Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

BABY BLUES CONNECTION RESOURCE LIST
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PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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MENTAL HEALTH PROVIDERS

All of the mental health providers on this list were licensed to practice when they were added to this list and have interest and training/experience in parental mental health. There is a list of counselors/therapists first and then a list of providers and clinics that can offer medication support.

Licensed and Supervised Mental Health Providers

Offer counseling and psychotherapy

David "Day" Adams, LMFT (he/him)

therapeutic poetics pdx

Portland, OR

day.conversations@gmail.com

https://www.therapeuticpoeticspdx.com/

Offering virtual and in-person services.

From imagining and preparing, to the threshold and experience of birth, to the 4th trimester and beyond, stepping into parenthood is a wild and topsy-turvy time on many levels, with moments both beautiful and challenging. It can be helpful to have someone to talk to as you pass through this transformative experience. I work with couples, with a focus on men who are in the process of becoming dads, because, as a father myself, I know we often lack the kind of support that could make a big difference in adapting to this new life. Offers individual and couples counseling. Babies welcome during sessions.

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Emily Ardent, LPC, MA (they/she)

Ardent Therapy

(503) 446-4279

https://www.eardenttherapy.com/

emily@eardenttherapy.com

Offering virtual services.

I view therapy as a collaborative process that considers clients holistically. I draw from feminist and somatic approaches, using IFS to help you reconnect with your centered-self. I believe that many challenges are related to structural violence and that we hold this trauma in our bodies.

I have specific experience working with people who have a history of complex trauma; folks in pregnancy, birth, and postpartum transitions; those experiencing intimate partner violence; queer, trans, gender non-conforming and questioning people; and individuals and relationships who are non-monogamous.

Rachel Arias, LMFT Associate, PMH-C (she/her)

Rachel Arias Therapy, LLC

1915 NE Stucki Ave

Hillsboro, OR 97006

(503) 765-5853

rarias@rachelariastherapy.com

www.rachelariastherapy.com

Appointments offered virtually and in-person.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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As a parent, you might be experiencing anxiety, depression, and a loss of identity. Maybe you feel a sense of loss of the 'typical' journey to motherhood. It may feel like you are completely overwhelmed due to scary thoughts like, 'I can't do this' or 'what if something happens to my baby.' Some things I may help you with include birth planning, processing birth trauma, and supporting you in finding joy and connectedness to yourself and others again. Specializing in supporting non-traditional families.

Kendra Atkins-Boyce, CSWA (she/her)

KarysMa Birth Counseling

11740 SW 68th Parkway, Suite 200 Portland, OR 97223

(503) 893-9615

karysmabirth@gmail.com

www.karysmabirthcounseling.com

Offering in-person and virtual appointments.

Welcoming a little one into your life can be exhilarating, but it can also be exhausting. In our sessions, we'll make room for all of the ups and downs of new parenthood. I'll help you navigate the many transitions that come with expanding your family and redefining your relationships and identities.

My decades of experience as a teacher, a doula, a writer, a partner, a caregiver, and a mom have led me to a new career as a therapist. I have a master's degree in social work from Portland State University and specialized training in behavioral health integration and perinatal mental health (PMH-C). Specializing in fertility, loss, birth trauma; LGBTQ affirming; gender affirming; couples counseling available; babies welcome during sessions.

Chelsea Barbour, LCSW, PMH-C (she/her)

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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Rooted Beginnings, Chelsea Barbour, LCSW

(503) 317-6328

chelsea.rbmw@gmail.com

https://rootedbeginningschelsea.clientsecure.me/

Offering virtual appointments.

As a seasoned licensed clinical social worker, I provide therapy for those who identify as women in all life transitions, particularly those facing perinatal anxiety, depression and mood disorders, and trauma. I specialize in the impacts of addiction on pregnancy and mothering, whether you are struggling with addiction yourself, or navigating the addictive behaviors of a partner or child. My approach is warm, direct, and solution focused. I believe in the healing powers of humor and connection. I use a trauma informed approach, rooted in social justice, using tools from DBT, CBT, ACT and MI. Specializing in perinatal loss, birth trauma, substance use, complex trauma, anxiety, OCD, postpartum depression, domestic violence. Babies welcome during sessions.

Beth Barnhart, LCSW, PMH-C (she/her)

Rooted Beginnings Mental Wellness

(503) 567-6619

beth.rbmw@gmail.com

https://rootedbeginningsbeth.clientsecure.me/

Offering virtual appointments.

I am a Licensed Clinical Social Worker with over 20 years of experience working with families in various settings. I've worked in a Midwifery Clinic for many years, supporting families throughout their pregnancy and postpartum period. I have specialized training and hold a certification in Perinatal Mental Health (PMH-C)

through Postpartum Support International. I use a compassionate and holistic approach to help clients navigate change by identifying their strengths and learning tools to manage symptoms. I am in-network with several insurance plans. I welcome people of all backgrounds. Specializing in fertility issues, preconception, perinatal loss, birth trauma; babies welcome during sessions.

Breena Beck, LCSW (she/her)

Rayfield Beck Therapy LLC

4605 NE Fremont St

Portland OR 97213

breena@rayfieldbecktherapy.com

www.rayfieldbecktherapy.com

(973) 668-3222

Offering in-person and virtual appointments.

Licensed Clinical Social Worker providing individual, couples, and group therapy in person (in Portland, OR) and virtually (for those based in OR, NY, CA). I recently became a first time mom and when I returned to my practice following maternity leave I became passionate about providing perinatal mental health support. I am trained in EMDR, EFT, and DBT and have extensive experience working with grief, loss, and trauma. Specializing in serving LGBTQIA+, couples, and group settings.

Dr. Amy Berman, Ph.D, HSP, PMH-C (she/her)

Sequoia PDX LLC

Portland, OR

aberman@sequoiapsychological.com

www. sequoiapdx.com

(503) 482-2800

Available for in-person and virtual sessions.

While Dr. Berman spent her professional career working with those facing trauma and grief, she was not exempt from suffering her own personal tragedy. She was absolutely devastated by the sudden, unexpected death of her only child, baby Kai. She also faced sudden critical illness, having survived catastrophic septic shock in the ICU and its aftermath. She deeply appreciates the many different shapes of loss, secondary loss and in/visible wounds we carry. Through her continued work in service to individuals facing suffering of all kinds, she honors her beloved Kai and those in healing. Specializing in serving LGBTQIA+, non-traditional families, gender-affirming, and populations managing grief and loss.

Cat Bice, LCSW

Birchwood Counseling, LLC
Portland office: 825 NE 20th Ave, Suite 225, Portland, OR 97232

Hillsboro office: 1323 NE Orenco Station Pkwy, Suite 200, Hillsboro, OR 97124

503-433-6016
www.birchwoodcounseling.net
admin@birchwoodcounseling.net

Available for in-person and virtual sessions.

Typically my clients reach out to me because of feelings of sadness, worry, and disconnection in important relationships. My clients are often people who describe themselves as being “do-ers”, goal oriented people who have difficulty slowing down to understand their internal world and why they do what they do. Many of my clients are medical professionals, first responders, and veterans who have worked hard to train themselves to manage their emotional reactions because of the need to focus and perform in their work setting. My

approach to therapy relies on helping clients feel heard and understood. Once we feel understood, we are more easily able to open up to the emotions that underlie the distress. I have a warm, open style with room for humor. I use EFT (emotionally focused therapy) with both individuals and couples. I have specific training and experience with perinatal mental health including infertility/pregnancy loss, depression, anxiety, birth trauma and infant loss. I am a member of the queer community and welcome a diversity of individuals and families into my practice.

Avery Bill-Povidailo, LCSW

(971) 501-0710

13568 SE 97th avenue
Suite 201
Clackamas, Oregon 97015

https://sanctuarytherapyportland.com/
avery@sanctuarytherapyportland.com

Appointments offered virtually.
I am a licensed clinical social worker who is passionate about working with and advocating for pregnant and postpartum people. I have received advanced training in perinatal mood disorders and am pursuing certification as a Perinatal Mental Health certified provider. I provide a warm, welcoming, nonjudgmental space to connect and really listen. I use an eclectic approach and draw from mindfulness-based stress reduction techniques, acceptance and commitment therapy, and interpersonal neurobiology. I also provide Accelerated Resolution Therapy.

Michelle Block, PsyD (she/her)

1818 NE Irving Street

Portland, OR 97232

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www.drmichelleblock.com
michellemarieblock@protonmail.com

Appointments offered virtually and in person.
Michelle provides counseling focused on women's health, particularly pregnancy, postpartum, and the transition to motherhood. She also treats anxiety and ADHD in both men and women. Michelle believes the counseling relationship is centered on listening and understanding the client's values and background, which guides the course of treatment. She uses an integrative approach influenced by Cognitive Behavioral Therapy (CBT).

Daniela Helen Blum, LCSW (she/her)

(503) 343-1948

NE Portland, OR 97232

danielahelenblumlcsw@gmail.com

https://sites.google.com/view/daniela-helen-blum-lcsw

Appointments available in-person only. Conversational in Spanish and French, in addition to English.

I specialize in women's mental health with a strong focus on maternal emotional well-being. I have expertise in working with the perinatal population as well as high risk pregnancy, chronic illness, and neurodiversity. I am passionate about working with parents and recognize the enormous life transition that one experiences during a pregnancy. My work is relationship based, attachment theory informed, and I am trained in The Circle of Security. I am pursuing my PMH-C through Postpartum Support International. My style is approachable, collaborative and non-judgmental.

Amy Blume-Marcovici, PsyD (she/her)

503-272-1215

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1220 SW Morrison Street, Suite 1100
Portland, OR 97205

amy@blumetherapy.com
www.blumetherapy.com

Appointments offered virtually.
I believe that becoming a parent is one of the most humbling and challenging experiences a human can have. It can also be one of the most inspiring and transformative. My goal as a clinician with a passion for working with new parents is to cultivate self-compassion and confidence in your identity as a parent, and support you as you strengthen your ever-changing relationships -- with your child, your family members, and especially yourself. The focus of treatment may be on issues related to anxiety, depression, grief, loss, self-esteem, trauma and identity. I offer in person and virtual (telehealth) appointments and am committed to working with parents of diverse racial, cultural, sexual, and gender identities. Specializing in serving LGBTQIA+ populations.

Alexis Brown, LCSW (she/her)

Stable Ground Counseling

Beavercreek, OR

(971) 303-9876

stablegroundcounselinglcsw@gmail.com

Website here

Offering virtual sessions and in-person equine assisted psychotherapy.

Hello, I'm glad you're here. I'm a Licensed Clinical Social Worker with 10 years of experience, specializing in addiction support and recovery, particularly during pregnancy. I bring professional training and lived experience to this work, and I help clients navigate addiction, anxiety, depression, self-esteem, trauma, grief, domestic violence, and issues with food. My approach is client-led and non-judgmental, creating a space where you can feel safe and accepted. I offer virtual therapy and in-person equine-assisted therapy focused on

somatic work and nervous system regulation. Specializing in addiction support; LGBTQ affirming; babies welcome during sessions.

Alissa Burnham, LCSW, PMH-C (she/her)

(415) 582-4610

Salem, OR, 97301

alissa.b.lcsw@gmail.com

Appointments offered virtually.
Specializing in perinatal mental health, I offer telehealth services to clients throughout the perinatal experience including concerns related to pregnancy, birth, postpartum care, postpartum depression (PPD), and postpartum anxiety (PPA). I also offer care to clients experiencing parenting challenges and those struggling to adjust to changes in their primary and/or family relationships. In a safe and non judgmental space we will work together to explore challenging issues, strengthen your inner resources. and identify a path forward.

Adrienne Cardiel, LCSW (she/her)

Marrow and Root Therapy

2006 SE Ankeny St

Portland, Oregon 97214

(971) 626-6209

adrienne.c.lcsw@gmail.com

www.marrowandroottherapy.com

Appointments offered virtually and in-person.

I provide individual therapy to pregnant and postpartum adults. I have special interest in working with individuals with perinatal anxiety and depression. As a mom who had their own struggles with postpartum

anxiety, I know first hand how isolating and scary it can feel and I also know what's on the other side of that anxiety. You deserve to be well and to prioritize your mental health. Specializing in birth trauma and perinatal loss, serving BIPOC, LGBTQIA+, non-traditional families, and offering gender affirming care.

Ivy Rose Cardillo, LCSW (she/her)

(971) 270-0829

Portland, OR

ivyrosetherapy@gmail.com

ivyrosecardillo.com

Appointments offered virtually.

I provide individual and couples psychotherapy for those navigating the perinatal and parenting phases of life. This time can bring feelings of isolation and insecurity, making it crucial for parents to connect with their true selves. My approach is reflective and collaborative, emphasizing both internal experiences and external context through an anti-oppressive, feminist lens. For couples, I use the Psychobiological Approach to Couple Therapy (PACT) to foster secure, collaborative relationships during parenting transitions. Sliding scale rates available for those facing financial hardship. Specializing in: birth and medical trauma, pregnancy loss and grief, options counseling, and couples transitioning into parenting.

Sara Carmona, LCSW, PMH-C, River City Counseling LLC (she/her)

503-987-0800

4708 SE 65th Ave

Portland, OR 97206

saracarmona@rivercitycounselingpdx.com

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www.rivercitycounselingpdx.com

Appointments offered in-person and virtually.
I offer compassionate, collaborative, and nonjudgmental counseling to address issues related to parenthood including pregnancy, prenatal and postpartum mood and anxiety disorders, pregnancy loss and stillbirth, and difficult birth experience. River City Counseling LLC is in-network with Aetna, Cigna, Pacific Source, First Choice Health and Moda and can also bill your insurance as an out of network provider. Specializing in supporting LGBTQIA+ , non-traditional families, and offering gender affirming care.

Sarah Case, LPC, PMH-C (she/her)

(503) 573-5597

435 N. Water Street

Silverton, OR 97381

sarahcase@sarahcasecounseling.com

sarahcasecounseling.com

Offering phone, video, and in-person services.

