



Marin Perinatal Resource Directory 2026

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

Most providers provide services via telehealth.

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

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

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Marin Perinatal Therapy Psychotherapists and Support Groups

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

Acupuncture and Natural Medicine

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Amanda Sullivan Antonetti, L.Ac.	amanda@bridgewellness.com (415) 676-1832 www.bridgewellness.com	Larkspur			Fertility, Pregnancy and Postpartum support.
April Blake, ND, LM	drblake@solsticenatmed.org (415) 488-5831 www.solsticenatmed.org	Telehealth			Naturopathic doctor and licensed midwife that supports women throughout and after pregnancy using tools that include homeopathy, nutrition, vitamins, minerals and amino acid therapy. I am a certified Neuronutrient therapy provider and can offer support for anxiety and depression.
Katharine Chaney, L.Ac.	kchaney@purejoyacupuncture.com (415) 994-0252 www.purejoyacupuncture.com	San Rafael			Fertility, Pregnancy, Postpartum.
Jackie Crown, L.Ac., CPD, Perinatal Health Coach	jackie@fourhouse.com (415) 847-2317 www.fourhouse.com	Telehealth Home Visits			Pregnancy + Postnatal recovery care; postpartum prep sessions, mental health support.
Sarah Fink, L.Ac.	sarah@gingerrootwellness.com https://gingerrootwellness.com	Fairfax		Spanish Portuguese	Pre-pregnancy, pregnancy, labor support, and postpartum. In addition to acupuncture & herbal medicine, I also offer depth hypnosis focused on supporting these transitions.
Susan Fox, DACM, LAc., FABORM	susan@drsusanfox.com (415) 381-8500 www.drSusanfox.com	Mill Valley			Infertility, Pregnancy, Postpartum care using acupuncture and natural medicine. Acupuncture, Chinese and Natural Medicine, Functional Medicine.
Linda Gruber, L.Ac.	lindagruberacupuncture@gmail.com (415)305-9889 www.lindagruberacupuncture.com	Sausalito			I work with fertility preparation, pregnancy, and postpartum for women & men.
Lynette Hirabayashi, M.S., L.Ac., FABORM	lynette@marinfamilyacupuncture.com (415) 307-4747 www.marinfamilyacupuncture.com	San Rafael			Fertility, pregnancy, postpartum support.

Acupuncture and Natural Medicine (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Giulietta Octavio, DACM	giuliettaoctavio@gmail.com (415) 531-8555 www.drgiuliettaoctavio.com	San Anselmo Mill Valley San Francisco	Discover Your Inner Medicine Wheel: Art, Meditation, Breathwork, and Movement for Women Finding Your New Creative Center in Perimenopause	French HSA/ FSA	Pain, Mindfulness, Fertility, Prenatal, Post-partum Care and Labor induction
Chalita Photikoe, L.Ac.	chalitap@gmail.com (415) 322-9315 www.tamacupuncture.com	Mill Valley			Founded by two mothers, we offer affordable acupuncture focusing on women's health and wellness. We specialize in fertility, hormonal balance, pregnancy, postpartum and mood disorders.
Monica Ralston, ND	drRalston@bewellnaturalmedicine.net (503) 577-7980 www.bewellnaturalmedicine.net/monica-ralston-nd	Mill Valley			I work with women throughout the lifespan, including but not limited to preconception care, fertility support, and postpartum recovery.
Heather Scheuring, L.Ac. Earthsong Acupuncture	heather@earthsongacupuncture.com (415) 295-5029 www.earthsongacupuncture.com	San Rafael			Infertility, pregnancy, postpartum
Maggie Shao, L.Ac	maggieshaowellness@gmail.com (415) 216-5992 www.maggieshao.com	Novato			Pregnancy support, Fertility, postpartum treatment using Acupuncture and Chinese Medicine.
Briana Sinatra, ND	drbrianasinatra@gmail.com (415) 723-6963 www.drbriana.com	Telehealth			Naturopathic Doctor: Supports preconception/fertility, pregnancy, and postpartum phases along with general women's health and wellness.
Sara Stieg, L.Ac., FABORM	sara@nestacupuncture.com www.nestacupuncture.com	San Francisco San Rafael			Fertility, pregnancy, postpartum support, nutritional guidance.

Chiropractic Care and Bodywork

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Susan Boudakian, D.O.	dr.boudakian@gmail.com (415) 521-9292 www.PediatricOsteopathyofMarin.com	San Rafael Novato		Spanish Italian	Doctor of Osteopathic Medicine, Pediatrician.
Sasha Cardenas CMT, Advanced Certified Rolfer	info@inlinebodies.com (415) 364-8095 www.inlinebodies.com	San Anselmo			Preconception, pregnancy, postpartum
Erin Heck, DC	liforcefc@gmail.com (415) 444-6965 www.skyefamilychiropractic.com	San Anselmo			Women's health, pregnancy, and postpartum support. Gentle chiropractic and musculoskeletal care. Nutritional and exercise recommendations to help the body heal and recover from all life's events and experiences.
InLite Bodywork Liya Bach CMT, MATP, CMLT (Manual Lymphatic Drainage Specialist)	liyabach5@gmail.com (415) 827-2913 www.Inlitebodywork.com	Mill Valley		Russian	Manual Lymphatic Drainage for postpartum, pregnancy loss, post Cesarean surgery.
Ilani Kopiecki, CMT, CST	naturewrk@yahoo.com (415) 858-4476 www.ilanisessions.com	Novato			CranioSacral Therapy for Babies and Children. Specializing in nursing and latch issues, birth trauma, failure to thrive, cranial dysplasia and torticollis. 20 years experience.
Colleen Lindstrom, DC	colleenlindstromdc@gmail.com (415) 637-7809	Sausalito Pt. Reyes	Healing 101 A tool kit for parents, on the go. Ways to hold space, bring in support and cranial sacral.		I specialize in pregnancy, infant and family chiropractic care. I am Webster certified, a breech turning technique and I do infant cranial sacral.
Tilda Loftin, NASM Personal Trainer, CMT	tilda@coachtilda.com (650) 867-2505 www.coachtilda.com	Mill Valley		Swedish	Pre/Postnatal personal training and massage therapy Tummy Tuck Core Rehab. Pregnancy and Postpartum Corrective Exercise Specialist
Barbara Newlon, DO Licensed Osteopathic Physician & Family Practice Physician	drbarbaranewlon@gmail.com (415) 459-2522 www.drbarbaranewlon.com	Mill Valley		Spanish	33 year specialty: Pediatric Osteopathic Manual Medicine Treatment, incorporating the cranial concept: Head Birth injury, Poor Nursing, Developmental Delay, Sleep Disorders, chronic ear infections, etc.

