209

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 20th Ave. Suite A

Portland, OR 97209

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.

Lesley Alter, LCSW

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

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.

Csilla Andor, LCSW

Corvallis and Eugene

541-231-4343

www.Fourth-Trimester.com

Csilla@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

502-977-7925

04 SW Hamilton St.

Portland, OR 97239

britt@andersoncounseling.net

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

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

Rebecca Coren, MA

503-880-7706

Marriage, Family and Child Psychotherapist

6491 S.W. Capitol Hwy

Portland, OR 97219

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 34th Ave.

Portland, OR 97219

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 37th 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

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.

Jill Fancher, PhD, Psychology Resident

360-213-8544

Evergreen Behavioral Health

4400 NE 77th Ave, Ste 275

Vancouver, WA 98662

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

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 HWY

Portland, OR 97239

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

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

7705 SW Beveland St., Suite 205

Tigard, OR 97223

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

P.O. Box 5803

Aloha, OR 97006

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 97210

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 Varnes St., Suite 211

Tigard, OR 97223

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

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 97202

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

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.

Motheroots

Gaby Donnell, LCSW

503-287-2295

Lauri Cox, LCSW

503-819-6354

823 NE Broadway St.

Portland, OR 97232

Provides individual counseling, workshops and consultation related to pregnancy, adoption, birth and postpartum adjustment. Works with 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

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

GINNA HOFFMAN, LPC, MFT

503-402-1855

1962 NW Kearny St. Suite 103

Portland, OR 97202

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

503-352-2400

511 SW 10th Ave. Suite 400 Portland, OR 97205

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

15100 SW Boones Ferry Rd #700, Lake Oswego 97035

also

833 SW 11th Ave. #925, Portland, Oregon 97205

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.

Amy Stoeber, PsyD

503-653-5205

10001 SE Sunnyside Rd. Suite 140

Clackamas, OR

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.

Paula Wagenbach, PsyD

503-421-0092

1818 NE Irving St.

Portland, OR 97232

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.



Community Services & Counseling Clinics

William Temple House

503-226-3021

2023 NW Hoyt St.

Portland, OR 97209

www.williamtemple.org

Free counseling services. Call for more information.

Lutheran Family Services

605 SE 39th Ave.

Portland, OR 97214

Portland 503-231-7480

Beaverton 503-297-6263

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

Women's Counseling Center

503-235-4050

Men's Resource Center

503-235-3433

12 SE 14th Ave.

Portland, OR 97214

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

2020 SE Powell Blvd.

Portland, OR 97202

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

Statewide Maternal and Child Health Hotline

Call for health information and resources. English and Spanish, other translators available.

www.oregonsafenet.org

Psychiatric Services

Dena K. Drasin, MD

503-720-1313

6834 SE 28th Ave.

Portland, OR 97202

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.

Wildwood Psychiatric Resource Center, P.C.

503-629-2131

16110 SW Regatta Ln.

Beaverton, OR 97006

www.wildwoodpsych.com

Individual, group, and family treatment programs, including comprehensive evaluations, educational materials, classes, plus medical and non-medical interventions. Call 503-629-2131 and an intake worker will refer you to the appropriate provider.

Diane N. Solomon, PMHNP, CNM

503-226-6002

833 SW 11th 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

15100 SW Boones Ferry Rd #700, Lake Oswego 97035

also

833 SW 11th Ave. #925, Portland, Oregon 97205

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.

Psychological Service Center of Pacific University

503-352-2400

511 SW 10th Ave., Suite 400

Portland, OR 97205

www.pscpacific.org Offers both 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

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

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

Naturopathic Care

La Botanica Natural Medicine

Adriana Azcarate-Ferbel, ND

503-230-0458

8512 SE 9th Ave.

Portland, OR 97202

la_botanica_now@yahoo.com

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.



Jennifer Brennan-Kos, ND

503-972-8559

1632 SE 72nd Ave.

Portland, OR 97215

Homeopathic medicine.

Samantha Brody, ND, LAc

503-977-0500

6610 SW Capitol Hwy

Portland, OR 97239

www.drssamantha.com

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

Magnolia Healing Arts, LLC

Nicola Moll, LAc, MSTOM

503-975-9798

1235 SE Division St., Suite 115mx

Portland OR 97202

magnoliahealing@mac.com

www.magnoliahealing.com

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

Sara Ohgushi, ND

503-703-7825

2304 E. Burnside St., Suite 104

Portland, OR 97214

www.sarasfamilycare.com

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

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

info@zenana.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.

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, LAc

503-244-1494
2920 SW Dolph Court, Suite 2
Portland, OR 97219

Kendra@unbrokenflow.com

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

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 30th Ave.

Portland, OR 97212

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 Educational
Camile Mulchi BS, RYT, CCE

503-236-2458

2024 SE Clinton

Portland, OR 97202

www.motherwiseyoga.com

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

Carol Gray, LMT

503-236-2999

1414 NW 53rd Dr.

Portland, OR 97210

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.

Divine Pilates

Wendy Foster

503-459-8936

2006 SE 32nd Pl.

Portland, OR 97214

wfoster1@pacifier.com

www.divinepilates.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

6937 SW 55th Ave.

Portland, OR 97219

vittoria@birthwisdom.org

www.home.birthwisdom.org Provides postpartum doula services, hypnosis for childbirth, prenatal & postpartum yoga classes, prenatal & postpartum massage classes, infant massage classes.



Amy Bean, LMT

503-780-1478

3429 NE Sandy Blvd.

Portland OR 97232

www.radiancehealingarts.com

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

EB Yoga Therapy

E.B. Ferdig

503-333-5484

5220 SE 42nd St.

Portland, OR 97206

ebferdig@gmail.com

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.

Andrea Crawford, LMP

360-601-5206

400 East 17th Street

Vancouver, WA 98663

andrea@massagedoula.net

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

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

Dixie Whetsell, MS, IBCLC

503-232-2229

2733 SE Grant St.

Portland, OR 97214

www.beyondbirthservices.com

Provides lactation advice, breast pumps and breastfeeding supplies. At home services available.



Websites

Postpartum Progress

www.postpartumprogress.typepad.com

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

Postpartum Support International (PSI)

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

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

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

Online PPD Support Group

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

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

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

Postpartum Men

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

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

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

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

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

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 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

Edinburgh Scale in other languages.

New Jersey Department of Health

www.state.nj.us/health/fhs/ppd/home.shtml

The whole website is and 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

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

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 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

Resources en Español

Wisconsin Perinatal Foundation

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

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