I bring compassion, curiosity, respect, and humor to my work with individuals and couples facing infertility, pregnancy, birth trauma, grief, and perinatal mental health challenges. I particularly enjoy supporting helpers—healthcare professionals, teachers, counselors, caregivers, and parents—who often feel worn down or invisible. Additionally, I assist those navigating the complexities of grief and those grappling with faith, doubt, and harm from toxic faith systems. My goal is to provide a safe space for healing and growth during these challenging times.

Chelsea Casey, Living City Counseling (she/her)

(971) 361-9035

328 NE Failing St., #7

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Portland, OR 97212

Chelsea@LivingCityCounseling.com

www.livingcitycounseling.com

Appointments offered in-person and virtually.

I provide individual and family therapy through warm, direct, and compassionate dialogue. I welcome all of your experiences and emotions. My clients are mostly prospective parents surrounding the experiences of infertility, pregnancy, and loss, as well as parents navigating caring for young children and themselves. I can help you navigate the use of Assisted Reproductive Technology, fertility clinics, loss and miscarriage, family planning decisions, pregnancy, choosing life without children, or the entrance into parenthood. I take a Client-Centered approach to therapy, drawing from Narrative Therapy, Internal Family Systems, Attachment Theory, Feminist Psychotherapy, Psychodynamic Therapy, Family Systems, Mindfulness, CBT, and DBT. Specializing in serving LGBTQIA+ populations.

Megan Coggins

971-808-2686 ext. 700

8800 SE Sunnyside Rd, Suite 122s
Clackamas, OR 97015

megan@lifedcs.com
www.lifedcs.com

Appointments offered in-person and virtually.
I am passionate about coming alongside you in your journey for personal growth and meeting your goals. I realize that each person is unique and I will work with you to meet your individual and unique goals. I specialize in maternal and pregnancy related issues including pre- and postpartum depression and anxiety and parenting stress.

I know that becoming a parent can be stressful and overwhelming for couples so I also offer couple's counseling to help strengthen relationships and grow in intimacy and connection. I approach counseling from

an attachment perspective which is helpful in building healthier connections with others. Through healing attachment wounds, you can become a healthier and more connected parent to your kids.

If you find yourself feeling alone or thinking that no one will understand the way you are feeling, I encourage you to reach out because you are not alone!

Jana Corbett, Ph.D. (she/her)

Heart-Mind Therapy LLC

jana.corbett@heart-min-therapy.com

www.heart-mind-therapy.com

Serving Oregon and Washington residents, virtually and in-person.

Services available in English or German.

Do you feel misunderstood and hurt? Do you feel as though your emotions are controlling you? I know what that feels like and I can help. I believe that you are doing the best you can with the information and skills you currently have. I also believe that we can grow and create better lives for ourselves with appropriate support. I can help you develop the skills to effectively identify, regulate and communicate your emotions, needs and boundaries to others. Therapy with me is validating, skills-based, relational, non-judgmental, body positive, sex positive and LGBTQ+ and poly competent.

Sarah Craycraft, LPC (she/her)

North Star Therapy Collective

2929 SW Multnomah Blvd, Suite 102

Portland, OR 97219

(971) 208-3444

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sarah@northstartherapycollective.com

www.northstartherapycollective.com

Available for phone, video, and in-person sessions.

Hello! My name is Sarah Craycraft. I am a licensed professional counselor, specializing in maternal mental health in our community. I have several years of experience working with individuals and couples who are dealing with postpartum anxiety/depression, infant or perinatal loss, and birth trauma. If you are experiencing any of these things or are feeling overwhelmed in this stage of life, I would be honored to provide help and support for you. Specializing in providing gender-affirming care, serving non-traditional families, LGBTQIA+, and BIPOC populations.

Kaysey Crump, LCSW (she/her)

(971) 599-6431

2800 N. Lombard St #216
Portland, OR 97217

arborcounselingpdx@gmail.com
www.arbortherapypdx.com

Offering telehealth and in-person appointments.

Arbor Counseling provides individual and relationship psychotherapy. I specialize in perinatal mental health, LGBTQ+ people and families, parenting, adoption and foster care.

Being a parent is my favorite thing. I love supporting people in their journey to parenthood and beyond.

Wendy N. Davis, PhD

503-246-0941

7239 SW 34th Ave.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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Portland, OR 97219

wdavis@postpartum.net

Executive Director 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.

Gaby Donnell, LCSW, Motheroots Counseling (she/her)

(503) 504-7278
www.motherootscounseling.com

Offering virtual and in-person appointments.

Motheroots Counseling was established in 1996 and is committed to helping women and their partners connect with their own wisdom. We honor the courage it takes to discover your own path on the journey to motherhood. Gaby and Laurie can help you address an array of concerns including: fertility, perinatal and postpartum mood disorders, childhood trauma, birth trauma, and loss. Laurie and Gaby use modalities which attend to the heart, mind, and body. We value and have pursued knowledge and experience to work with our diverse community, and welcome all clients. Specializes in: gender-affirming care, grief/loss, and serving healthcare providers.

Nicole Dove, Professional Counselor Associate

Mindful Therapy Pacific NW

nicole@mindfultherapypnw.com

https://www.mindfultherapypnw.com/

(503) 908-4137

Offering telehealth sessions only.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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Childbearing years can bring on unique challenges, whether that be fertility challenges, complicated pregnancies, birth trauma, mood disorders, or navigating parenthood. I would love the opportunity to support you during your journey. I primarily offer counseling services using CBT, Mindfulness, and person-centered modalities. I will take the time to listen to your concerns/challenges and offer support and guidance to help you feel your best.

Megan Dye, PMHNP

360-977-8935

7600 NE 41st St, Suite 310
Vancouver, WA 98662

MDyeNP@gmail.com
www.megandyenp.com

This is a private practice located in Vancouver, WA offering psychotropic medication management and brief psychotherapy. I am currently treating adults ages 18 and over and adolescents on a case by case basis. I specialize in pre-pregnancy, pregnancy, postpartum, perimenstrual and perimenopausal medication management. Many insurances are accepted. I am licensed in Oregon and Washington to practice and currently offer telemedicine appointments.

Emily Fairchild-Madar, LPC (she/her)

Portland, OR 97213

emily.fairchild.madar@gmail.com

(503) 446-3945

EmilyFMtherapy.com

Offering virtual and in-person support.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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Caring for others is meaningful work, and it can also leave little room for your own mental health. My focus is on clients who are caregivers; this includes parents, teachers, therapists, healthcare workers, anyone who rolls their eyes when told 'you have to put your oxygen mask on first'.

I particularly focus on navigating perinatal mental health, parenting children with behavioral or mental health needs, and burnout and compassion fatigue. LGBT affirming for parents and children. Babies welcome during sessions.

Jennifer Fergusson, LPC (she/her)

971-770-2007

16110 SW Regatta Lane
Beaverton, OR 97006

jennifer@jenniferfcounseling.com

www.jenniferfcounseling.com

Offering virtual and in-person appointments.

Do you ever find yourself thinking, "I'm so stressed out and overwhelmed, I thought being a mom would be so different, that this would be such a magical time and it's not." "I'm feeling so alone and fearful, will I ever feel better or even normal again?" Too fearful of the feelings, that others will judge you or have so much shame or guilt that you can't even start to talk about it. I get it and I understand. I want to be able to help you feel like yourself again.

Eva Firth, LCSW, PMH-C (she/her)

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971-405-9132

18650 SW Boones Ferry Road Suite 3
Tigard, OR 97062

eva@embodiedconnectionstherapy.com

www.embodiedconnectionstherapy.com

Offering virtual and in-person appointments.

I know how difficult this transition into parenthood can be, and I personally know how important it is to have support through this time. I find working with individuals and couples through this phase of life to be so important. I work with clients who are experiencing infertility, trying to conceive, pregnancy, pregnancy loss, postpartum anxiety or depression, and parenting struggles. I also specialize in sex therapy concerns. I hope to hold a space where you can show up just as you are so that we can explore your own unique needs and wants during this experience. I work to help you gain a deeper understanding of yourself so that you can lead the most fulfilled life possible, in whatever way feels right to you.

Renee Fitzpatrick

503-922-6651

2512 E Evergreen Blvd, #20
Vancouver, WA 98661

renee@treadlightlypsychotherapy.com

https://treadlightlypsychotherapy.com/

All sessions are conducted online through an encrypted telehealth-based platform.

I am a Licensed Mental Health Counselor (LMHC) with folks in Washington state. I provide sex-positive psychotherapy, counseling and sex therapy services to individuals, families and relationship systems. My practice includes providing support and care related to perinatal mental health and sexual health.

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Jane Flanagan, LPC, PMH-C (they/them)
shapeSHIFT Tending
827 NE Alberta Street
Portland, OR 97211
jane@janeflanagan.net
https://janeflanagan.net
(503) 912-4244
Offering virtual and in-person support.
Jane is a somatic expressive arts therapist and group facilitator specializing in serving LGBTQIA+ people in family-building and parenting, non-traditional families + relationships, gender-affirming perinatal + postpartum care, and gender-creative child support, as well as anxiety, depression, shame, and trauma. They center community care in all their group offerings, supporting clients and community to connect, slow, express, tend, and expand their tender, tired selves. They also love 'matchmaking' client to the resources they need, from queer-affirming birthworkers to bodyworkers and beyond. Specializing in LGBTQIA+ affirming care, couples counseling, groups, gender creative parenting, nonbinary and trans birthing and queer family-building, resource referrals for queer-affirming providers, nontraditional families, and coparenting communication.

Amy Galaviz, LPC, LMHC, PMH-C (she/her)
Mindbody Mama, LLC
Portland, OR
www.mindbodymamapdx.com

connect@mindbodymamapdx.com

Appointments offered in person and virtually.
Licensed provider in Oregon & Washington.

My Women-Centered practice focuses on helping mothers, like you, to work through challenges that often leave them feeling tired, stressed, overwhelmed & worn out. I help support individuals during their most challenging times, while recognizing personal strengths and resources for additional care. Specialities include

anxiety, perinatal loss, and transitions into motherhood. Additional areas of experience are depression, highly sensitive persons, healthcare professionals, other forms of grief & loss and additional life changes across the lifespan. I offer a mind-body approach to therapy that is warm, gentle and supportive with both professional and personal parenting experience. Through the years, I have worked with numerous individuals & families, providing support and striving to build a positive, open, trusting relationship while creating an atmosphere where clients feel safe and comfortable.

Ema Gascon, LCSW (she/her)

Brightways Counseling Group

12725 SW 66th Ave. Suite 202

Tigard, OR 97223

(503) 953-0310

contactus@brightwayscounseling.com

https://www.brightwayscounseling.com/staff/emalee-gascon

Offering virtual and in-person support.

This is a time of great change and I'm here to support you through it. I use the idea that much of what is causing our distress is not in our control so we are making adjustments within those limits to cause more joy on the day to day. I want this to feel less like another "task" to do and more like a little bit of time for yourself to refill your cup. Specializing in perinatal loss, fertility issues, birth trauma, illness, chronic health conditions, and fathers; LGBTQ affirming; babies welcome during sessions; serving BIPOC, non-traditional families, veterans; offering gender-affirming care.

Leslie Ann Gellert, LCSW, PMH-C (she/her)

Willow Tree Therapy, LLC

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

(971) 290-8458

6274 SW Capitol Hwy

Portland, OR 97239

leslie@willowtreetherapy.us

www.willowtreetherapy.us

Appointments offered virtually and in-person.

I provide evidence-based therapy for individuals and families during pregnancy, postpartum, and the broader perinatal period. I support clients experiencing perinatal anxiety, depression, mood disorders, birth trauma, infertility, pregnancy loss, relationship stress, caregiving demands, and transitions into parenthood. My approach is trauma-informed, strengths-based, and culturally responsive, integrating EMDR, CBT, and mindfulness-based interventions. I offer a warm, affirming space that honors each client's values, cultural background, reproductive choices, gender identity, and family structure. Specializing in LGBTQIA+ clients, non-traditional families, and offering gender affirming care.

Robin Gibler, LPC, Aiyana Counseling

Aiyanacounseling.com

Appointments offered virtually.
As a therapist, my goal is for each person I meet to feel accepted and valued. My counseling style is warm, engaging and supportive. My approach is positive and draws on my client's strengths and resources. My counseling is a blend of insight oriented therapy and practical interventions and is informed by psychodynamic, cognitive behavioral and mindfulness-based theories. I support a holistic model of health and can coordinate care with other wellness providers as desired.

Sarah Gibson, LCSW, PMH-C (she/her)

Chamomile Mental Health, LLC

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

5741 NE Glisan St #2

Portland, OR 97213

(503) 217-4004

sarah@chamomilementalhealth.com

www.chamomilementalhealth.com

Appointments offered in-person.
I am a therapist who works primarily with women and couples who are engaged in the process of growing a family, sometimes unexpectedly and other times with a great deal of planning. I sit in the hard spaces of fertility journeys where the monthly wait is crushing. I am present for the pain of sudden losses, sometimes anticipated and sometimes without warning. There are so many nuanced experiences associated with bringing in new life, and questions that can feel hard to ask or explore without judgment. I welcome you to share with me what this process has been like for you. Specializing in serving LGBTQIA+ populations.

Priscilla Gilbert, LMHC

1905 SE 192nd Ave, Suite 203
Camas, WA 98607
360-975-0512
priscilla@lacamascounseling.com

www.Lacamascounseling.com

Appointments offered in-person and virtually.
Counseling for mothers and fathers experiencing postpartum distress. Focus in providing support in depression, anxiety, intrusive thoughts, OCD, grief, parenting struggles, motherhood and fatherhood transitions, relationship health, and work-life-family balance.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Laurel Granger, LMHC, PMH-C (she/her)

Granger Counseling, PLLC

LAUREL@GRANGERCOUNSELINGLLC.COM

https://grangercounselingllc.com/

(360) 621-6443

Offering individual psychotherapy via telehealth for Washington State residents.