Chiropractic Care and Bodywork (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Christina Ricchi, CMT, CD	christina@spiralwombwisdom.com (415) 717-4621	San Anselmo			Offering Birth Doula Support, Prenatal & Postnatal Massage Therapy, Biodynamic Craniosacral Therapy & Birth Integration work for support before or after birth process. Placenta encapsulation.
Batsheva Rice	farmdoula@gmail.com (310) 402-9756 www.thebodymedicinewoman society.com	Forest Knolls			Preconception, Pregnancy, Postpartum Birth & Postpartum Doula & Bodyworker
Dana Schachter, CMT/RYT	dana@soulsanctuarysf.com (415) 722-3752 www.soulsanctuarysf.com	San Anselmo			Prenatal and postpartum massage. Craniosacral therapy for adults and newborns. Yoga for fertility. Prenatal and postpartum yoga. Offering private yoga classes- designing each class to meet the needs of the individual.
Elizabeth Shelhart, CMT, RYT, CBD	eshelhart@gmail.com (415) 706-3705 www.eshelhart.com	San Rafael			Birth Doula services, Prenatal Yoga classes, Prenatal and Postpartum Massage Therapy (20 years experience). Prenatal Partners Birth Prep classes.
Heidi Skye, DC	drheidiskye@gmail.com (415) 444-6965 www.skyefamilychiropractic.com	Fairfax	Having a Healthy Holistic Pregnancy Having a Comfortable Pregnancy Signs of Nervous System Distress in Infants Well-Beings - How to Raise Holistically Healthy Kids		Wellness Care Program for pregnant postpartum mamas. Pregnancy & Pediatric Care Webster Technique. Newborn cranial sacral care. Colic, irritability, failure to latch, GI distress, constipation.
Bee Deborah Uytiepo, CMT	info@healingisgiving.com (415) 226-9240 www.healingisgiving.com	San Rafael San Francisco Berkeley	Soup, Salad & Circle - Women's Circles - Various topics, Every 1st Wednesday in San Anselmo		Holistic prenatal, fertility and pelvic wellness: infertility, postpartum/C-section recovery, pregnancy loss, IVF/IUI preparation, endometriosis, PCOS and pelvic pain relief. Certified Mercier Therapist, optimizing organ mobilization with an integrative visceral and neuromuscular approach.
Alex Zaphiris, MD	alexzaphirisMD@wholefamilyMD.org (415) 642-0333 www.wholefamilyMD.org	San Francisco Mill Valley			I offer integrative medicine and primary care including osteopathic manipulative treatments to support pregnancy and post-partum recovery in a membership practice.

Doula Services

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Amy Artmann, CPD (DONA), PBHC	amyartmannbayareadoula@gmail.com (601) 606-6265 www.amyartmannbayareadoula.com	San Rafael			Postpartum Support for parents specializing in Perinatal mental health support, first time parents, sibling transitions for growing families and childcare consulting. Postpartum doula care (days, nights, and virtual). Perinatal behavioral health coaching
Birth Realm Postpartum Care Co	hello@birthrealm.com (707) 395-5048 www.birthrealm.com	Marin Sonoma County Napa San Francisco East Bay	The Early Weeks Designed by two postpartum doulas and mothers, our Early Weeks class will help you create a strong and sustainable foundation to welcome your little one(s). Group classes are offered in Novato, and private sessions are available.	HSA employer fertility benefits	Postpartum support after birth, classes, sacred-tending & sleep consultations, all catered to your individual needs, with a lot of love.
Alana Catanio Birth & Postpartum Doula	info@adoulaformama.com (415) 488-5432 www.adoulaformama.com	Marin Sonoma County		Spanish	Advocacy and support throughout pregnancy, birth and postpartum. Customizable birth and postpartum services that cater to each family's individual needs.
Alicia Contreras, HBCE, Birth Doula, Prenatal Bonding (BA) Facilitator	alicia@aliciacontreras.com (305) 934-2129 www.aliciacontreras.com	Marin San Francisco	HypnoBirthing® is a science-based practice. It effectively works with couples' minds, bodies, and emotions to inform, relax, and empower them for an optimal childbirth experience.	Spanish	Birth Doula HypnoBirthing® Prenatal Emotional Health / Prenatal Bonding (BA)
Jennifer Darwin, Certified Doula, Licensed Nurse	jennifer@goldengatedoula.com (415) 805-1780 www.goldengatedoula.com	San Francisco	Groups: Weekly Mom Circle led by a Licensed Family Therapist. Monthly Dad support groups. Workshops: Postpartum Preparation, Newborn Care, Baby Wearing, Birth Affirmation Class, Infant Massage, Comfort Measures for Labor, Creating a Practical Birth Plan.	Spanish Mandarin Portuguese	Childbirth Education, Postpartum Doulas, Night Doulas, Lactation Support, Perinatal Yoga, prenatal/postpartum massage, Herbal Sitz Baths, Yoni Steams.

Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Kirsten Dudley, CD	doula@kirstendudley.com (415) 425-0519 www.kirstendudley.com	Marin San Francisco	Bumps & Babies Group: Monthly walks and gatherings with topics such as birth preparation, breastfeeding, postpartum preparation, prenatal yoga and mom & baby yoga. https://www.MarinDoula.team/events Workshops: Lamaze Childbirth classes Birth preference creation Spinning Babies® Parent class Comfort measures Postpartum preparation Breastfeeding Newborn care		I am a Lamaze Childbirth Educator. Spinning Babies® Parent Educator, a certified Birth & Postpartum Doula and love supporting parents to be prepared for the birth of their baby in a way that suits them.
Magdalena Eschenberg	info@magdalenadoula.com (707) 867-0102 www.magdalenadoula.com	Home / Hospital visits		Medi-Cal, Kaiser, Partnership Health Plan, CalPERS, Healthnet	Pregnancy, birth and postpartum. Focused on care for low/no income families, domestic abuse survivors, single parents, folks experiencing homelessness, queer and BIPOC birthing people.
Molly Escobar, CBE, CD CPD	molly@doulamee.com (415) 246-9396 www.doulamee.com	Novato			Pregnancy, postpartum, and pregnancy loss (I am also a certified funeral arranger).
Olivia Fox, CD-L, CD-PIC Fox & Cub Family Wellness	Olivia@foxandcubfamilywellness.com (707) 480-3235 www.foxandcubfamilywellness.com	Home Visits Rohnert Park		Every major insurance plan in CA for doula support	Newborn Care, Postpartum Support, Pregnancy, Postpartum
Paula Grady, LM, CPM	paula@themidwives.com (707) 287-2822 www.themidwives.com	Napa Santa Rosa		Any PPO	Any/all pregnancy, intrapartum and postpartum including any and all outcomes.
Cara Guyot	cara.guyot.doula@gmail.com (415) 609-0932 www.carathedoula.com	Marin	Infant massage classes	Carrot Kaiser	Birth Doula, Postpartum Doula services, Night Doula, Doula Sibling services, Back to work transitional support, Remote Doula consultations.

Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Clara Love, CD (DONA) CLEC, RPYT (registered prenatal yoga teacher)	info@clara.love (336) 508-9988 www.clara.love	North Bay San Francisco East Bay	Bumps & Babies Group: Monthly hikes and gatherings with topics such as birth preparation, breastfeeding, postpartum preparation, prenatal yoga and mom and baby yoga. https://www.marindoula.team/events		I provide birth doula services, postpartum doula services, breastfeeding education and counseling, prenatal and postnatal yoga.
Meg MacLeod, PhD, CMT	DrMLMacLeod@gmail.com (510) 508-2976 www.dreampostpartumteam.com/meet-our-doulas/	Sausalito			Birth & Postpartum Night Doula, Childbirth Education, Arts-Based Perinatal Coaching, Birth Options Consultation, Bodywork & Hypnotherapy. Utilizing "Birthing from Within" methods & drawing from multiple midwifery apprenticeships.
Karine Mallet	karine.mallet@gmail.com (415) 290 9038 www.doulakey.com	San Francisco Marin		French	Birth preparation, support, breastfeeding, and postpartum support. Multicultural families, giving birth abroad, giving birth away from family.
Ashley Merrill, CPM, CLC	ashleymerrill@gmail.com (971) 322-7398	Fairfax Home Visits	Postpartum Preparation class series	Spanish	INNATE Postpartum Care Certified Practitioner and Certified Lactation Counselor. Holistic family-centered postpartum care to support thriving mothers and babies, rooted in traditional wisdom, enhanced by modern evidence. Education, home-visits, support groups.
Clara Miller, CD, CLC, RYT Portal Birthwork	clara@portalbirthwork.com (415) 244-8352 www.portalbirthwork.com	Home Visits San Francisco		Kaiser, Medi-Cal Health Net	I specialize in blending the best of ancient wisdom with modern practices to support families during the fourth trimester and help mothers fully heal from birth, step into their new identity of mother with confidence, and show up for their growing family
Liza Ozkay	liza@doulasofmarin.com (510) 224-0889 www.doulasofmarin.com	San Rafael			Birth & Postpartum Doula. Breastfeeding Support. Infant Care. Infant Sleep Support.
Theresa Raabe, CPD, CLE	theresaraabe@me.com (415) 609-8547	Mill Valley San Francisco		Accepted provider with Carrot Fertility	Overnight postpartum care, lactation support and education

Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Christina Ricchi, CMT, CD	Christina@spiralwombwisdom.com (415) 717-4621	San Anselmo			Offering Birth Doula Support, Prenatal & Postnatal Massage Therapy, Biodynamic Craniosacral Therapy & Birth Integration work for support before or after birth process. Placenta encapsulation.
Batsheva Rice	farmdoula@gmail.com (310) 402-9756 www.thebodymedicinewomansociety.com	Forest Knolls			Birth & Postpartum Doula & Bodyworker. Preconception, pregnancy, postpartum.
Michelle Riehle Trained Doula, CNM Student	michelleriehle@gmail.com Instagram: Moonbellyandbaby	Marin	I facilitate weekly women's groups with guided intentions. My Birth Story: Sharing your birth story and hearing others.		Labor and Birth Doula, pregnancy education, holistic Doula care and natural labor support, labor partner education, yoga and pregnancy.
Katelyn Seaton Certified Matrescence Guide The Motherlines	kate@themothelines.com (831) 535-3514 www.themothelines.com	San Rafael	Matrescence Circle - education and support for women in the transition to motherhood (for the first or subsequent times) Prenatal Matrescence Workshop - preparing for the transition to motherhood, including postpartum intentions and expectations plus matrescence education.		Pregnancy, postpartum, early motherhood
Annie Stephenson, PCD (DONA) Mt Tam Mamas Postpartum Love	mt.tam.mamas@gmail.com (415) 377-4466	Mill Valley	Monthly talks featuring postpartum doula Annie and a featured specialist in the perinatal field, followed by a hike to build community with other mamas.	Certified postpartum and able to reimburse through Carrot and many employee sponsored FSAs	In-home and virtual daytime postpartum support to new and expanding families in Marin.
Catherine Stone, CAPPA, Certified Lactation Specialist	motheringwisdom@gmail.com (415) 377-2162 www.motherangel.tumblr.com/about	Fairfax			Birth Doula, preparation for birth with birthing skills (8 prenatal visits). Postpartum Doula, support for new mothers and babies. Lactation Specialist, support for lactation issues. Pro bono services for those in need.

Doula Services (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Cherie Visconti, IBCLC Postpartum Night Doula	cherie@bayareabirthworks.com (415) 509-6414	Marin County	FREE breast-feeding support group Mondays at 12:30pm, St Sebastian's Church Greenbrae	Hungarian Aetna Carrot Maven Anthem	Board certified Lactation Consultant bringing breast-feeding expertise to my Doula work. Specializes in multiples, mother's health and wellness, cook for the family
Teyler Wallace Postpartum Doula, Lactation Educator, Perinatal Chef	teyler.lysette@gmail.com (714) 586-1403 www.Thefoodiedoula.com		Postpartum Support Group: Support group that meets for 8 session intervals, led by an experienced postpartum doula, lactation educator & Infant sleep specialist. Breast/Chest feeding 101: 3 hour course covering breast/ chest feeding fundamentals. Aimed at offering pregnant and postpartum people with tools/ information to help them navigate nursing.	some Spanish CM&F Group Inc.	Postpartum support.

Exercise and Fitness Services

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Sarah Bradford The LUNA Mother Co Prenatal & Postnatal Fitness and Wellness (CPT, PPCES, PPDCC, CNC)	sarah@lunamother.co (415) 295-7707 www.lunamother.co	San Rafael	Our online platform offers childbirth ed classes, breastfeeding classes, baby sign language classes, infant sleep guides, a postpartum prep series, and a robust & supportive community of mothers.		Prenatal fitness, postpartum fitness, diastasis recti prevention & rehabilitation, pelvic floor rehabilitation, C-section rehabilitation, prenatal nutrition, parenting classes resources.
Mariana De Carvalho, NASM, CHEK, RYT, IIN MOTIF Coaching LLC	hello@marianadecarvalho.com (713) 492-4204 www.marianadecarvalho.com	San Anselmo		Portuguese	I provide integrated strength & mobility training that support women through every life stage (specialized focus pre- and postnatal). By pairing physical expertise with athlete mindset coaching, I empower you to navigate the profound changes of motherhood
Carolyn Latham, DPT	carolyn@verityptw.com (615) 604-5367 www.veritypt.org/	San Rafael Home visits throughout Marin			Sports and orthopedic physical therapist with specialty in pelvic floor pains and dysfunctions. I help the active woman navigate pregnancy and postpartum.
Tilda Loftin, NASM Personal Trainer, CMT	tilda@coachtilda.com (650) 867-2505 www.coachtilda.com	Mill Valley		Swedish	Pre/Postnatal personal training and massage therapy. Tummy Tuck Core Rehab. Pregnancy and Postpartum Corrective Exercise Specialist
Metta Mama Yoga Studio	ashley@mettayogastudio.com (415) 868-3569 www.mettayogastudio.com/ mama	San Rafael	Prenatal, postnatal, pelvic floor, nutrition, new mama support.		A beautiful yoga studio space dedicated to new and expecting moms and parents to gather and build a community rooted in yoga and mindfulness practices.
Dana Schachter, CMT/RYT	dana@soulsanctuarysf.com (415) 722-3752 www.soulsanctuarysf.com	San Anselmo			Prenatal and postpartum massage. Craniosacral therapy for adults and newborns. Yoga for fertility. Prenatal and postpartum yoga. Offering private yoga classes- designing each class to meet the needs of the individual.

