

Twin Cities Postpartum Resource Guide

Pregnancy & Postpartum Support Minnesota (PPSM) has a comprehensive, searchable website.

- www.ppsupportmn.org
- 612-787-PPSM (HelpLine)

Mental Health Counseling

Crystal Clancy, MA, LMFT (Burnsville)

- www.irisrepro.com/
- 612/548-4266

Maureen Campion, MA, LMFT (Richfield)

- www.marriagegeek.com
- 612-483-3487

Monica Heino, MA, LMFT (Edina)

- www.nurturecounselingcenter.com/
- 612-564-8476

Jess Helle-Morrissey, MA, MSW, LGSW (Minneapolis)

- <http://mettatherapy.com/>
- 612-567-6463

Amy Pierce, MS, LMFT (St. Paul)

- 651-294-3436

Moms Groups & Support Groups

Amma Parenting Center (Edina and St. Paul)

- <http://ammaparentingcenter.com/>
- 952-926-BABY

Blooma (Minneapolis and St. Paul)

- <http://www.blooma.com/>
- (612) 223-8064

Health Foundations (St. Paul)

- <https://www.health-foundations.com>
- (651) 895-2520

Next Step Mothers Support Group for Teen Moms (St. Paul)

- <http://www.face2face.org/get-help/counseling>
- 651.772.5555

New Moms Support Group, Park Nicollet Women's Center (St. Louis Park)

- 952-993-3307

Medical/Prescribers

Mother Baby Day or In-Patient Hospital (HCMC Hospital, Minneapolis)

- 612-873-MAMA

Dr. Samantha Huguelet, DNP, APRN, CNS (Burnsville)

- <http://www.irisreproductivepsychiatry.com/>
- 860-406-4747

Cheryl Heitkamp, CNM, APRN (Minneapolis)

- <http://www.willowbirthcenter.com/>
- 612-345-5920

Psychotherapy & Healing Associates (Minneapolis)

- <https://www.phawellness.com/>
- 612-296-3800

Postpartum Doulas

Welcome Baby Care (Minneapolis)

- <http://www.welcomebabycare.com>
- 952-942-5676

Better Beginnings (St. Paul)

- <http://www.betterbeginningsmn.com/>
- [651-747-6954](tel:651-747-6954)

Margaret McKinley-Owens

- <http://motheringbymom.com/>
- 612.819.5309

Naturopaths/Integrative Medicine

Margaret Litchy-Miller, N.D. (Edina)

- www.drlmillernd.com
- [952-405-6476](tel:952-405-6476)

Stephanie Slaughter, L.Ac., Dipl.Ac. (Minnetonka)

- www.healinglotus-acupuncture.com
- 952-607-6958

Gina Fabiano, L.Ac. (Minneapolis)

- www.healom.com
- 208 720 1974

Online Support

Pregnancy & Postpartum Support Facebook Group

<https://www.facebook.com/groups/151233695268627>

Solace for Mothers

<http://www.solaceformothers.org>

A Place to Remember

<http://www.aplacetoremember.com>