I meet my clients where they are at, and together we determine what the goals of our work will be. I am integrative in my approach, which means I pull from the various evidenced based modalities I am trained in, resulting in a specific and unique therapeutic space for each client. I am particularly interested and passionate about supporting people through their unique challenges that accompany the desire to become a parent. If you have any questions, please don't hesitate to reach out, I am happy to help!

Audrianna Gurr, LPC, CADC I (she/her)
401 NE 19th Ave, #200
Portland, OR 97232

503.522.6327

ajoygurr@me.com
www.gurrtherapy.com

Appointments offered in-person and virtually.
In practice since 2005, as a CBT, shame resilience and CDWF™ (Brené Brown) therapist. My treatment approach is to provide support with insight and feedback to help clients address current challenges and long-standing issues. Our work will be active, asking a lot of questions, discussing your answers to help you help yourself. I use handouts, online resources will supplement our work. I utilize applied empathy to help you

feel safe and in time, confident to discuss your concerns. I specialize in perinatal mental health (miscarriage, infant loss, parenting, difficult births), grief, trauma, shame resilience, anxiety, depression, assertiveness and addictions work. Specialty in working with non-traditional families, LGBTQIA+, BIPOC, and offering gender-affirming care.

Christine “Lily” Haboush, DNP, FNP, PMHNP (she/her)

(971) 365-3621

4531 SE Belmont Street

Portland, OR 97215

info@mindpeacementalhealth.org

www.mindpeacementalhealth.org

Appointments offered in-person and virtually.

Hello! I'm Lily, a Psychiatric Mental Health Nurse Practitioner, specializing in perinatal, postpartum, and mental health for birthing and non-birthing parents. I am LGBTQ-affirming and welcome all family structures. My care combines Western psychiatric medications, therapeutic counseling, herbal support, and hormone testing as needed. My background in Naturopathic & Chinese medicine, as well as emergency and family practice, allows a focus on your holistic health. Together, we’ll find the best treatment tools for your peace of mind. You don’t have to struggle alone—we're here to support you! Services available in English, Spanish, French, and Arabic. Specializing in: fertility issues, single parenting via donor, birth trauma, and queer parenting.

Natalie Harper, LPC Intern

503-707-0808

15100 Boones Ferry Rd.

Lake Oswego, OR 97035

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

https://openpathcollective.org/clinicians/natalie-harper/

I work with mothers and their partners struggling with Perinatal Mood and Anxiety Disorders during pregnancy and postpartum. Whether coping with PMAD, infertility and grief, or trying to quit substances, I offer a safe and supportive therapeutic relationship. I am located in Lake Oswego and utilize a Humanistic and CBT approach in my practice. I will work with you to tap into your personal strengths for bringing about the recovery you desire.

Amy L. Harris, Psy.D. (she/her/hers)

(503) 336-3633

2521 SE 41st Ave Ste. 6

Portland, OR 97202

amyharrispsyd@gmail.com

Appointments offered in-person and virtually.
I am a licensed clinical psychologist who enjoys working with clients struggling with perinatal mood disorders, depression, anxiety, chronic/terminal illnesses, histories of sexual and/or physical abuse, PTSD, and relationship issues. I also have extensive experience working with infertility, pregnancy loss, and complex medical issues.

My approach is tailored to the needs of individual patients, using psychodynamic, interpersonal, existential, and CBT techniques. I endeavor to form strong connections with the people I work with. I believe that psychotherapy assists people in alleviating suffering by learning to relate to others and themselves more flexibly, and by increasing capacity for joy and gratitude.

Jessica M Harrison, LCSW

jessicamharrison.com

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Jessica's practice specialties include reproductive/perinatal mental health, issues involving adoption and third party reproduction, and grief and loss, particularly related to infertility and perinatal loss.

Alicia Hart, ND (she/her)

Clockwork Botanicals LLC

(503) 461-6461, text or call

4850 SW Scholls Ferry Rd Suite 202

Portland, OR, 97225

info@clockworkbotanicals.com

https://www.clockworkbotanicals.com - can schedule online

Offering virtual and in-person support.

Integrative mental health diagnosis, management, and treatment, specializing in neurodivergent care. I have deep experience in supporting parents of multiples, folks with traumatic births, religious trauma, or who don't fit into typical molds. I use many therapeutic modalities including CBT, DBT, Internal Family Systems, pharmaceuticals, and botanical medicine- all focused on what works best for you. I also teach group skills classes for adults with ADHD. I enjoy working with folks from diverse backgrounds, including BIPOC and LGBTQAI+.

Sophie Holliday, LPC, NCC, PMH-C (she/her/hers)

Midmaples Counseling & Play Therapy, LLC

(971) 415-1503

6124 SE Milwaukie Ave

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Portland, OR 97202

https://midmaplestherapy.com

midmaplestherapy@gmail.com

I work with clients across Oregon via Telehealth, in English and German.

Those first few months with a newborn are so tender and sweet and can also be overwhelming, isolating and scary. Our culture places a lot of emphasis on pregnancy, prenatal care and preparing for labor/birth but falls short in equipping new parents with hard skills and a realistic idea of how challenging postpartum can be. There's this expectation that the infant and parent learn their new roles with ease, instinctively "know" what to do and that meeting your baby will be "bliss"…many parents share this is not their experience and there is no shame in that!

Therapy can help you adjust to parenthood, manage postpartum mood and physical changes, communicate about parenting values and expectations and identify needs. Let's work together to support your postpartum healing and well-being. Specializing in: working with neurodiverse parents, ADHD, anxiety, and perfectionism.

Sara Holt, CMN, MS (she/her)

Byenveni Baby, LLC

(503) 747-6794

12665 SW Hall Blvd

Portland, OR 97223

sara@byenvenibaby.com

www.byenvenibaby.com

Offering virtual and in-person support.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

I have been a Nurse Practitioner and Certified Nurse Midwife for over 25 years, and have been passionate about perinatal mental health throughout. My services include medical management for perinatal mood disorders for those who qualify.

Kassie W. Hughes, LPC, PMH-C (she/her/hers)
2929 SW Multnomah Blvd.
Portland, OR 97219
503-915-4222

kassiewhughes@gmail.com
www.kassiehugheslpc.com

Appointments offered in-person and virtually.
I help across the spectrum of perinatal issues and have particular interest and experience with postpartum depression, anxiety and trauma. Utilizing mindfulness-based therapies (Emotion-Focused Therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Acceptance and Commitment Therapy) I bring compassion and humor to the treatment of postpartum issues. I am trained in Eye Movement Desensitization and Reprocessing (EMDR) and will often use this in treating perinatal trauma including loss, labor and delivery and other challenges. Infants and toddlers are welcome and I offer walk and talk therapy for moms who prefer to be active or able to stroll/wear their infant/toddler.

Catherine Jones Counseling LLC (she/her)

Catherine Jones LPC, ATR, LAT, PMH-C

503-347-7575

Beaverton office: 16110 SW Regatta Lane, Beaverton, OR

Portland office: 4800 SW Macadam Ave, Portland, OR

catherinejonescounseling@gmail.com

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

www.catherinejonescounseling.com

Appointments offered in-person and virtually.
I specialize in reproductive/perinatal mental health care,which includes supporting family planning, parenthood related adjustments, pregnancy, postpartum mood and anxiety disorders, pregnancy loss, perinatal loss, infertility, and traumatic birth. I believe in the powerful healing function of connection. I will work collaboratively with you utilizing a variety of supportive treatment modalities, including EMDR, Art Therapy, interpersonal and somatic care. I'm LGBTQIA+ affirming provider, welcoming all cultures, races, abilities, religions, sexual orientation, and gender identities. Specializing in serving non-traditional families.

Sarah Kendrick, PhD, PMH-C

(503) 822-7740

Telehealth for Oregon & Washington residents

sarah@towardfreedomtherapist.com

http://www.towardfreedomtherapist.com

The pressure to parent perfectly leaves folx feeling responsible for & alone in their suffering. I offer trauma-informed flourishing-focused individual & group therapy to help folx let go of getting it right & reclaim the right to be well. We create a compass from your inner wisdom, needs, & values rather than impossible expectations. If you're navigating pregnancy, birth, depression, anxiety, grief, birth trauma, stress, exhaustion, difficulty attaching, discrimination, or fertility or adoption challenges~ there's a path Toward Freedom with safety, ease, & connection. I'll walk it with you.

Naomi Kidder, MA, LPC (she/her)

Song Sparrow Therapy

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Portland, OR

(512) 829-7563

naomi@songsparrowtherapy.com

www.songsparrowtherapy.com

Offering telehealth appointments.

I have a background in eating disorder and body image work, attachment-focused family work, trauma-informed care, traditional and non-traditional couples work, and narrative therapy. While I may have a background in mental health, I believe you are the expert on yourself. I love working with individuals and couples during times of transition: trying to conceive, pregnancy, pregnancy after infertility, and welcoming a new child to the family. I aim to help you find ways to have more self-compassion and to feel more embodied and connected to yourself and to others in your life. Specializing in serving LGBTQIA+, BIPOC, non-traditional families, and offering gender-affirming, fat-positive care. Specializing in eating disorders, body image, and their intersections with pregnancy, birth, raising and feeding children.

Elana S. Kier, MSW, LICSW

360-727-1588

10000 NE 7th Ave Ste 410D

Vancouver, WA 98685

elana@kiercounseling.com
www.kiercounseling.com

Telehealth for Washington residents.

Elana Kier, MSW, LICSW provides strengths-based, client-focused, and trauma-informed treatment for individuals, couples, and families. Elana offers supportive and empowering therapy in the areas of perinatal

mental health including perinatal mood disorders, perinatal loss (stillbirth) and general parenting. Elana's main treatment modalities include cognitive behavioral therapy (CBT), mindfulness based stress reduction (MBSR), and motivational interviewing (MI). Additionally, Elana is trained in Cognitive Processing Therapy (CPT) for trauma.

Sarah King, LCSW, PMH-C (she/her)

Yaga Healing Place

Salem, OR

503-828-5532

sarahkinglcsw@gmail.com

www.yagahealing.com

All services are zoom/virtual currently.

My clinical framework, rooted in attachment theory, highlights the delicate bond between mother and baby—a relationship whose complexity is often overlooked. Motherhood is far more intricate than society portrays, blending beauty with emotional, physical, and spiritual challenges. Drawing on 10 years of clinical experience in sexual health and my own motherhood journey, I use CBT, DBT, and schema therapy to support you in finding validation and acceptance. Let me help you as you navigate this profound transformation, honoring your vital role in nurturing your baby.

Alicia Krawczyk, LCSW, Rooted Therapy and Consultation LLC (she/her)

39085 Pioneer Blvd. Suite 1015

Sandy, OR 97005

(541) 659-3217

alicia@rootedhealing.net

https://www.rootedhealing.net/

Virtual and in-person appointments available.

I offer supportive compassionate care to women in every stage from childbearing on through perimenopause. I have a specialized focus on the perinatal stage to support mothers in their journey whether this is their first or fifth experience. I believe each experience is unique for the woman and that time in their life. I offer an individualized approach for each of my clients. I start with understanding where you are at right now, the challenge you are facing, & where you want to be. I will help you develop a plan to help you move the direction you personally choose & I will be there as a support for guidance on how to overcome barriers as they arise.

Geraldine Kuphal MFT (she/her)

Portland, OR

(503) 310-8620

https://www.kuphalmft.com

geraldine.kuph@gmail.com

All appointments offered virtually, in English or Spanish.

I am a Perinatal Mental Health therapist committed to helping women/men and families adjust to being a parent and navigate the challenges of pregnancy and Post-Partum.

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

I use a strength-based, collaborative approach. This means that together we will create a treatment plan that best fits your needs, personal style and goals. I integrate a variety of tools such as cognitive-behavioral, narrative, solution-focused and family systems therapy.

Dr. Kalena Lanuza

971-251-2081

Telehealth for Oregon residents

admin@manamentalhealth.com
www.manamentalhealth.com

All appointments offered virtually.

Aloha, I am a dual certified, Native Hawaiian Family & Psychiatric Mental Health NP and Certified Lactation Counselor. I specialize in medication management, brief & supportive psychotherapy, and lactation counseling during pregnancy & postpartum. As an Indigenous provider, I work to bring the wisdom of my kūpuna (ancestors/ elders) with me into relationship with the people that I serve and try to use the Native Hawaiian concepts of aloha (love), ha'aha'a (humility), kokua (to help) and lokahi (harmony) to inform my work and help my clients strengthen their own mana (Native Hawaiian term for energy or life force). I hold space for Native Hawaiian & Pacific Islanders across the diaspora and also help heal the entire community by creating an inclusive practice where all women experiencing perinatal mental health challenges are welcome.

Sarah Lax, CSW Associate (she/her)

Spero Psychology

7972 SE 13th Ave. Suite 101

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Portland, OR 97202

(503) 683-7374

sarah@speropsychology.com

www.speropsychology.com

Offering virtual and in-person support to adults age 18+.

My 15+ years as a community midwife are at the heart of my relationship with therapy clients, in my deep understanding of how we all endure pain and hardship, but also joy and rebirth. I work with people struggling with anxiety, depression, and trauma, and specialize in pregnancy, postpartum, infertility, parenting, and grief/loss. I'm certified in Somatic EMDR, Holistic Nutrition, and Tension/Trauma Releasing Exercises (TRE), and utilize them to help strengthen nervous system resilience. My desire is to spark hope that you will find a way forward. Specializing in fertility/infertility support, postpartum trauma, perinatal loss, NICU families, parenting challenges, perimenopause, TFMR (termination for medical reasons), termination/abortion, Fetal Anomaly Diagnosis. LGBTQ affirming; babies welcome during sessions.

Tina Lilly, MS

Tina Lilly Counseling
1804 NE 45th Ave.
Portland, OR 97212
503-380-0424
http://www.tinalillycounseling.com
http://yogawaytobirth.com/

I offer mental health counseling for individuals, children, teens and parents. Major areas of therapeutic focus are birth preparation, working through birth fears, healing from birth trauma or a difficult birth experience, overcoming pregnancy and postpartum depression, healing from pregnancy and infant loss, parenting and

co-parenting, infertility and adoption. I draw from humanistic, existential and insight-oriented traditions, and utilize body-centered interventions such as mindfulness and movement in session, if desired.