Exercise and Fitness Services (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Marci Silverberg Pelvic Path Physical Therapy	info@pelvicpath.com (415) 233-8488 www.pelvicpath.com	San Rafael			Whole body orthopedics with Pelvic Health Specialty. Women and Men, all stages.

Lactation Specialists

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

Lactation Specialists (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Sandy Adler Killen, IBCLC, Pediatric RN	sandyadlerk@yahoo.com (415) 987-8900 www.sandyadlerlactationconsulting.com	Fairfax Home Visits		Spanish	Experienced Kaiser Lactation Consultant and Pediatric RN providing prenatal and postpartum breastfeeding support.
Clara Love, CD(DONA) CLEC, RPYT (registered prenatal yoga teacher)	info@clara.love (336) 508-9988 www.clara.love	North Bay San Francisco East Bay	Bumps & Babies Group: Monthly hikes and gatherings with topics such as birth preparation, breastfeeding, postpartum preparation, prenatal yoga and mom and baby yoga. https://www.marindoula.team/events		I provide birth doula services, postpartum doula services, breastfeeding education and counseling, prenatal and postnatal yoga.
MarinHealth Lactation Center	(415) 925-7522 https://www.mymarinhealth.org/programs-services/pregnancy-childbirth/after-delivery/lactation-services/	Greenbrae	Mom's Support Group: Drop in, no fee. Thursdays: 10:30-11:45 am. For Zoom link, email: yana.harootunian-cox@mymarinhealth.org		Outpatient lactation support for anyone with any private insurance (not Medi-Cal), 7 days a week. Hospital Grade Pump rentals available.
Ashley Merrill, CPM, CLC	ashleymerrill@gmail.com (971) 322-7398	Fairfax Home Visits	Postpartum Preparation class series	Spanish	INNATE Postpartum Care Certified Practitioner and Certified Lactation Counselor. Holistic family-centered postpartum care to support thriving mothers and babies, rooted in traditional wisdom, enhanced by modern evidence. Education, home-visits, support groups.
Clara Miller, CD, CLC, RYT Portal Birthwork	clara@portalbirthwork.com (415) 244-8352 www.portalbirthwork.com	Home Visits San Francisco		Kaiser Medi-Cal Health Net	I specialize in blending the best of ancient wisdom with modern practices to support families during the fourth trimester and help mothers fully heal from birth, step into their new identity of mother with confidence, and show up for their growing family
Susanna Napierala, LM Midwife, lactation support, post-partum midwife, monitrice	napierala@pon.net (707) 321-2078 www.northbaymidwife.com	San Rafael Kenwood Home Visits			Prenatal care, midwifery care during labor/delivery, post-partum care all in the home. Lactation support. Post partum midwifery care in home for hospital mothers.

Lactation Specialists (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Ellen Schwerin, MPH, IBCLC Happy Milk Lactation Support	ellen@happymilk.us (510) 730-2154 www.happymilk.us/	Home Visits		Aetna	Home visits for lactation consultations, prenatal and postpartum.
Anne Sillcocks, IBCLC Shoreline Lactation	anne@shorelinelactation.com (415) 792-4604 www.shorelinelactation.com	Marin County Home Visits		Aetna, Cigna, other PPOs via The Lactation Network	Family-centered lactation and feeding support (prenatal and postpartum)
Juliana Stewart, IBCLC Registered Perinatal Nurse	julianawstewart@gmail.com (415) 524-6275 https://sites.google.com/prod/view/julianalc	Marin County Home Visits		Spanish	Lactation Consultant. In-home breastfeeding support. Prenatal private breastfeeding classes.
Catherine Stone, CAPPA, Certified Lactation Specialist	motheringwisdom@gmail.com (415) 377-2162 https://motherangel.tumblr.com/about	Fairfax			Birth Doula, preparation for birth with birthing skills (8 prenatal visits). Postpartum Doula, support for new mothers and babies. Lactation Specialist, support for lactation issues.
Cherie Visconti, IBCLC	cherie@bayareabirthworks.com (415) 509-6414	Marin County Sonoma County San Francisco	FREE breast-feeding support group Mondays at 12:30pm, St Sebastian's Church Greenbrae Breast-feeding education workshop for couples every six weeks through foxandcub.com	Hungarian Aetna Cigna Most insurances reimburse for six home visits	Private, in-home Lactation Consultant.pre- and postpartum breastfeeding consultations. Specializes in multiples. Pre/postpartum packages offered.

Medical Provider - OB/GYN, Pediatricians

Name	Contact Info	Locations	Language / Insurance	Focus
Magnolia Pediatrics of Marin Anika Sanda, MD Uta Kerl, MD Suzanne Christie, MD Mignon Parsons, MD	info@magnoliapediaticsofmarin.com (415) 380-8700 www.magnoliapediaticsofmarin.com	Mill Valley	Most insurance accepted.	Pediatricians
MarinHealth OBGYN	(415) 461-7800	Greenbrae Novato	Most insurance accepted.	A collaborative Midwife/OBGYN perinatal practice.
Marin Pediatric Associates	mpamedicalrecords@gmail.com (415) 461.8828 marinpediatricassociates.com	Greenbrae		Pediatricians
Tamalpais Pediatrics MD, PNP, LCSW, LPCC, LMFT, NP, MPH	newpatient@tamalpaispediatrics.com (415) 892-0965 www.tamalpaispediatrics.com	Novato Larkspur	Most insurance accepted.	Pediatricians

Midwives

Name	Contact Info	Locations	Language / Insurance	Focus
Nina Basker LM, CPM Homebody Midwifery	midwives@homebodymidwifery.com (707) 241-3040 www.homebodymidwifery.com	Fairfax Home Visits	Spanish We work with Earthside Billing for insurance claims, we are not in network with any insurance plans	Pregnancy, Birth, Postpartum, Fertility+ IUI (Intrauterine Insemination), Well-person Care
Kathleen Dowd, CNM, NP, MSN Gentle Touch Wellness, LLC	kathleen@gentle-touch-wellness.com (415) 606-9533 www.Gentle-Touch-Wellness.com	Sausalito Home Visits	Onboarding to Medi-Cal, will accept others soon	Continuum of care across the life span
Diane Holzer, LM, CPM, PA-C	midwife@laughingcrows.net (415) 721-7693 www.dianeholzer.com	Fairfax	Spanish	Prenatal, birth and postpartum.
Marin Community Clinic	(415) 448-1500	Novato San Rafael	Medi-Cal and uninsured women and families.	A collaborative Midwife/OBGYN perinatal practice.
MarinHealth OBGYN	(415) 461-7800	Greenbrae Novato	Most insurance accepted.	A collaborative Midwife/OBGYN perinatal practice.
The Midwives Childbirth Services	paula@themidwives.com (707) 287-2822 www.themidwives.com	Napa Santa Rosa		Any/all pregnancy and intra-partum and post-partum including any and all outcomes.
Susanna Napierala, LM Midwife, lactation support, post-partum midwife, monitrice	napierala@pon.net (707) 321-2078 www.northbaymidwife.com	San Rafael Kenwood Home Visits		Prenatal care, midwifery care during labor/ delivery, post-partum care all in the home. Lactation support. Post partum midwifery care in home for hospital mothers.