Kelly Mach, LMHC, LPC, NCC

1880 Willamette Falls Dr

West Linn, OR 97068

kelly@kellymachcounseling.com

718.577.2347

Appointments offered virtually and in person.

Kelly specializes in the treatment of perinatal mental health issues, eating disorders and trauma. Kelly follows a holistic approach to therapy, and often employs multiple modalities depending on client's needs and concerns. Kelly values the therapeutic relationship above all else. When not in session or running groups, you can find her spending time with her two young sons and her partner, hiking and reading both fiction and non-fiction with a hot cup of coffee or tea. Kelly is committed to social justice and supports black lives, the LGBTQ+ community and all marginalized groups. She looks forward to meeting you! Specializing in supporting professional working parents as a RETAIN certified parental leave coach.

Amy Manion (she/her)
(541) 604-8733
amy@amymanionfamilytherapy.com
www.amymanionfamilytherapy.com

Offering virtual and in-person appointments.

I am passionate about providing a welcoming, collaborative, comfortable space that supports my clients

through the process of self-discovery, insight, emotional healing, and positive change. I have a special interest in perinatal mental health, including pregnancy and postpartum, and supporting individuals and couples as they navigate the parenting process. I also have an interest in supporting children, families and adults who are looking for strategies to effectively manage ADHD symptoms. Working with individuals, couples, and families who are seeking solutions for connection and intimacy is my passion.

Tara May, Ph.D., Blue Leaf Mental Wellness Center (she/her)

756 Officers Row
Vancouver, WA 98661
360-904-1008
https://www.blueleafcenter.com/

Offering telehealth and in-person appointments.

The entry into motherhood can be unexpectedly filled with heartache and unexpected changes. We support mothers whether the challenge is in getting pregnant, facing birth trauma or losses, adapting to the challenges and beauty of motherhood, or in mood changes during pregnancy or after the birth. We work towards building your inner resources to overcome fear, build coping skills to manage mood changes and help you connect more deeply with yourself and your family.

Fawn McCool, LCSW, Portland Mental Health and Counseling (she/her)

9370 SW Greenburg Rd Suite 321

Tigard, OR 97223

(503) 496-6712

www.fawnmccool.com

fawnmccoollcsw@gmail.com

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Appointments offered virtually.
Fawn takes a genuine and collaborative approach to every counseling session. With an easy-going communication style Fawn is a compassionate listener yet supports growth with evidence-based interventions. Fawn draws heavily from attachment theory and interpersonal neurobiology which she blends with narrative, cognitive behavioral, feminist, and mindfulness modalities for a holistic approach to healing. She has specialized training in working with clients who identify as women who have experienced challenges in motherhood such as adjustment issues, loss, infertility, postpartum mood/anxiety disorders, post traumatic stress disorder, birth trauma, or NICU/PICU stays. LGBTQ+ affirming provider.

Allie McIntosh, MA, MFT Associate (she/her)

Converging Paths Therapy

allie@convergingpathstherapy.com

(971) 531-5329

Telehealth for Oregon residents

My practice focuses on the intersection of sex therapy and perinatal mental health. I aim to provide an inclusive, affirming, and sex positive space for clients to become cartographers of their realities. Maps hold a lot of information, but they don't always lead us to our destination, therapy can act as your legend. My approach is rooted in narrative therapy. I know that larger systems create barriers for us to feel and present ourselves authentically. Self-discovery can be challenging, but you are not walking into the darkness alone. Together, we can co-construct a narrative that embodies your goals. Specializing in perinatal mental health and sex therapy; LGBTQ affirming, serving BIPOC populations.

Gabrielle Mitrak, LPC in Oregon, LMHC in WA, PMH-C (she/her)

Gaby Mitrak Counseling, LLC

(425) 395-4163

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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gaby@gabymitrak.com

https://gabymitrak.com/

Appointments offered virtually.

You can expect a warm, funny, and direct person to be with you in our sessions together. My personal experience as a mother drew me to perinatal mental health, which is my clinical area of expertise. I specialize in reproductive mental health and perinatal mood and anxiety disorders (PMADS).I am certified by Postpartum Support International and hold an additional title of PMH-C. I bring expertise in birth trauma, NICU experiences, TTC, postpartum anxiety and depression, postpartum rage, intrusive thoughts, and perinatal loss. Specializing in serving non-traditional families, LGBTQIA+, and BIPOC populations.

Candyce Monteleone, LPC, PMH-C (she/her)
Willamette Wellness Center

Portland, OR

candyce.monteleone@wwcpdx.com

wwcpdx.com

Offering telehealth and in-person appointments.

I consider it an honor to come alongside and support clients during difficult seasons of life. Within these difficult seasons there is great potential for growth and transformation! My priority as a counselor is to be a compassionate collaborator with my clients, providing an atmosphere of warmth and safety that promotes personal growth and insight. I offer integrative and holistic counseling to those struggling with depression, anxiety, stress, life transitions, spirituality, perinatal mood and anxiety disorders, and parenthood. I welcome people of all backgrounds in my practice.

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Heather Mulkerns, Psy.D, LCSW (she/her)

2006 SE Ankeny Street

Portland, OR 97214

drheathermulkerns@gmail.com

(503) 936-7811

www.drheathermulkerns.com

Appointments offered virtually and in-person.

I provide psychotherapy and have a specialty in reproductive mental health as well as trauma work. I support parents with issues such as infertility, pregnancy loss, perinatal depression and anxiety, birth planning/empowerment, birth trauma, postpartum depression/ anxiety/ OCD, as well as a multitude of parenting concerns. My approach is psychodynamic and my style is warm, client-centered and collaborative. Specializing in serving BIPOC, LGBTQIA+, non-traditional families, veterans, adoptive parents, and offering gender-affirming care.

Meaghen Murphy, Moonstone Counseling & Wellness, LLC (she/her)

503-832-8784
3439 SE Hawthorne Blvd #928 Portland, OR 97214

hello@moonstonepdx.com
https://www.moonstonepdx.com/

Appointments offered virtually.
I am a Licensed Clinical Social Worker (LCSW) with over 20 years of experience and a master's degree in social work. For the last 14 years, I worked in a Portland high-risk obstetric clinic, providing support to patients and

their families during medically-complicated pregnancies. I also have experience working in a midwifery clinic. I am a Certified Perinatal Mental Health therapist (PMH-C) with extensive clinical training and experience helping people with perinatal mood and anxiety disorders, birth trauma, miscarriage and infant loss, NICU stays, infertility, pregnancy termination, and adoption. I use warmth, compassion, collaboration, and humor in my work with clients. I am honored to walk alongside you as you process difficult life experiences, find your voice, cultivate self-compassion and resilience, and learn new skills to thrive. I am committed to social justice and a therapy practice which is safe and welcoming for all.

Kit Murray, LCSW (she/her)

503-442-3359
8514 SE Stark St.
Portland, OR 97216

kit@kitmurraylcsw.com
www.kitmurraylcsw.com

Offers virtual and in-person appointments.

I enjoy working with folks with all kinds of perinatal related issues. I have 15+ years of experience as a therapist. I'm EMDR trained and utilize IFS, Family Systems Theory, CBT and psychodynamic training to inform my work. LGBTQIA+, birth trauma, perinatal trauma, postpartum anxiety, loss of child, miscarriage, and fertility are some of my related specialties.

Sarah Nelson, Ph.D., Rose and Fern Counseling (she/her)

503-433-3443
511 SW 10th Ave, Suite 604
Portland, OR 97205

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

sarahnelson.phd@gmail.com
www.roseandferncounseling.com

Appointments offered virtually.
I come to my work as a therapist holding tight to the knowledge that all people want to live meaningful lives with deep loving connection to others. Perhaps you are feeling a loss of meaning, a loss of connection, or are in the midst of a life transition and that has led you here. Whatever has led you to seek therapy, I am glad you are here and I welcome you as you are, as you were, and as you would like to be. I approach my work with a desire to connect and to understand, to hold hope, and to guide towards insight. Specializing in: gender affirming care, veterans, LGBTQIA+.

Deborah Nichols, LPC, NBCC (she/her)

Nichols Counseling LLC

Portland OR 97229

debbie@deborahnicholscounseling.com

deborahnicholscounseling.com

(971) 330-2865

Offering virtual appointments.

Online therapist licensed in Oregon and California, specializing in anxiety support for moms, postpartum challenges, and life-transitions. With extensive experience in therapy, parent advocacy and a warm yet engaging style, Deborah helps clients move from exhaustion and overwhelm toward becoming the version of themselves they've always wanted to be. She offers a safe, inclusive, and multicultural-affirming space where all identities and experiences are respected. LGBTQ affirming; babies welcome during sessions.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Anna Norman, LCSW (she/her)

Third Space Psychotherapy & Consultation LLC

Oregon

(971) 315-9442

annanorman@thirdspacepsychotherapy.net

https://www.thirdspacepsychotherapy.net/

Offering virtual appointments.

Rooted in perinatal mental health and guided by an anti-oppressive framework, I support people navigating the in-between—birth, loss, parenting, and personal transformation. I use evidence-based approaches tailored to your goals, including Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Narrative Therapy, and Schema Therapy. I'm a Licensed Clinical Social Worker, Certified Drug and Alcohol Counselor (CADC I), and Perinatal Mental Health Certified Provider (PMH-C), and offer clinical supervision for CSWAs in Oregon. Babies Welcome During Sessions, LGBTQ+ Affirming, Couples Counseling. Specializing in navigating identity changes in parenthood; balancing career and parenting responsibilities; breaking the cycle and healing from trauma; interpersonal challenges.

Esther Pfeiffer, LMHC (she/her)

Lacamas Counseling

(360) 635-8873

1905 SE 192nd Ave, Ste 203

Camas, WA 98607

esther@lacamascounseling.com

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

https://lacamascounseling.com/providers/esther-pfeiffer/

Appointments offered virtually or in-person. Serves Washington state residents only.

I am a Licensed Mental Health Counselor specializing in perinatal loss. I hold a certificate for counseling those who have experienced pregnancy loss and infant death. I also have experience counseling those who are pregnant after experiencing a loss or experiencing high anxiety with pregnancy. In addition I have completed trainings in, and have experience working with, postpartum care for parents after birth. I use a supportive approach, coming alongside and walking with parents in their journey, as well as cognitive behavioral therapy and EMDR as appropriate.

Amy Porturas, LPC

(503) 305-5064
Telehealth only as of Jan 2023

HELLO@SENUACOUNSELING.COM
https://senuacounseling.com/welcome

I have been a Licensed Professional Counselor in the state of Oregon since 2018 and received a certification in Perinatal Mental Health in 2022. I am passionate about working with birthing individuals wherever they are at in their parenting journey. It's deeply fulfilling to me to support those embarking on their journey of birthing and adapting to their new role as a parent; navigating the often bumpy and unknown territory in this life transition. I utilize a combination of theories and interventions to provide effective relief from mental health symptoms and healing; allowing for individuals to feel like they can create a nourishing and fulfilling life for themselves.

Joan Pugh, PsyD (she/her)

Covenstead NW, LLC

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(971) 247-3203

joan@covensteadnw.com

www.covensteadnw.com

Offering virtual appointments for Oregon residents.

Therapy is a relationship we both choose. Individual therapy sessions with me are a safe space to examine behavioral and relational patterns that no longer serve you, process their function, and find and practice reasonable alternatives that will get your needs met in your current life.

I utilize an eclectic mix of interventions tailored to client needs, including specialized training in Intuitive Eating, Emotional Freedom Techniques (Tapping), and Perinatal Mental Health (including fertility concerns, birth trauma and miscarriage and other loss). Specializing in serving BIPOC, LGBTQIA+, non-traditional families, and gender affirming care.

Cecille H. Reuther, MD (she/her)

Mindful Health NW

15455 NW Greenbrier Pkwy, Suite 120

Beaverton OR 97006

(503) 479-1189

contact@mindfulhealthnw.com

www.mindfulhealthnw.com

Offering in-person and virtual appointments. Services available in English or Filipino.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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Dr. Reuther provides comprehensive, evidence based, compassionate perinatal care for mothers in collaboration with families, support network and other providers in the treatment team. I use a combination of therapy, psychosocial interventions and medication management as indicated. Together we will work on treatment plans and goals that will fit your needs and lifestyle.

Heidi Scanlan, LCSW (she/her)

9735 SW Shady Ln, Suite 104

Tigard, OR 97223

503-855-9043

heidiscanlanlcsw@gmail.com
https://heidiscanlanlcsw.squarespace.com

Offering virtual and in-person appointments.

Heidi is a therapist and clinical social worker with 10 years of experience working with clients to make the changes they want and need in their lives. Heidi's goal is to create a safe space for goal oriented, positive change by challenging problematic relationships and communication patterns. Healing comes from hard work- sometimes we just need a little guidance on how to get there.

Robbin Schroth PMH-C, Professional Counselor Associate (she/her)

(503) 208-5948
7346 NE Sandy Blvd. , Portland Or 97213

Robbin@familyrootstherapy.com
www.familyrootstherapy.com

In-person and telehealth appointments available.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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You deserve support. Pregnancy and postpartum can be exhilarating, overwhelming, isolating, or just downright tiring. I love working with parents in pregnancy, postpartum and beyond. If you are in need of some extra support and working through issues related to identity, anxiety, depression, overwhelm, transitions, sibling/ family adjustments or relationships I would love to come alongside you. Specializing in parent-child relationship stress or trauma, and couples.

Olivia Schwartz, LCSW, LICSW, PMH-C (she/her)

Energy Matters
3325 NE Wasco St, Portland, OR 97232
olivia@energymatterspdx.com
(971) 247-1967
https://energymatterspdx.com/about-us/olivia-schwartz/
Appointments offered in person and virtually. Licensed in Oregon and Washington.

You may be used to carrying more than anyone realizes while feeling overwhelmed, exhausted, or misunderstood. I offer a compassionate space to slow down, feel heard, and reconnect with what matters most. As a Certified Perinatal Mental Health provider (PMH-C), I specialize in reproductive mental health, including pregnancy, postpartum, birth trauma, and loss. I also support clients navigating trauma, anxiety, mood disorders, PMDD, disability, and life transitions. Together, we'll build insight, practical tools, and greater self-compassion for meaningful, manageable healing. Specializing in: perinatal mood and anxiety disorders, birth trauma, loss, and individuals experiencing PMDD. LGBTQ Affirming, Babies Welcome During Sessions.

Lisa Sciarani, LCSW, LICSW, PMH-C (she/her)

Your Path Forward Counseling

1110 SE Alder Street Suite 301

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Portland, OR 97214

(503) 317-7780

lisa@yourpathforwardcounseling.com

www.yourpathforwardcounseling.com

Available for virtual visits and offers walk and talk therapy with established clients in inner SE PDX.

I'm a mom to two, former fence-sitter, mixed Chinese/white therapist specializing in perinatal mental health. I help women navigate the anxieties of family planning, pregnancy, birth, and motherhood. I teach practical tools to become more mindful, regulate emotions, make tough decisions confidently, navigate cultural/familial expectations, assert needs, and set boundaries for a more balanced, sustainable, self-compassionate, and joyful life. I'm realistic and direct, accepting and warm. My clients are driven and appreciate accountability and skills to practice in between sessions. Specializing in serving the BIPOC population. English and receptive Spanish.

Kristen Seghete, PhD, PMH-C (she/her)

Ancona Psychology Services LLC

2839 SW 2nd Ave

Portland, OR 97201

(971) 469-9861

drseghete@anconapsychology.com

https://www.anconapsychology.com

Available for virtual and in-person support.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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Are your emotions overwhelming you? Is your postpartum or parenting journey stressful? I am a clinical psychologist specializing in women's mental health, including certification in perinatal mental health, and parenting in OR and WA. My therapy approach honors a compassionate, non-judgmental space to collaboratively develop coping skills and emphasizes trauma-informed care. I specialize in traumatic experiences, including pregnancy decisions, birth trauma, and past traumas. I also offer gender-informed psychological and neuropsychological assessment. Specializing in neurodivergent/neurodivergent-affirming care, and supporting providers.

Rachel Paula Shapiro, LPC Associate (she/her)

Rachel Paula Shapiro Portland Psychotherapy

917 SW Oak Street

Portland, OR 97205

(971) 249-2961

rachelpaula@gmail.com

www.rachelpaula.com

Offering virtual and in person services in downtown Portland.

I'm a Portland, OR based, feminist Internal Family Systems (IFS) therapist. I'm deeply committed to supporting mothers as they navigate the unique challenges of motherhood. My work includes helping clients with fertility issues, miscarriage, birth trauma, stress, relationship struggles, postpartum anxiety and depression, and the profound identity shifts that often accompany motherhood. I'd love to connect and explore how I can support you on your journey. Services available in English and Spanish; specializing in serving non-traditional families, LGBTQIA+, and offering gender affirming care.

Shelly Sheinbein, PhD (she/her)

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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Portland, Oregon 97232
Drshellysheinbein@gmail.com
(650) 429-8587

https://www.psychologytoday.com/us/therapists/shelly-t-sheinbein-portland-or/936737

Currently offering telehealth (virtual) only
I can help you manage the exhaustion, mental load, and loss of self that often occurs alongside the many highs of becoming a new mom.

I, myself, experienced a perinatal mood disorder during pregnancy which motivated me to seek specialized training in perinatal mental health. I have a doctorate in counseling psychology from University of North Texas and completed a fellowship in gender and sexual identity from Stanford University. I specialize in helping LGBTQ+ individuals manage anxiety and depression during pregnancy as well as postpartum. I welcome babies during session.

Alison Smolin, MS, NCC (she/her)

503-765-6199

8301 SE 13th Ave

Portland, OR 97202

Alisonsmolincounseling.com
alisonsmolincounseling@gmail.com

Appointments offered virtually.
Providing counseling therapy to individuals and couples struggling with fertility, pregnancy loss and postpartum difficulties. Not currently accepting insurance but can provide superbills for out of network billing. Telehealth and in person sessions available. I believe strongly in the power of a safe relationship in which clients can share their experiences openly and honestly. Through insight, problem-solving, support and

connections to resources, I help clients in their journey towards greater stability and wellness in these challenging times. Specializing in gender-affirming, non-traditional families, BIPOC, and LGBTQIA+ populations.

Sam Stevens, LMFT (he/him)

503-957-8797

3325 NE Wasco St.

Portland, OR 97232

www.samstevensmft.com

samstevensmft@comcast.net

Offering in-person appointments, in English or Spanish.

I am a licensed marriage and family therapist and specialize in working with new fathers in individual, couple and family therapy. I try to help identify supports for women and men with postpartum depression, increase connections between themselves and others and facilitate increased attachment between the couple. I facilitate the Portland New Fathers' Group for fathers with children under the age of five, which is sponsored by Baby Blues Connection.

Margot Strauhull, LCSW, PMH-C, Root & Bloom Counseling (she/her)

1012 SW King Ave. Suite A. Portland, OR 97205

503-905-9839

margot@rootandbloomcounseling.com

www.rootandbloomcounseling.com

Appointments offered in-person and virtually, in English and Spanish, for OR and WA residents.
I provide individual compassionate and mindfulness based counseling, specializing in working with people

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during pregnancy, postpartum, birth trauma, fertility and reproductive health and grief and loss. Serving: LGBTQIA+, Queer, gender-affirming care, non-traditional families, and Spanish speaking families.

Harini Sukumaran, BAMS, MA, LMFT, MindTree Holistic Counseling & Wellness Center LLC

5440 SW Westgate Dr, Ste 210
Portland, OR 97221

503-766-4895

harini@mindtreeholisticcounseling.com

https://mindtreeholisticcounseling.com

Harini is a licensed therapist, founder and clinical director of MindTree. She is also a certified play therapist, Reiki energy healer, Yoga teacher and Ayurvedic practitioner. She offers holistic integrative mental health counseling for individuals (Women), children, teens and parents. Major areas of therapeutic focus are helping Women suffering from trauma, birth loss, birth trauma, parenting, PTSD, depression, anxiety and Pregnancy/Postpartum mood disorders. She is also passionate about helping younger children and teens holistically to become less stressed by giving them and their parents tools, support and encouragement. Harini draws heavily from Mindfulness, attachment theory, cognitive behavioral, interpersonal neurobiology, existential and utilize mind body centered interventions such as mindfulness and somatic based techniques,

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Kelly L. Sullivan, MSW, LCSW (she/her)

10883 SE Main St, Ste 204

Milwaukie, OR 97222

503-381-2422

kelly@kellysullivanlcsw.com

www.kellysullivanlcsw.com

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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Appointments offered in-person and virtually.
My approach to counseling and therapy is compassionate, collaborative and strength based, and my primary model is family-centered. Together, we will look at practical supports and resources to help you address current struggles. At the same time, I will encourage you to examine past beliefs that may be making it more difficult to cope with the challenges you face. I have developed a special interest and compassion in my practice for parents experiencing pregnancy, postpartum depression and anxiety, traumatic birth experiences, infertility, and pregnancy and infant loss. I am trained in EMDR.

Jackie Turner, LMFT (she/her)

Jackie Turner Therapy

(971) 238-2326

jackieturnertherapy@gmail.com

jackieturnertherapy.com

Offering virtual appointments.

I'm a psychodynamic therapist specializing in perinatal mental health and matrescence. Matrescence, or the identity shift at the heart of becoming a mother, is a deep, confronting process. Maybe you're feeling far away from yourself and unsure when the ground will steady itself again. Maybe old losses, traumas, and wounds are returning to you in new ways, or you're feeling lost in the forest of change. Regardless of what has brought you here, this is a period of profound transformation, and an incredibly rich time to engage in this work. Specializing in matrescence; offers individual and couples counseling; babies welcome during sessions.

Jocelyn Van Hee, LCSW, PMH-C (she/her)

Wildfern Counseling and Wellness, LLC

123 E Powell Blvd. Suite 212

Gresham, OR 97030

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

jvanhee@wildferncw.com

(503) 929-8440

wildferncw.com

Offering in-person and virtual appointments.

I am a Licensed Clinical Social Worker with over 20 years of experience, with a specialty in perinatal mental health and a certificate in Perinatal Mental Health through Postpartum Support International. I work with moms of every phase of parenting, but especially during the reproductive journey. I have specialized training in mindfulness, ACT, CBT and EMDR. I am in-network with several insurance plans and I welcome people of all backgrounds. Babies and any form of feeding are welcome during sessions. Specializing in perinatal loss, fertility, birth trauma, and postpartum/maternal rage, and teens; LGBTQ affirming; affirming of all cultures and gender identities.

Marisela Van Sickle, LCSW (she/her)

7420 SW Garden Home Road, Suite A
Portland, OR 97223

503-597-8699

mari@pdxfamilytherapy.com

www.pdxfamilytherapy.com

Appointments offered in-person and virtually.
I specialize in working with individuals and families. I work with parents and parents-to-be who are navigating life stressors and the chaos of parenthood. I'm trained in Structural Strategic Family Therapy, and Emotionally Focused Therapy and use a systemic approach in working with children and adults. I am also one of the few therapists in Portland that offer Parent-Child Interaction Therapy, a unique evidenced-based treatment for young children. My approach to helping you and your family is warm and compassionate, yet direct, lively and

straightforward. I believe and hold true that you are the expert in yourself and your family. I am in-network with most major insurance providers.

Maryke Van Zyl, Ph.D. (she)

www.drmaryke.com

drmaryke@outlook.com

(408) 560-4956

Offering phone and video appointments, in English or Afrikaans.

Helping dads become the parent they want to be. I'm Dr. Maryke Van Zyl, a clinical psychologist working virtually across Oregon and California, specializing in parenting, relationships, and psychological assessment. If you're raising your kids differently than how you were raised, struggling with anger, connection, or emotional overwhelm—I get it. I guide dads using mindfulness, attachment, and values-based tools to improve parenting, reconnect with partners, and explore neurodiversity (like ADHD or Autism). Let's build the relationships and family you're proud of. Specializing in LGBTQ affirming care, couples, dads, veterans.

Petra Zdenkova, LCP, PMH-C (she/her)

The Healing Rock, LLC

drpetraz@thehealingrock.com

(971) 385-5878

Offering virtual appointments.

Licensed Clinical Psychologist providing individual therapy virtually in Oregon. I am certified in Perinatal Mental Health through Postpartum Support International and have 9 years experience working with individuals and

families in both primary care and OBGYN settings. I recently started a private practice on Fridays. I am passionate about supporting individuals going through their reproductive journey - whatever that looks like. I also have experience in other areas including women's health, mood, chronic health conditions, life transitions, loss, and trauma. Specializing in LGBTQIA+, non-traditional families, and providing gender affirming care, and have experience writing WPATH letters.

Psychiatric Nurse Practitioners

These providers can offer counseling and therapy and can prescribe psychiatric medication when indicated

Nkenna Ajagba, PMHNP-BC

(512)-885-0388
nkenna@connectintegrativepsychiatry.com
https://secure.helloalma.com/providers/nkenna-ajagba/

Telehealth only for Oregon residents.

I'm an integrative psychiatric nurse practitioner with a background in clinical psychology. I specialize in women's mental health and treat anxiety, depression, intrusive thoughts, trauma, sleep issues, and bipolar disorder during pregnancy and postpartum. I take a whole person approach and consider mind, body, spirit, culture, and environment in your care. My goal is to collaborate with you in your treatment. Your treatment might include medications, psychotherapy, lab testing, nutrition, mind-body skills, supplements, and exercise.

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Melinda Anello, PMHNP, PMH-C (she/her)

(971) 202-1122

melinda@upwellpsych.com

https://www.upwellpsych.com/

Offering virtual appointments only.

As a Psychiatric Mental Health Nurse Practitioner (PMHNP), I am dedicated to creating a safe, supportive environment filled with kindness, empathy, and humor. Specializing in Perinatal Mental Health, I assist those dealing with premenstrual distress, pregnancy planning, and the postpartum period. I also support individuals coping with pregnancy loss, abortion, or birth trauma. With my experience as an L&D and Postpartum nurse, I understand this transformative time in life. If you're facing symptoms of depression, anxiety, OCD, bipolar disorder, or trauma, you're not alone—help is available.

Lenore Baker, PMHNP (she/they)

Upwell Psychiatry

OR, 97031

lenore@upwellpsych.com

(971) 202-1157

upwellpsych.com

Offering virtual support.

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I am a psychiatric mental health nurse practitioner offering medication management and individualized mental health care for individuals and families navigating pregnancy, loss, new parenthood, and the postpartum period. I know these experiences can bring profound joy as well as uncertainty, grief, anxiety, and emotional overwhelm.

I welcome and affirm diverse families, including LGBTQIA+ individuals and families, families of color, and families from a variety of cultural backgrounds. It is a privilege to support people during some of life's most vulnerable and transformative moments. Specializing in perinatal loss, birth trauma, postpartum depression/anxiety/psychosis. LGBTQ affirming; babies welcome during sessions.

Marisa Bell, PMHNP (she/her)

2066 NW Irving Street, Suite 3

Portland, OR 97209

971-328-1565

contact@talkingtwenties.com

Contact Form: https://talkingtwenties.com/get-started/

Offering telehealth and in-person support for Washington and Oregon residents. Clients often worry that the psychiatric medication they are taking will be bad for the baby. They often get information from medical providers, family, or others that suggest stopping medications altogether during pregnancy.

I look at many variables during this important period, including the health of mom, baby, and family. I focus on current medical literature to support any prescribing or un-prescribing decisions. And most importantly, we will work together to find a plan that works for you. Specializing in gender-affirming care; babies welcome.