Other Perinatal Services

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Amy Artmann, CPD (DONA), PBHC	amyartmannbayareadoula@gmail.com (601) 606-6265 www.amyartmannbayareadoula.com	San Rafael			Postpartum Support for parents specializing in Perinatal mental health support, first time parents, sibling transitions for growing families and childcare consulting. Postpartum doula care (days, nights, and virtual). Perinatal behavioral health coaching.
Nina Basker LM, CPM Homebody Midwifery	midwives@homebodymidwifery.com (707) 241-3040 www.homebodymidwifery.com	Fairfax Home Visits		Spanish We work with Earthside Billing for insurance claims, we are not in network with any insurance plans	Pregnancy, Birth, Postpartum, Fertility+ IUI (Intrauterine Insemination), Well-person Care
Susan Bradford, LVN, CCE, CHD, CHT, Birth Ceremonialist	sbradford@sonic.net (415) 404-8700 www.thebirthjourney.net	San Anselmo	Offering group and private sessions: The Birth Journey: Holistic Childbirth Preparation Breastfeeding Basics Holistic Newborn Care Waxing Moon Mamas: Women's Pregnancy Circle		Holistic Birth Preparation, Breastfeeding, Newborn Care Education Pregnancy Circles Birth Blessings & Baby Welcoming Ceremonies Private Classes and Consultations
Tammy Cleland, Certified HypnoBirthing Educator Horizon HypnoBirthing	tammy@horizonhypnobirth.com (858) 228-7318 www.HorizonHypnoBirth.com	San Rafael	HypnoBirthing: 5 Week evidence-based natural childbirth course blending science, mindfulness, and practical tools to support calm, confident, and empowered birth for all birth settings.		I teach a 5-week certified HypnoBirthing course focusing on nervous system regulation, self-hypnosis, birth breathing, partner advocacy tools, positioning, and early bonding support. The course is evidence-based and designed to help families feel informed, calm, and truly confident going into birth.

Other Perinatal Services

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Jennifer Curtis, CD(DONA), CIIM, RIE® Associate	jennifercurtis@heartfulbirth.com (415) 233-0671 www.heartfulbirth.com	San Rafael	RIE® Before Baby™ and Parent-Infant Guidance™ classes exploring Magda Gerber's Educaring Approach; Infant Massage Education. Private & group classes for parents and professionals.		RIE® education for parents and professionals; infant massage, early parenting and child development education for families and professionals. Supporting family empowerment and wellbeing in the perinatal year.
Kathleen Dowd, CNM, NP, MSN Gentle Touch Wellness, LLC	kathleen@gentle-touch-wellness.com (415) 606-9533 www.Gentle-Touch-Wellness.com	Sausalito Home Visits		Onboarding to Medi-Cal, will accept others soon	Continuum of care across the life span
Linda Fitzgerald, Certified Infant Sleep Educator & Nurture Neuroscience® Practitioner Nurture With Linda	info@nurturewithlinda.com (415) 559-1574 www.nurturewithlinda.com	Home Visits	Nurture Neuroscience Circle for pregnant and new mothers providing neuroscience-informed lessons, meditation practices, community of highly nurturing parents, and gentle strategies for maternal well-being Gentle infant and toddler sleep support (ages 0–5), grounded in neuroscience, attachment, and connection without any sleep training methods.	English Spanish Czech Slovak	Pregnancy and Postpartum
Britt Fohrman, ERYT, Doula, Pleasure Coach	britt@brittfohrman.com (415) 412-2441 www.brittfohrman.com	San Francisco	Support Groups: Women's Circles in SF, as well as retreats in Northern California. www.thejuicyladies.com Workshop: Preparing Your Vagina for Birth.		Preconception, Pregnancy Loss, Pregnancy, Birth.
Suzanne Mungalez, PsyD, PMH-C, CLES	hello@itsthemamaspace.com www.itsthemamaspace.com (510) 221-6161	Home Visits	Plans and facilitates prenatal Safe Passage and postpartum Bone Closing ceremonies. Rooted in Dr. Zann's personal and professional experience as a Congolese perinatal healing practitioner.		Pregnancy, Childbirth & Postpartum preparation, Adjustment to parenthood, Queer/Trans birth & postpartum, Lactation & mental health, Pregnancy & infant loss (individuals and couples), Postpartum anxiety, depression, grief, & rage

Other Perinatal Services

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Postpartum Support Center	info@postpartumsc.org (415) 362-3623 www.postpartumsc.org	Novato	<p>Weekly Peer Support Groups provide a safe and judgment-free environment for expectant/new mothers to express and share personal experiences, feelings, coping strategies and firsthand information.</p> <p>We offer educational classes/workshops to expectant and new parents and their support teams about PPD/PPA and assist them in building their strong postpartum support system.</p>	Spanish	Our focus is to help new parents and their support teams navigate through the postpartum period while educating them about PPD/PPA, promoting preventative care.
Maria Quintana-Pilling, FNLP, CNC	maria@urbanspicenutrition.com (415) 419-6934 www.urbanspicenutrition.com	Fairfax	<p>5-Day Detoxes - whole food based detoxes (gentle enough for expecting and nursing mamas) Cooking classes, group & private classes.</p>		Nutrition for infertility, pregnancy, postpartum, & women's health.

Parent Coaching

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Danielle Aubin, LCSW	Danielle@danielleaubin.com (415) 706-4235 www.presenceperinatal.com	Telehealth for CA and MN residents Home visits for Marin residents only		Spanish	Psychotherapy during the perinatal period and for new parents. Specializing in neurodiversity, anxiety, depression, and parenting challenges.
Priya Bhasin, MST, OTR/L	priya@beginbalanced.com www.beginbalanced.com	Marin	Prenatal 1:1 and group sessions "Tongue to Toes" education on child development, hot topics in baby development, infant & baby gear/toys - all of the practical new baby information that you can avoid googling late night because you'll have learned it here!	Conversational Spanish	First 1000 days, tongue ties, oral motor therapy, manual therapy, peace of mind development sessions, prenatal education. maternal occupational therapy.
Jackie Crown, L.Ac., CPD, Perinatal Health Coach	jackie@fourhouse.com (415) 847-2317 www.fourhouse.com	Telehealth Home Visits			Pregnancy + Postnatal recovery care; postpartum prep sessions, mental health support.
Jennifer Curtis, CD(DONA), CIIM, RIE® Associate	jennifercurtis@heartfulbirth.com (415) 233-0671 www.heartfulbirth.com	San Rafael	RIE® Before Baby™ and Parent-Infant Guidance™ classes exploring Magda Gerber's Educaring Approach; Infant Massage Education. Private & group classes for parents and professionals.		RIE® education for parents and professionals; infant massage, early parenting and child development education for families and professionals. Supporting family empowerment and wellbeing in the perinatal year.
Linda Fitzgerald, Certified Infant Sleep Educator & Nurture Neuroscience® Practitioner Nurture With Linda	info@nurturewithlinda.com (415) 559-1574 www.nurturewithlinda.com	Home Visits	Nurture Neuroscience Circle for pregnant and new mothers providing neuroscience-informed lessons, meditation practices, community of highly nurturing parents, and gentle strategies for maternal well-being Gentle infant and toddler sleep support (ages 0–5), grounded in neuroscience, attachment, and connection without any sleep training methods.	English Spanish Czech Slovak	Pregnancy and Postpartum