Adria Goodness, CNM, PMHNP-BC

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971.220.8338

106 SW Woods St.
Portland, OR 97201

https://lifecyclehealthandeducation.com/

Offering comprehensive psychiatric care to women and couples who are preconception, pregnant, and postpartum. Can address mood, anxiety, and other psychiatric disorders as well as grief and loss, infertility, multiple gestation, and previous reproductive trauma. Treatments include psychotherapy and/or medication after thorough informed consent. Therapy may focus on early childhood relationships, losses, and strengths, current interpersonal support, and self-esteem. Often includes logical problem-solving to address infant feeding challenges, parental exhaustion, and division of household tasks during times of change and stress. Diversity welcomed and honored. Happy to collaborate with obstetric, fertility, and primary care providers.

Stacey Gramann, D. O., M.P.H (she/her)

(503)-914-0900

SW Portland (near OHSU), OR

https://www.psychologytoday.com/us/psychiatrists/stacey-gramann-portland-or/412224

Offering in-person and virtual care (currently licensed in OR).

I am a board-certified psychiatrist with 20 years of experience treating women and women-identifying clients across the reproductive years. I offer weekly individual psychotherapy and medication management focused on supporting clients through the preconception, perinatal and postpartum life.

Adjusting to each phase of mothering brings new challenges, questions, and insights that can be overwhelming, and sometimes distressing. I offer a safe, therapeutic space to meet my clients where they are, and offer a holistic approach to treatment with psychiatric medications as an option. Specializing in: perinatal loss, fertility challenges, perinatal anxiety and depression (including postpartum), sleep issues, birth trauma, and parental role transitions.

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Alicia Hart, ND (she/her)

Clockwork Botanicals LLC

(503) 461-6461, text or call

4850 SW Scholls Ferry Rd Suite 202

Portland, OR, 97225

info@clockworkbotanicals.com

https://www.clockworkbotanicals.com - can schedule online

Offering virtual and in-person support.

Integrative mental health diagnosis, management, and treatment, specializing in neurodivergent care. I have deep experience in supporting parents of multiples, folks with traumatic births, religious trauma, or who don't fit into typical molds. I use many therapeutic modalities including CBT, DBT, Internal Family Systems, pharmaceuticals, and botanical medicine- all focused on what works best for you. I also teach group skills classes for adults with ADHD. I enjoy working with folks from diverse backgrounds, including BIPOC and LGBTQAI+.

Tamara Johnson, PMHNP-BC, PMH-C (she/her)

Something Human Mental Health

8835 SW Canyon Lane, Suite 236

Portland, OR 97225

info@somethinghumanmhw.com

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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https://www.somethinghumanhealth.com/

(971) 500-5551

Offering virtual and in-person services.

I offer thoughtful diagnosis and medication care paired with support that honors a client's whole wellness journey. I specialize in women's mental health struggling with depression, anxiety, ADHD, PMDD, peri-menopause, bipolar disorder. I have a deep passion for working with immigrants and underserved communities, shaped by my personal and professional experiences serving Hispanic, Asian, and rural populations. I am committed to promoting equity and justice in all aspects of my work. I provide care with a focus on collaboration, understanding, and respect, supporting patients in navigating mental health challenges with tailored treatment plans and compassionate guidance. Babies welcome during sessions. Specializing in serving LGBTQIA+, non-traditional families, Veterans, BIPOC, immigrant and underserved communities; healthcare professionals with burnout or compassion fatigue; and individuals with co-occurring medical or psychiatric conditions. Offers gender affirming care.

Caroline Jones Redstone, CNM, PMHNP-BC, DNP

503-719-8865

2306 NE Glisan St., Suite 202

Portland, OR 97211

caroline@redstonemw.com

redstonemw.com

Appointments offered virtually.
As a psychiatric mental health nurse practitioner, I offer individual psychotherapy with or without medication management. I specialize in reproductive psychiatry and LGBTQ needs although care is not limited to these groups. Concerns that may be addressed include depression, anxiety, bipolar disorder, grief, panic, difficulty

coping with infertility or losses, unusual and repetitive thoughts that are disturbing, birth trauma, sleep issues, bonding issues, and anger or irritability.

Kathleen Kelley, PMHNP (she/her)

503-830-3215

15110 Boones Ferry Road, Suite 248

Lake Oswego, OR 97035

kkelleyfaegre@earthlink.net

Appointments offered virtually.
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 may also be able to provide medication management for clients who are currently receiving therapy from another provider.

Danielle Morgan, PMHNP (she/her)

Hygge Holistic Mental Health, Co

106 SW Woods Street

Portland, OR 97201

(503) 208-8667

danielle@hyggeholisticmentalhealth.com

https://www.hyggeholisticmentalhealth.com/

Offering in-person and virtual appointments.

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As a Psychiatric Mental Health Nurse Practitioner (PMHNP), I provide medication management and supportive psychotherapy with a trauma-informed approach. I specialize in anxiety, depression, PTSD, perinatal and perimenopausal transitions, and supporting healthcare workers. With a background in maternity care coordination and lactation training, I understand the joys and challenges of parenthood. If you're seeking support, visit my website for details. Email is the best way to reach me—I look forward to connecting! Specializing in serving BIPOC, LGBTQIA+, non-traditional families, and gender affirming care.

Heidi Pollard-Hermann, PMHNP-BC, PMH-C (she/her)

UpWell Psychiatry

(971) 202-1122

heidi@upwellpsych.com

https://www.upwellpsych.com/

Offering virtual appointments.

I'm a board-certified Psychiatric Mental Health Nurse Practitioner (PMHNP-BC) supporting people through life's most transformative seasons. With 15+ years in maternal-child health nursing and anti-trafficking advocacy, I bring an inclusive, trauma-responsive lens to collaborative, socially conscious care. Special interests: birth trauma, loss, perinatal mood disorders, climate grief, psychedelic integration, spiritual transitions, and substance use and recovery. I practice part-time as an OB RN at OHSU and serve on the board of Postpartum Support International's Oregon chapter. Specializing in serving BIPOC, LGBTQIA+, non-traditional families, veterans, and gender affirming care. Babies welcome during sessions.

Cecille H. Reuther, MD (she/her)

Mindful Health NW

15455 NW Greenbrier Pkwy, Suite 120

Beaverton OR 97006

(503) 479-1189

contact@mindfulhealthnw.com

www.mindfulhealthnw.com

Offering in-person and virtual appointments. Services available in English or Filipino.

Dr. Reuther provides comprehensive, evidence based, compassionate perinatal care for mothers in collaboration with families, support network and other providers in the treatment team. I use a combination of therapy, psychosocial interventions and medication management as indicated. Together we will work on treatment plans and goals that will fit your needs and lifestyle.

Amelia Rohrig, PMHNP-BC (she/her)

Amelia Rohrig PMHNP LLC

1143 Oak Street, Suite 208

Eugene, OR 97401

amelia@ameliarohrig.com

(541) 824-0755

https://ameliarohrigpmhnp.squarespace.com/

Offering virtual and in-person appointments.

Are you pregnant or planning to become pregnant and overwhelmed by the decision of whether to start, stop, or continue psychiatric medication? You're not alone — and you don't have to navigate this decision in

isolation. I offer a compassionate, non-judgmental space where you can explore your options with clarity, safety, and emotional support. I stay current with the latest research and clinical guidelines on the safety and risks of psychiatric medications in pregnancy and postpartum. I'll work collaboratively with you and your team to weigh the risks and benefits in a way that centers you. Specializing in working with individuals undergoing fertility treatment; LGBTQ affirming; babies welcome during sessions.

Megan Sapp, CNM, PMHNP-BC (she/her)

(971) 202-1122

megan@upwellpsych.com

https://www.upwellpsych.com/

Telehealth services available in Washington and Oregon.

As a dual Psychiatric Nurse Practitioner and Nurse Midwife, I bring a deep understanding of perinatal care and how these lifechanging events and transitions affect families. My midwifery experience spans both low-risk settings like homebirth and freestanding birth centers, as well as faculty practice specializing in high risk pregnancy. I bring the midwifery spirit of highly personalized patient-centered care and shared decision-making to my psychiatric practice. I partner with patients to set goals for their well-being. While I specialize in management of medication during pregnancy and postpartum, I believe that medication is only one available tool and that other factors like connection, sleep, nutrition, and movement are essential for sustainable well-being. Specializing in serving LGBTQIA+ populations.

Katie Snow, LCSW (OR), LICSW (WA), PMH-C

(971) 258-0509

3000 NE Stucki Avenue Suite 230
Hillsboro, OR 97124

katiesnow@katiesnowlcsw.com

www.katiesnowlcsw.com

Appointments offered virtually.

I am a licensed clinical social worker (LCSW/LICSW), providing individual psychotherapy via telehealth across Oregon and Washington state with some limited in-person options in Hillsboro. I currently see clients Tuesday evenings and Saturday mornings.

I specialize in perinatal mood disorders and perinatal loss; life changes and transitions and grief and loss more generally. Individuals who gravitate to a warm, direct and personalized approach tend to find me to be a good fit for their needs.

I provide superbills for submission to insurance companies for reimbursement at out-of-network rates (see my website for details) and I am able to directly bill Care Oregon/HealthShare insurance (OHP).

Katie Spira, DNP, FNP, PMHNP (she/her)

Sunstone Psychiatric

6420 S Macadam Ave, Ste 330

Portland, OR 97239

hello@sunstonepdx.com

https://www.sunstonepdx.com/

(503) 477-7878

Offering virtual and in-person services.

I offer medication management and supportive counseling across the reproductive lifespan. With a background as both a family nurse practitioner as well as psychiatric nurse practitioner I have unique insight

into the importance of integration of mental health and physical medicine. I've spent nearly a decade providing the full spectrum of family medicine and an advocate for collaboration across disciplines. I specialize in treating adolescents and adults with depression, anxiety, trauma, mood disorders, and ADHD, with a special focus on perinatal mental wellness. Specializing in LGBTQIA+, non-traditional families.

Christine Titus, MN, RN, PMHNP-BC

Titus Behavioral Health, LCC (she/her/hers)
106 SW Woods St
Portland, OR 97201
503.533.7876

www.titusnp.com
christine@titusnp.com

Appointments available in-person and virtually.
As a mental health NP, I see clients independently and provide a range of services including psychotherapy and medication management to address a variety of concerns. I provide compassionate client-centered care in a safe and nonjudgmental setting. My practice is open to adults of all backgrounds though I do have a particular interest in addressing women's mental health needs, including: perinatal depression & anxiety, reproductive trauma, fears about delivery, perinatal loss, and assisting with difficult life transitions. I have experience as a labor & delivery RN and enjoy supporting women & their families through this transition. I am happy to collaborate and provide care along with other mental health, OB, or primary care providers. Specializing in LGBTQIA+.

Corey Watson, DNP, PMHNP (she/her)

Perinatal Mental Health & Wellness
6700 SW 105th Avenue

Beaverton, OR 97008

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

971-770-1031

pmhwor@gmail.com
www.pmhwor.com

Appointments offered virtually and in-person.
The transition to and during motherhood can be challenging due to a number of factors. Perinatal Mental Health & Wellness focuses on mother, baby, family and community during the preconception, pregnancy and postpartum periods. Many women, and their partners, experience depression and anxiety disorders during and after pregnancy. Perinatal Mental Health & Wellness focuses on each client and considers each woman's needs during this period.

I believe that every woman and her family deserve personalized attention and delicate care to optimize their mental health and total wellness. In our sessions, we will discuss your symptoms and the utilization of medications before, during and after pregnancy.

Heather Webster, CNM, PMHNP (she/her)

Talking Twenties

110 S. Bancroft St. Suite B

Portland, Oregon 97239

(971) 328-1565

contact@talkingtwenties.com

https://www.talkingtwenties.com/

Appointments offered virtually.

As a psychiatric mental health nurse practitioner and midwife, I use a holistic, patient-centered approach to help meet your specific goals, and offer treatments that work for you. At this time I am offering telehealth only. Babies are welcome! LGBTQ affirming.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Sarah Wynne, CSWA, MSW

9735 SW Shady Lane

Tigard, OR 97223

(360) 823-9012

sarahwynnemsw@gmail.com

www.sarahwynnemsw.com

Appointments offered virtually and in-person.

Sarah Wynne is a trauma and bereavement certified Clinical Social Work Associate (CSWA). She provides individual and group therapy for individuals experiencing non-normative pregnancies and postpartum periods. She uses Acceptance and Commitment Therapy (ACT), Solutions Focused Therapy, CBT, Narrative Therapy, EMDR and more to support her clients and help them to feel their best and balance their lives in a way that feels more whole.

Medical Clinics and Community Mental Health Providers

These are agencies or clinics provide counseling and prescribing services

Kaiser Permanente

Beaverton OB/GYN Clinic:

503-520-4906 (Advice Nurse)

503-350-2450 (Appointments)

Sunnyside Medical Center Maternity & Women's Health:

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

503-571-4753

Mt. Talbert OB/GYN Clinic: Brenda Fenley

503-571-2616

Mt. Talbert OB/GYN Clinic: Heather Rensmith

503-571-3580

East Interstate OB/GYN Clinic: Regina Tricamo

503-280-5053

Cascade Park & Salmon Creek OB/GYN Clinic: Sandi Hall

360-571-4241

Westside Medical Center (Hillsboro): McKenzie Decker

971-310-3521

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.

Lifeworks NW

503-645-9010

888-645-1666

intake@lifeworksnw.org

www.lifeworksnw.org

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

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

OHSU Avel Gordly Center for Healing

503-418-5311

621 SE Alder St, Ste. 520

Portland, OR 97205

agch@ohsu.edu

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

OHSU Center for Women's Health, Division of Women's Mental Health and Wellness

Nicole Cirino, MD

Anna Anderson, PMHNP

Teni Davoudian PhD

Catherine Polan Orzech MFT

503-418-4500

3181 SW Sam Jackson Park Rd.

Kohler Pavilion, 7th Floor

Portland, OR 97239

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

https://www.ohsu.edu/xd/health/services/women/services/pregnancy-and-childbirth/during-your-pregnancy/counseling.cfm

We provide mental health care for women who are pregnant, postpartum, or who may be considering pregnancies in their future.

Our primary focus is helping women who require medication during the perinatal period or have other medical or obstetric conditions that would benefit from a clinic co-located in a hospital based setting, the Center for Women's Health at OHSU.

Services:

- Mental health assessment, treatment and consultation
- Medication management and psychotherapy during pregnancy and postpartum
- Second opinions on prenatal medication management and pregnancy-related psychiatry

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Providence Beginnings

Main Line: 503-215-9160

447 NE 47th Ave Suite 200

Portland OR 97213

http://oregon.providence.org/location-directory/p/providence-beginnings/

Providence Beginnings is a maternity case management program for women who plan to deliver their babies at a Providence hospital. We are a group of specialized social workers and nurses who will help you have the healthiest pregnancy possible and support you as you become a new mother. We provide emotional support; education related to pregnancy and parenting; referrals to community resources, information and support regarding mood concerns or postpartum depression; connections to mental health services, substance abuse treatment and domestic violence services; and coordination with health care and community providers to help you get the services you and your baby need. Our support can begin on your first prenatal visit or any time

during your prenatal care, carries through to your hospital stay, and continues for up to eight weeks after your baby is born.

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 a psychiatric nurse practitioner for those actively involved in psychotherapy. Sliding fee is available for all services.

SUPPORT PROFESSIONALS

The following care providers provide support services (acupuncture, coaching services, doula services, massage therapy, etc.) and have demonstrated a special interest in treating and serving people experiencing postpartum adjustment issues including depression and anxiety (PPD and PPD/A).

LACTATION AND FEEDING SUPPORT

Melissa Cole, MS, IBCLC (she/her)

Luna Lactation and Wellness

360-830-MILK(6455)

2301 NW Thurman Street Suite S

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Portland, OR 97210

www.lunalactation.com
melissa@lunalactation.com

Offering support virtually and in person.

Luna Lactation & Wellness is committed to providing personalized, comprehensive support for all phases of lactation and beyond. We view lactation as a holistic process and respect each family's unique health care beliefs. We strive to provide nurturing, clinical care so that each family can define their own feeding and wellness goals. Feeding issues can be a physical, emotional roller coaster ride and we are here to help. Luna Lactation specializes in complex cases and we have extensive experience supporting families through feeding challenges and beyond. We support all methods of feeding and all families!

Sarah Longwell, IBCLC

Bridgetown Baby

503-898-0566

www.BridgetownBaby.com

feeding@BridgetownBaby.com

My philosophy of care reflects a great respect for the natural biological processes of pregnancy, childbirth, and lactation, and also for the specific and changing needs of the families we work with. I support our clients to find their own way as parents. This involves providing the best and most relevant information available about lactation and breast/chestfeeding science, as well as thoughtful and empathetic support through the myriad challenges of parenting a new baby. Offering in-home and virtual/tele-health support. Quickest support and scheduling via email to feeding@bridgetownbaby.com (this account is always monitored by an International Board Certified Lactation Consultant).

Amara Tekus, IBCLC, LAc

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

971-394-9034

www.amaraacupuncture.com

hello@amaraacupuncture.com

Amara is an Acupuncturist and Lactation Consultant. She is owner and operator of "The Mother Room" at Amara Acupuncture, where mothers can get prenatal, postpartum, and lactation support through the gentle and effective use of Chinese Medicine.

COACHES AND MASTERS LEVEL COUNSELORS

Libby Mukhi (she/her), PCD, DONA, PMH-C

Birth Story Processing

hello@birthstoryprocessing.com

https://www.birthstoryprocessing.com

All sessions are virtual.

Birth Story Processing exists to support people who are looking to process sticky, disappointing, or traumatic moments from their birth. Using active listening and guided visualization, we will work together to examine the deeper narratives surrounding these moments, with the goal of moving toward peace. It is important to note that this work is not therapy, however we do believe that they go very well together. Rather, this is a targeted approach to loosening the places, moments, memories that feel stuck -- an outcome that is typically achieved within a session or two.

Brooke Noli, MA, CPW (she/her)

971-645-1180

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

2024 SE Clinton Street

Portland, OR 97212

brookenoli@gmail.com

Sessions are currently all being conducted via telehealth.

Even though people don't often talk about it, nearly 1 in 4 women experience some form of anxiety and/or depression during their pregnancy or in the weeks and months after having a baby. If you're suffering from feelings of depression or anxiety during pregnancy or postpartum, please know that you're not alone, it's not your fault, and it will get better. Counseling and other forms of treatment really do help, so please reach out and get the support you need and deserve to start feeling like yourself again. Specializing in serving non-traditional families.

Shawn Salter, MSW (he/him)

Mindful Papa

503-766-3435

7325 N Westanna Ave Suite B

Portland, OR 97203

www.mindfulpapa.com
shawn@mindfulpapa.com

Offering virtual and in-person support, in English or Spanish.

Mindful Papa offers individualized services to create practical and effective solutions for stressed out fathers/partners who may be struggling with any number of challenges including feelings of depression, anxiety, traumatic stress, grief, loss, anger, life transition concerns, addiction, parenting or fatherhood issues, relationship and conflict challenges with other family members. Together we will develop a solution-focused approach based on your present awareness of your limiting conditions that will lead to growth, insight,

motivation and freedom from the conditions that are limiting you. You will receive education, guidance, encouragement, empowerment and more to overcome your challenges.

DOULA AND POSTPARTUM CARE

Erin Anderson

Helping Hands Doula

4530 SE 51st Ave Portland, OR 97206

(917) 494-7523

erin@helpinghandsdoulas.com

I am one half of the helping hands at Helping Hands Doulas. I provide compassionate and personalized care for the whole family following the birth or adoption of a baby. I offer physical and emotional support, which helps new parents feel comfortable, peaceful, and confident. My helping hands provide the family time to recover and enjoy each other, while reducing the stresses of the outside world. I offer evidence-based information and helpful referrals. I serve families in the greater Portland, Oregon area.

Kimberly Bepler (she/her)

ABC Doula & Newborn Care

503-752-1691

503-381-6064 – sleep consultations

P.O. Box 2732

Wilsonville, OR 97070

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

www.abcdoula.com

Offering in-person support.

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! Now offering sleep consultations.

Doula Love, Doula Referral Agency

503-766-3495

P.O. Box 83555

Portland, OR 97283

www.portlanddoulalove.com

www.pdxplacenta.com

info@portlanddoulalove.com

Offering services virtually and in-person, in English and Spanish.

Full Spectrum Doula Care, Childbirth Education and Placenta Services

Doula Love wishes all women could enter this time in their life with all the assurance and support necessary for a safe and healthy birth. Doula Love believes that when parents have a positive birth experience it nourishes their confidence, thus creating a foundation for new parents to flourish. Doula Love is an agency with many professional birth and postpartum doulas, specializing in BIPOC, LGBTQIA+, Spanish-speaking, non-traditional families, gender-affirming care, and veterans.

Frances Human Noland, DU-C (she/her)

Blue Poppy Doulas

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

info@bluepoppydoulas.org

bluepoppydoulas.org

(541) 257-8683

Oregon

Offering services virtually and in-person, in English and Japanese.

I'm Frances, a certified birth, postpartum, and miscarriage & bereavement doula. I can support your journey in motherhood through pregnancy, postpartum, joy, loss, fertility, family building and so much more. I offer services in English and Japanese and help create meaningful experiences that honor your cultural, religious, and traditional practices. Services include: prenatal & birth support, postpartum care, lactation support, exclusive pumping education, fertility treatment support, miscarriage & bereavement support, and medical advocacy.

Misty Menashe, Nationally Certified Child Passenger Safety Technician

503-285-0887

pdxcarseatmama@hotmail.com

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.)

Ashley Rose Salvitti (she/her)

Doula Synergy

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Salem, OR

(971) 678-3391

hello@ashleyrosedoula.com

www.ashleyrosedoula.com

Offering phone, video, and in-person services.

Ashley Rose is a Full Spectrum Doula and Certified Pregnancy & Infant Loss Coach dedicated to supporting families throughout the parenthood journey, particularly those experiencing loss. Drawing from her personal experiences, she provides compassionate, nonjudgmental support for families in these challenging times. Her mission is to help families honor grief, ease fears, and find moments of joy while nurturing a holistic connection to body, mind, and spirit. Services include virtual coaching, in-person prenatal sessions, collaborative birth support, and hands-on postpartum care.

Rebecca Schwartz (she/her)

Butterfly Baby

11260 SW Buffalo Place

Portland, OR 97223

rebeccajschwartz@hotmail.com

www.butterflybaby.biz

(503) 459-1125

Offering phone, video, and in-person services.

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

Hello! I'm Becca, a Portland-born postpartum and birth doula with 20+ years of experience as a nanny and early childhood educator. I'm calm, loving, patient, and skilled at understanding newborn cues and child development. I trained as a birth and postpartum doula in 2024 and hold a BA in Early Childhood Education. I'm also a mom to an 11-year-old and love the outdoors, hot yoga, healthy cooking/baking and being around animals. I'm based in SW Portland/Tigard/Beaverton, with travel flexibility. Specializing in serving non-traditional families, BIPOC, LGBTQIA+, veterans; gender affirming care. Speaks some Spanish.

Joanna Wilder, Mariposa Midwifery LLC

503-896-0170
12665 SW Hall Blvd
Tigard, OR 97223

mariposamidwiferyllc@gmail.com

www.mariposamidwiferyllc.com

My midwifery practice provides integrative gynecology, prenatal/postpartum care for home or planned hospital, well-person visits, and home waterbirth for low-risk individuals. I provide time-intensive holistic care to help balance the physiology and stabilize the person while a mental health wraparound plan is created. It is a privilege to walk with folks as they blend their body story with their own trauma history and walk it out with courage and resilience.

Se habla Español.

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

BODYWORK AND PHYSICAL HEALTH

Michelle Amir-Brownstein, OTR/L (she/her)

PATHOC Pelvic Health

Portland, OR

(971) 238-9932

info@pathocpelvichealth.com

pathocpelvichealth.com

In person and virtual options available.

PATHOC Pelvic Health offers pelvic floor support to pregnant and post-partum individuals to address concerns related to bladder, bowel, and sexual health. Each session is 1:1 incorporating education, body work, and customized movement recommendations for all bodies. Treatment sessions are completed through a holistic, compassionate, and supportive lens. All genders, support people, and children welcome. Specializing in supporting non-traditional families.

Please call for a free consultation to determine if PATHOC is the right fit for you.

Dr. Meredith Brezinski, PT, DPT (she/her)

Centered Pelvic Health

503-563-8935

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

centeredpelvichealth@gmail.com

www.centeredpelvichealth.com

Serving Portland, OR and Vancouver, WA metro areas.

I am a pelvic health physical therapist that specializes in working with the perinatal and postpartum population. I provide in-home, mobile physical therapy sessions in the comfort of your own home. Treating your pelvic floor is intimate and I find that my clients see a significant difference in comfort when treated in home. My mission is to provide quality healthcare to all individuals and make this care accessible and convenient. I believe in evidence based, hands on care and developing a plan of care that is specific to you. I received my undergraduate degree in Exercise Physiology at West Virginia University and my doctorate from University of Colorado. Specializing in serving LGBTQIA+ populations.

Carol Conrades

Orthopedic & TMJ PT Center

(503) 777-6746

9204 SE Mitchell St.

Portland, OR 97266

carol@hands-onhealthcare.com

www.Hands-onhealthcare.com

As a mother of 5, a grandmother of 7 and 40 years of physical therapy experience, I understand the peri-natal season of life. It can be a surprising challenge!

I am here in south east Portland to help with your physical aches, pain, prolapses, diastasis recti, lifting/body mechanic techniques, and an achievable exercise program. Gentle, progressive exercises and manual therapy can help the blues!

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

I also work with infants under 6 months of age to help them be happier in their bodies. Check out our website and consider a visit soon!

Marissa Emery, LMT #16230 (she/her)

Mama Needs Massage LLC

3000 NE Stucki Ave Suite 230Q, Hillsboro, OR 97124

503-384-8877

marissa@mamaneedsmassage.com

www.mamaneedsmassage.com

Licensed massage therapist and mama of two, providing deep relaxation and therapeutic massage to mamas. Helping mothers during pregnancy, postpartum, and beyond to find balance, feel nurtured, and prioritize self-care.

Mariah Frank, PT, DPT, PRPC (they/them)

MBody Health

mariahfrankdpt@gmail.com

Mariah treats all pelvic floor and orthopedic conditions. They are particularly passionate about treating the LGBTQ+ population and pregnant people. They are a certified pelvic rehabilitation practitioner (PRPC) and graduate from Pelvic Guru's Sexuality Counseling Certification program. Mariah experiences joy in helping patients return to the life they love and is always their fiercest advocate.

Tonie Lough (she/her)

Mom Home Fitness

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

www.momhomefitness.com
tonie@momhomefitness.com

Offering virtual and in-person support.

Moms need specialized instruction to address the unique changes that pregnancy brings to our bodies. I work with moms to help heal some of the physical issues that postpartum can sometimes bring with it; Diastasis (abdominal separation), Prolapse and Pelvic Floor Dysfunction, to name a few. We want you to feel confident, to be able to engage with life again.

Dr. Hannah Scheck (she/her)

Couve Chiropractic

12420 NW 36th Avenue

Vancouver, WA 98685

info@couvechiropractic.com

https://www.couvechiropractic.com

(360) 450-1331

I'm a Webster Certified chiropractor with a Doctorate of Chiropractic and a Master's in Sports Medicine from the University of Western States (2024). I provide whole-family care with a special focus on pregnancy, postpartum, infants, and children. Each visit is 30 minutes or more, allowing time for personalized care that includes adjustments, soft tissue manual therapy, and exercise. I combine my sports medicine training with a holistic approach to support healing and help families feel their best. I believe in creating a safe, welcoming environment where all families feel seen and supported.