Parent Coaching (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Alane Freund, LMFT	info@heartandmindequine.com (415) 203-6600 www.alanefreund.com	Woodacre	Highly Sensitive People and Horses; The Language of Love and Leadership; Speaking Horse for Youth.		Parenting Sensitive Children, Highly Sensitive People, Highly Sensitive and Anxious Children, New Parents' Support Group, Parents of Difficult Teens.
Sarah Healy, MA	sarah@sarahhealysleep.com (415) 244-4536 www.sarahhealysleep.com	Home Visits	Video and in person classes offered ~ Newborn Sleep (0-4 months) ~ Baby Sleep (4-12 months) ~ All About Naps ~ Traveling with Baby		Parent support in creating tailored plan for sleep using an evidence-based, family systems and early-childhood development approach considering parenting philosophies, infant temperament, age, health and development.
Sarah Janoff-Brinn, LCSW	sarah@sarahjanoffbrinnlcsw.com (415) 228-6917 www.sarahjanoffbrinnlcsw.com	San Rafael Corte Madera			I support clients struggling with infertility, pregnancy, postpartum, and the transition to parenthood. I also specialize in working with adolescents and families.
Cherry Jones, LMFT	cherry@lighteningheart.com (415) 381-5889 www.lighteningheart.com	Mill Valley	6 week Mindfulness support group during pregnancy. Partners welcome. Teaches skills for managing discomfort; pain; anxiety; preoccupied thinking and relationship dynamics. New Parenting mindfulness class. Drop in Infant massage workshop for babies 2 months to crawling. Learning techniques addressing and soothing your baby's discomforts; attachment and bonding with caregivers. 6 hours New born parenting class (private and group) How to prepare for baby.		0-5 years intervention. Development and attachment focus. Pregnancy. Postpartum. Pregnancy loss.
Megan Kaden, Psy.D	mkaden@gmail.com (510) 409-6981 www.megankaden.com	Mill Valley	Rediscovering Sexuality After Baby: Support, education & actionable advice for women.		
Deborah Kamins, Ph.D	deborah@drkamins.com (415) 518-4414 www.drkamins.com	Mill Valley	Climate Anxiety Support Group: Online support group for women struggling to manage their thoughts and feelings related to climate change and associated problems.		Emotional regulation, stress management, communication skills, and focused support for those struggling with issues related to pregnancy, postpartum, parenting, and/or life transition.

Parent Coaching (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
George Kolcun, MFT and Associates	gkolcunmft@gmail.com (415) 810-7085 www.GeorgeKolcunMFT.com	San Anselmo San Francisco			
Meg MacLeod, PhD, CMT	DrMLMacLeod@gmail.com (510) 508-2976 www.dreampostpartumteam.com/ meet-our-doulas/	Sausalito			Preconception planning, pregnancy challenges, birthing options consultation, labor story integration through creative expression, postpartum preparation, intentional solo parenting (SMC), and LGBTQ+ family formation.
A New Leaf Therapy Group Tracey Herman Broome, LMFT Tamara John AMFT Aubrey Harmon AMFT	tracey@newleaftherapist.com tamara@newleaftherapist.com aubrey@newleaftherapist.com (415) 267-1885 www.anewleaftherapist.com	San Rafael			Using complementary trauma-informed psychotherapy approaches, including EMDR, IFS, CBT, and Psychodynamic therapy, we help individuals, couples, and families navigate the small bumps of life transitions and parenting consulting as well as process and grow from past traumas and loss.
Annice Ormiston, PsyD	annice@dranniceormiston.com (510) 852-9322 www.dranniceormiston.com	San Rafael			Pregnancy, Postpartum, Couple Therapy, Parenting, Grief/Loss, Trauma, LGTBQ+, Single Mothers by Choice
Osher Marin JCC Contact: Rachel Weiss	rweiss@marinjcc.org (415) 444-8072 www.marinjcc.org/preschool/ jbaby/	San Rafael	MusicBabies: Music class for birth-2.5 mo. Jymbabies: Indoor play-space for 5 mo. - 3 year olds Side by Side: Introduction to preschool Toilet training workshops Kindergarten readiness and more		Parent Ed classes can vary throughout the year. We will be partnering with nurse practioners and lactation consultants. Blossom will soon be a partner with us at our facility.
Jonathan Pofsky, LMFT	jonathanpofsky@gmail.com (415) 577-5338 www.marinstressanxietycenter.com	Corte Madera	Mindful Dads -workshop to support stressed dads using mindfulness and communication skills		Specialize in anxiety disorders and family/parenting issues

Parent Coaching (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Postpartum Support Center	info@postpartumsc.org (415) 362-3623 www.postpartumsc.org	Novato	Weekly Peer Support Groups provide a safe and judgment-free environment for expectant/new mothers to express and share personal experiences, feelings, coping strategies and firsthand information. We offer educational classes/workshops to expectant and new parents and their support teams about PPD/PPA and assist them in building their strong postpartum support system.		Our focus is to help new parents and their support teams navigate through the postpartum period while educating them about PPD/PPA, promoting preventative care.
Practice San Francisco Nina Kaiser, Ph.D Michaela Friedrich, LMFT Joe Tarantino, Ph.D.	nina@practicesanfrancisco.com michaela@practicesanfrancisco.com joe@practicesanfrancisco.com (415) 780-3239 www.practicesanfrancisco.com	Mill Valley San Francisco			Psychotherapy Services and Support Groups Perinatal Support Parent Coaching
Alla Ramaswamy, M.Ed	allafox999@yahoo.com (760) 704-9910 www.instagram.com/psychology_and_arts	Telehealth	Siblings Friendship How-to-not snap at your child How to speak so they listen Cleaning and organizing made enjoyable Creating an environment for sleep, play, study	Russian	Relationship is the base for behavior at any age.
Catherine Ramin, MBA Mikado Postpartum	Cathy@mikadoparenthood.com (917) 783-6610 www.mikadoparenthood.com	Mill Valley Home Visits	Offering a webinar through Eventbrite called "Managing the Mental Load"		Postpartum clients can join our newsletter for more information, community, and connection
Katelyn Seaton Certified Matrescence Guide The Motherlines	kate@themootherlines.com (831) 535-3514 www.themootherlines.com	San Rafael	Matrescence Circle - education and support for women in the transition to motherhood (for the first or subsequent times) Prenatal Matrescence Workshop - preparing for the transition to motherhood, including postpartum intentions and expectations plus matrescence education.		Pregnancy, postpartum, early motherhood

Parent Coaching (con't)

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Katie Skjerpig, MA	katie@poppycoaching.com (707) 849-4582 www.poppycoaching.com	Novato			I offer individual and group-coaching tailored to clients grappling with competing demands of new motherhood, navigating change, and leading their families with intention.
Annie Stephenson,PCD (DONA) Mt Tam Mamas Postpartum Love	mt.tam.mamas@gmail.com (415) 377-4466	Mill Valley	Monthly talks featuring postpartum doula Annie and a featured specialist in the perinatal field, followed by a hike to build community with other mamas.	Certified postpartum and able to reimburse through Carrot and many employee sponsored FSAs	In-home and virtual daytime postpartum support to new and expanding families in Marin.
Katie Sullivan, MEd, CPPD	katie@parentingdoula.com (510) 725-2987 www.parentingdoula.com	Home Visits	No Such Thing as a Bad Sleeper: Supporting your Baby's Sleep from Birth (0-6 months) Toddler Sleep Solutions (1-3 years)		Early parenting and sleep consulting (0-3 years) Supporting sleep from birth (getting through the 4 month 'regression') Toddlers: sleep, parenting, potty training
Ashley, Travis AMFT Big Life Change Therapy	ashley@biglifechangetherapy.com (415) 735-4327 www.biglifechangetherapy.com/ashley-travis	San Rafael	New Parents Support Group in Fairfax Thursday 11-12:30 Babies 0-3 welcome No charge, drop-in group		Inclusive couples and individuals EFCT therapist. Pre & postpartum, PMADs, grief, parenting, re-parenting, relational trauma, codependency, gender roles, conflict and communication skills, life transitions (ex: matrescence and baby prep), burnout, LGBTQ+
Katie Mae Vasicek, MA, Certified Life Coach, Parent Coach and Mental Fitness Coach	katie@withkatiemae.com (415) 535-3581 www.withkatiemae.com	San Rafael	Monthly Conscious Parenting Lab (free), Monthly Coaching Conversations drop-in coaching (free), Monthly Parenting Workshops		Parent and Mental Fitness Coaching for individuals, couples, small groups

Physical Therapy

Name	Contact Info	Locations	Support Groups & Workshops	Language / Insurance	Focus
Janette Cariad, PT	janette@nhpt.biz (510) 327-5730 www.nurturinghealthphysicaltherapy.com	Telehealth			Pregnancy and postpartum physical therapy.
Mariana De Carvalho, NASM, CHEK, RYT, IIN MOTIF Coaching LLC	hello@marianadecarvalho.com (713) 492-4204 www.marianadecarvalho.com	San Anselmo		Portuguese	I provide integrated strength & mobility training that support women through every life stage (specialized focus pre- and postnatal). By pairing physical expertise with athlete mindset coaching, I empower you to navigate the profound changes of motherhood
Carolyn Latham, DPT	carolyn@verityptw.com (615) 604-5367 www.veritypt.org	San Rafael Home visits throughout Marin			Sports and orthopedic physical therapist with specialty in pelvic floor pains and dysfunctions. I help the active woman navigate pregnancy and postpartum.
Pelvic Path Physical Therapy Marci Silverberg, MPT Caitlin Mondt, DPT Nicole Scheel, DPT	info@pelvicpath.com (415) 480-5352 www.pelvicpath.com	San Rafael	See website for updates		Whole body orthopedics with Pelvic Health Specialty Women and Men, all life stages. Regenerative medicine, including Shockwave Therapy offered.
Alicia Roberts, MSPT Blossom Physical Therapy & Wellness	alicia@blossompt.com (415) 578-5524 www.blossompt.com	San Rafael San Francisco	Your Mommy Body workshop for postpartum women Your Pregnant Mommy Body workshop for pregnant woman preparing for birth and improving recovery Ab Rehab - group postpartum rehab class for pelvic floor, core connection and strength, heal abdominal separations & incontinence, address posture.		Pregnancy, pelvic floor birth prep, postpartum recovery, c-section rehab, diastasis, pelvic floor

Psychiatrists and Psych Nurse Practitioners

Name	Contact Info	Locations	Language / Insurance	Focus
Christine Bilbrey, MD, PC	www.bilbreypsychiatry.com	Corte Madera San Francisco		Holistic Psychiatry and Psychotherapy for grief of pregnancy loss, psychotherapy for adjustment concerns and anxiety during pregnancy, infertility grief, and medication management and psychotherapy for postpartum anxiety and depression
Robin Bitner, MD	robinbitnermd@gmail.com (415) 944-9132 www.robinbitnermd.com	San Rafael		Pregnancy, postpartum.
Melanie de Luna, MD	melaniedelunamd@gmail.com (415) 820-1696 www.melaniedelunamd.com	Corte Madera		Perinatal and Reproductive psychiatry, including pre-conception planning, pregnancy and postpartum. Hormonal issues including pre-menstrual mood disorders and menopause/perimenopause. Medication management, Psychotherapy, Integrative Psychiatry.
Rhiannon Garcia-Penning, LMFT Solful Therapy	rhiannon@solfultherapy.com (415) 636-9735 www.solfultherapy.com	Mill Valley		Pregnancy & postpartum couples therapy to support couples with areas of intimacy and connection.
Nazineh Huff, MD	naz.huff@gmail.com (415) 830-4833 www.huffpsychiatry.com	Mill Valley	Farsi	Medication management while pregnant, considering pregnancy and after.
Tiffany Hwang, MD	tiffanyhwang.md@gmail.com (650) 713-2288 www.tiffanyhwangmd.com	Menlo Park		Reproductive psychiatrist with focus on safe prescribing and risk/benefit evaluations of psychiatric medications during preconception planning, pregnancy, breastfeeding, and infertility.
Linda Kim, MD	hello@moonmentalhealth.com (510) 214-2065 www.moonmentalhealth.com	Orinda		Medications in pregnancy postpartum period. Infertility Support Groups. Dr. Jen Sweet is also in the practice.
Kathryn Kinasz, MD	info@kinaszpsychiatry.com (650) 750-0896 www.kinaszpsychiatry.com/	Menlo Park		Child, adolescent and adult psychiatrist specializing in women's reproductive mental health (infertility, pregnancy, postpartum, parenting), eating disorders and ADHD.