Dr. Rachel Sobczak (she/her)

Connection Physical Therapy

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

6118 SE Belmont St., Suite 315

Portland, OR 97215

(503) 828-1743

Rachel@connectionphysicaltherapy.com

connectionphysicaltherapy.com

Available for virtual and in-person sessions.

I specialize in treating pelvic floor dysfunction, TMJ dysfunction, and hypermobility spectrum disorders (HSD/hEDS), focusing on the connections between these conditions.

My goal is to uncover root causes, provide effective care, and empower patients to confidently manage their bodies as a whole. I emphasize fostering autonomy and control in movement and function.

I provide 1:1 session where I collaborate with patients to identify underlying factors contributing to their symptoms and create personalized strategies for lasting improvements.

Xenana Spa

503-238-MAMA

2024 SE Clinton St.
Portland, OR 97202

www.xenanaspa.com

info@xenanaspa.com

Xenana Spa is your locally-owned, family-focused, holistic spa and wellness center offering massage, nail care, waxing and facials, chiropractic services and a variety of movement and educational classes and workshops for everyone. We are inclusive to all and have therapists with specialized training in post-operative procedures such as Cesarean births and mastectomy / top surgery.

Parents: *This is a long list, and we know finding the right provider can be hard. Reach out to us at https://www.babybluesconnection.org/11-support for help finding what you need.*

NATUROPATHIC AND NATURAL HEALTH PROVIDERS

The following care providers have demonstrated a special interest in treating and serving women experiencing postpartum adjustment issues including depression and anxiety (PPD and PPD/A). Because Baby Blues Connection cannot recommend any specific intervention we suggest you call the provider and discuss your exact needs and concerns.

Jennifer Curtiss, ND

Nature's Path Family Wellness

in Trillium Wellness Group

2406 E 60th Ave Suite 202

Portland, OR 97206

503-457-7799

drjcurtiss@gmail.com

http://www.naturespathfamilywellness.com

I currently support the health of families in Portland, specializing in preconception, pregnancy, and postpartum health for men and women. I assess and treat the physiologic imbalances that result in mood, pain, sleep, digestive, and hormonal disorders. My naturopathic assessment may include nutrition, MTHFR gene mutations, hormone, and neurotransmitter lab testing. I also assess and treat structural trauma, emotional trauma, and disorders of the pelvic floor following labor using the technique, Holistic Pelvic Care™. As a medical detective, I identify and treat the cause of your symptoms allowing you to return to your true vital self.

Alicia Hart, ND (she/her)

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

Clockwork Botanicals LLC

(503) 461-6461, text or call

4850 SW Scholls Ferry Rd Suite 202

Portland, OR, 97225

info@clockworkbotanicals.com

https://www.clockworkbotanicals.com - can schedule online

Offering virtual and in-person support.

Integrative mental health diagnosis, management, and treatment, specializing in neurodivergent care. I have deep experience in supporting parents of multiples, folks with traumatic births, religious trauma, or who don't fit into typical molds. I use many therapeutic modalities including CBT, DBT, Internal Family Systems, pharmaceuticals, and botanical medicine- all focused on what works best for you. I also teach group skills classes for adults with ADHD. I enjoy working with folks from diverse backgrounds, including BIPOC and LGBTQAI+.

Jessica Brooke Huffman, ND

2BWell Clinic

503-655-0044

1255 NW 9th Ave #113

Portland, OR 97209

2bwell.net

Dr. Brooke Huffman is a naturopathic physician committed to helping people enhance their lives by optimizing their health. She works closely with patients to help them remove obstacles to their health as a primary means of restoring balance. She offers natural medicine, pharmaceuticals and Neurofeedback.

Carrie Jones, ND

Sherwood Family Medicine

503-625-2848

20015 SW Pacific Hwy (Hwy 99)

Sherwood, OR 97140

http://thehappyhealthywoman.blogspot.com

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.

Noelle King, ND

Femelle Integrative Medicine

503-987-0340

2540A NE MLK Jr Blvd

Portland, OR 97211

Femelleintegrativemedicine.com

Dr. Noelle King is a naturopathic physician with a focus on women's health, and specializes in preconception and post-partum care. Preconception care includes fertility issues, miscarriage care, preconception optimization, IVF supportive treatments, IUI, endocrinology/autoimmune disease in conception, vaginismus,

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vulvodynia, Holistic Pelvic Care™, PCOS and amenorrhea/irregular menses. Post-partum care includes hormonal regulation, post-partum depression and mood, contraceptive counseling, birth trauma, fertility enhancement post-partum, diastasis recti, breastfeeding support and management and IUD placement,. Dr. King also handles general women's health, teen health and safe pregnancy primary care. LGBTQ+ friendly

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Dr. Melissa Kuser, ND, LAc (she/her)

The Ren Clinic

503-477-5167

4424 NE Glisan Street

Portland, OR 97213

Therenclinic.com

Offering virtual and in-person appointments.

I provide both Naturopathic and Chinese medical assessment and treatments. This may include ordering necessary labs, including adrenal and reproductive hormones, reviewing diet and making nutrition modifications, and using herbs, acupuncture, homeopathy, and supplements to restore the vital force after giving birth. For people experiencing pelvic floor complications post-partum, including pain, leakage, heaviness, or sexual difficulty, or who need healing after traumatic birth experiences, pelvic floor therapy can be essential. I can perform initial evaluations and make appropriate referrals for this care. Specializing in gender-affirming care.

Alison Schulz, Springwater Wellness

6214 SE Milwaukie ave.

Portland, OR 97202

971-270-0402

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https://integrativemedpdx.com/

info@AvalonNaturalPDX.com

Dr.Schulz is a naturopathic physician with a focus in women's health and pediatric care. She offers both conventional and holistic approaches to healthcare including the use of botanical medicines, nutritional support, hormone and neurotransmitter balancing, and pharmaceutical agents as needed.

Christie Winkelman, ND, MA

Insights to Health Clinic

503-501-5001

2929 SW Multnomah Blvd, Suite 302

Portland, OR 927219

www.insightstohealth.net

As counselors and naturopathic physicians, the doctors at Insights to Health recognize the importance of treating the whole person: mind, body and spirit. By utilizing a wide array of natural therapies we work with patients to remove obstacles to physical and mental health to restore balance and well-being. We also have the ability to treat infants and small children for sleep problems, fussiness/irritability, teething, allergies (among all other medical conditions), which can offer support to the mother and family.

Mississippi Health Center

Beth Yohalem-Ilsley, LAc

Justin Ilsley, ND LAc

4631 N. Albina Ave.

Portland, OR 97217

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503-282-5358

www.mississippihealthcenter.com

We are a primary care, natural health clinic since 2004 specializing in treating the whole family! We provide acupuncture, infant craniosacral therapy, Holistic Pelvic Care, herbal nutritional and IV therapy, pregnancy and postpartum care (including breastfeeding and newborn feeding problems, pelvic pain, cesarean recovery), natural labor inductions, B-shots and more! Justin Ilsley is our naturopathic doctor, kinesiotape specialist and acupuncturist. And Beth Yohalem-Ilsley is our acupuncturist, infant craniosacral therapist, Holistic Pelvic Care provider and herbalist. Let us help you and your family to flourish!

Holly Zapf, ND

Whole Family Health Clinic

503-460-0630

823 NE Broadway St,

Portland, OR 97232

cspinpdx@yahoo.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.

OCCUPATIONAL THERAPY (PEDIATRIC)

Sarah Reppenhagen (OTR/L) (she/her)

(503) 683-7700

Offering in-home and virtual support.

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

https://www.gatherandgrowpdx.com/

sarah@gatherandgrowpdx.com

Sarah offers guidance for parents in the transition to parenthood. This may include strategies to maintain connection to self and engage in meaningful activities, manage expectations, support self regulation (key for co-regulating little ones), along with ways to support their child's physical and mental development, including emotional well being.

SLEEP COACHING

Marie-Eve Gagnon (she/her)

Slumber Time Solutions

(503) 869-4103

www.slumbertimesolutions.com

meg@slumbertimesolutions.com

Offering virtual and in-person support, in English and French.

I am a certified pediatric Gentle Sleep Coach. I have been serving tired families worldwide since 2014. I believe that sleep can look different for different families, and no single solution fits everyone. I help families with children 0-10 years old achieve their specific sleep goals, using tools and strategies that fit their unique situation, their child and their parenting style. My approach is gentle, breastfeeding-friendly, attachment-friendly and developmentally appropriate.

I support families in many ways: 1-on-1 sleep consultations, live online group classes, online course, group membership. You can schedule a free sleep assessment call from the website or reach out with any questions.

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Court Wright (she/they)

Kind and Rested

(971) 910-3223

www.kindandrested.com

kindandrested@gmail.com

Offering virtual support.

Real rest, without sleep training. Kind and Rested provides expert, nurture-led sleep support for families from pregnancy through early childhood. As an Infant & Early Childhood Sleep Coach, Court Wright offers evidence-based, attachment-focused strategies that help parents and caregivers nurture both rest and relationship, build healthy sleep habits, and support their family's well-being every step of the way—because better sleep doesn't have to come at the cost of connection.

I offer infant and child sleep coaching, sleep planning for expecting families, parent wellbeing coaching, and workshops. Specializing in supporting BIPOC, LGBTQIA+, non-traditional families, and offering gender-affirming care.

SISTER ORGANIZATIONS

The following organizations provide peer support for parents experiencing prenatal and postpartum adjustment issues including depression and anxiety (PPD and PPD/A), serving families in areas beyond Baby Blues Connection's reach. These are not recommended to replace or provide medical advice.

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Compass Perinatal Peer Support

Salem, OR

https://compasspps.com/

Offering free support for your pregnancy & postpartum mental health, for families in Marion, Polk, Yamhill & Lincoln Counties, Oregon.

Gorge Perinatal Mental Health Initiative

Serving the Columbia River Gorge area and surrounding areas, in OR and WA.

https://www.cgpmhi.org/

We are a grant-funded program serving communities in both Oregon and Washington. With the support of our primary funder, we have built the infrastructure for PMHI to provide peer-based support for parents, deliver training and education for professionals, and lead a task force dedicated to identifying and addressing local challenges.

Postpartum Support International (PSI)

Information about perinatal mood disorders, professional training for providers, volunteer opportunities, and resources for finding additional perinatal mental health specialists and providers can be found online at http://postpartum.net/.

PSI Oregon Resource Page: https://www.postpartum.net/locations/oregon/

WellMama

Eugene, OR

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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https://www.wellmama.help/

Text SUPPORT to 541-525-0495 for support or info.

WellMama is a non-profit organization in Eugene, Oregon that provides comprehensive pregnancy and postpartum support for new, expectant, and grieving parents. Our mission is to provide resources, peer support, and wellness services to people affected by or at risk for mental health conditions related to parenthood. We educate parents and the professionals who serve them on prevention, identification, and treatment. WellMama raises community awareness of perinatal mental health and promotes supportive policies and accessible treatment.

LOCAL AND NATIONAL MENTAL HEALTH HOTLINES

BlackLine Hotline

1 (800) 604-5841

callblackline.com

BlackLine is a hotline geared towards the Black, Black LGBTQI, Brown, Native and Muslim community. However, no one will be turned away from the Hotline. The purpose of the BlackLine is to provide people with an anonymous and confidential avenue to report negative, physical, and inappropriate contact with police and vigilantes. The hotline also provides immediate crisis counseling to those who are upset, need to talk with someone immediately, or are in distress.

Clackamas County 24-hour Crisis and Support Line

PROVIDERS: *Please share your changes and updates by emailing us! marissa.e@babybluesconnection.org*

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503-655-8585

Clark County (Washington) 24-hour Crisis Services

800-626-8137

Clatsop County (Oregon) Crisis Line

503-325-5724

Columbia County (Oregon) After-Hours Crisis Line

866-866-1426

Crisis Text Line

741741 (text: HOME)

Crisis Text Line provides nationwide free, 24/7, high-quality text-based mental health support and crisis intervention from trained volunteers.

Multnomah County (Oregon) 24/7 Behavioral Health Call Center

503-988-4888

National NAMI (National Alliance on Mental Illness) Helpline

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1-800-950-NAMI (6264)

National Maternal Mental Health Hotline

833-TLC-MAMA (1-833-852-6262)

The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. This hotline offers counselors who speak English and Spanish, and interpreter services in 60 languages.

National Suicide & Crisis Lifeline

988 (call or text)

Using the 988 Lifeline is free. When you call, text, or chat the 988 Lifeline, your conversation is confidential. The 988 Lifeline provides judgment-free care. Available 24/7/365.

Tillamook County 24-hour Crisis Line

(503) 842-8201

Tillamook Family Counseling Center provides crisis/emergency services and supports for individuals experiencing mental health crisis.

Trans Lifeline

877-565-8860

translifeline.org

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Trans Lifeline is a grassroots hotline offering confidential peer support to trans people in crisis – for the trans community, by the trans community. See website for hours.

Washington County (Oregon) 24-hour crisis line

503-291-9111

RESOURCE LIST DISCLAIMER

The mission of Baby Blues Connection is to support parents and their families coping with pregnancy and postpartum mood disorders, with information, resources, and community; and connect and support the volunteers, staff and professionals who serve them.

In keeping with this mission we offer a current list of specialists in our area, which is available at no cost for this service.

Although Baby Blues Connection has screened the providers and professionals on the resource list for qualifications and experience that would enable them to give Baby Blues Connection utilizers the professional care they need and desire, Baby Blues Connection cannot guarantee the accuracy of the information contained therein. By issuing this list, we make no representation or warranty, either expressed or implied as to the ability, competency, quality or reliability of any services provided by any provider listed. BBC utilizers are responsible for making a selection and determining whether the information they obtain through the use of the referral service is suitable for their purposes. The Baby Blues Connection Resource List does not constitute an endorsement by Baby Blues of any of the providers named therein over any other provider that could be found by other means.