Psychiatrists and Psych Nurse Practitioners (con't)

Name	Contact Info	Locations	Language / Insurance	Focus
Juliet Morgan, MD	info@julietmorganmd.sprucecare.com (415) 853-4572 www.julietmorganmd.com	Corte Madera		Psychiatrist and board certified neurologist. Specialization in women's reproductive mental health. Also specializes in integrative treatment of mood/anxiety disorders, ADHD, insomnia, trauma, neuropsychiatric illnesses.
Beatrice Rabkin, MD	info@verveinepsychiatry.com (628) 277-4664 www.verveinepsychiatry.com	San Francisco		Psychiatrist specializing in women's reproductive mental health using a multimodal approach (mindfulness, yoga psychology and other integrative practices). Fellowship training in psychosomatic medicine at Stanford.
Gabrielle Taylor, MD	Gabrielle@gtaylorprofessional.com (415) 457-1910	San Rafael		Integrative Psychiatry for the Child, Adolescent, and Adult.
Emily Tejani, MD	drtejani@emilytejanimd.com (415) 510-2204 www.emilytejanimd.com	Corte Madera		Addiction Treatment for Women Parenting Support. Infant, Child, Adolescent, and Adult Psychiatry & Psychotherapy.
Kathy Waller, MD	Info@kathywallermd.com (415) 990-1579 www.kathywallermd.com	Corte Madera		Pregnancy and postpartum psychotherapy and psychiatric medication management.
Marie Giarratana Young, DrNP, MPH, MS	mgiarratanayoung@gmail.com (415) 289-6655	Corte Madera Santa Rosa		Women's Health and Psychiatric Nurse Practitioner specializing in Women's Reproductive Mental Health, using an integrative model of care. Can provide women's health counseling, and psychiatric medication management.

Psychotherapy Services and Support Groups

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Joanna Adler, Psy.D.	joanna.adler@yahoo.com (415) 203-9879 www.joannaadler.net	Telehealth	The Conscious Parenting workshops are designed to help you navigate mindful parenting strategies, being on the same page as your co-parent, family dynamics, parenting a challenging child, and getting the support you need.		I offer psychotherapy and hypnotherapy for women and families. I also specialize in supporting women and families through the loss of a pregnancy or a baby.
Susan Allen, LMFT	susanallenlmft@gmail.com (415) 505-3541 www.susanallentherapy.com	San Francisco Corte Madera			Reproductive and maternal mental health: infertility and third-party family building; pregnancy and postpartum; parenting transition.
Shira Appell, LMFT LoveSong Psychotherapy	shiraappelltherapy@gmail.com (415) 942.2459 www.shiraappelltherapy.com	Novato			Pregnancy, Postpartum, Pregnancy Loss, Pregnancy/Birth Trauma, Chronic Pain/Illness, Somatic Psychotherapy, Perfectionism, High Achievers, Self Compassion, Self Worth, Anxiety, Eating Disorders, OCD
Danielle Aubin, LCSW	Danielle@danielleaubin.com (415) 706-4235 www.presenceperinatal.com	Telehealth for CA and MN residents Home visits for Marin residents only		Spanish	Psychotherapy during the perinatal period and for new parents. Specializing in neurodiversity, anxiety, depression, and parenting challenges.
Michelle Baumgartner, LCSW	michelle@michellebaumgartnertherapy.com (415) 286-5336 www.michellebaumgartnertherapy.com	San Rafael			Pregnancy and postpartum anxiety and mood disorders, birth trauma, pregnancy loss.
Robin Joy Berenson, Ph.D, LMFT	rjberenson@cipmarin.org (415) 459-5999 www.psychologytoday.com/us/therapists/robin-joy-berenson-san-rafael-ca/103808	San Rafael			I work with pregnant women, postpartum, and pregnancy loss. I also work with women having difficulty conceiving.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Deanna Bernard, LCSW	TeletherapyLCSW@protonmail.com (707) 749-0022 www.DeannaBernard.com	Telehealth	Mother's support group Chronic Illness Group Inner Child Healing Alcohol Addictions Recovery	Optum and Aetna through Alma	24 years experience with specialization in family dynamics, mothering transitions, recovery and group work.
Big Life Change Therapy Ali Vogt, LMFT Frances Cameron, AMFT Rachael Silard, AMFT, APCC Ashley Travis, AMFT Katelyn Vandever, ASW	info@biglifechangetherapy.com (415) 212-8648 www.biglifechangetherapy.com	San Rafael San Francisco Telehealth	New Parents Support Group in Fairfax Thursday 11-12:30 Babies 0-3 welcome No charge, drop-in group. Sponsored by the Town of Fairfax. Messy Late and Loving It: Support Group for Mom's with ADHD. Meets virtually	Tagalog Medi-Cal: Partnership Health Plan Sliding Scale	Pre and postpartum mental health care for parents or those that want to be parents. Reproductive grief including birth trauma. Divorce and single parenting. Life-threatening diagnoses. Supervision of associates.
Christine Bilbrey, MD, PC	www.bilbreypsychiatry.com	Corte Madera San Francisco			Holistic Psychiatry and Psychotherapy for grief of pregnancy loss, psychotherapy for adjustment concerns and anxiety during pregnancy, infertility grief, and medication management and psychotherapy for post partum anxiety and depression
Susan Bordon, LCSW, CLE	susan@kinspacefamily.com (415) 310-5131 www.kinspacefamily.com	Mill Valley San Francisco	Drop in Breast + Bottle Feeding Support Group - This weekly 90-minute drop-in support group is open to new moms and inclusive of all feeding strategies. Meet parents in your community and get all of your questions answered. McMoyler Method Parent Prep Series - Unpacking the essentials of childbirth prep, breastfeeding, newborn care and Infant CPR.		Pregnancy & postpartum. In home visits for PPD and anxiety.
Jenn Boyd, LMFT	jennboydlmft@gmail.com (415) 375-0374	Telehealth			Reproductive & maternal mental health (infertility, pregnancy, postpartum & parenting transition); special focus in working with moms returning to a career.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Emily Brucia, Ph.D.	emily@dremilybrucia.com www.dremilybrucia.com (415) 799-1979	Sausalito			Fertility issues, pregnancy loss, medical and reproductive trauma, perinatal mood disorders
Sara Budin, AMFT	budinsara@gmail.com (415) 335-9185 www.holosinstitute.net/team/Sara-Budin/	Lagunitas			Pregnancy, postpartum, pregnancy loss, infertility.
Annie Buxbaum, LMFT, Psy.D	dr.anniebuxbaum@gmail.com (707) 582-0701 www.anniebuxbaumtherapy.com	Santa Rosa			Pregnancy, postpartum, pregnancy loss, infertility.
Jennifer Chance, LMFT	jenniferchancetherapy@gmail.com (415) 734-6981 www.jenniferchancetherapy.com	San Francisco			Pregnancy, postpartum, pregnancy loss, infertility.
Mary Christy-Cirillo, LMFT	marymec33@yahoo.com (415) 613-6590	Sausalito Berkeley			Single Parenting, Donor Insemination, Birther, Infertility Issues, Pregnancy, Loss, Miscarriage, Postpartum Depression.
Grey Cunningham, LCSW	CunninghamLCSW@gmail.com (510) 559-0629	Home Visits		Sliding Scale Options	Infant/Child Parent Psychotherapy, LGBTQ parenting, high risk infants & children, foster care, adoption, parental stress, grief & loss, gender flexible parenting, parent consultation.
Dawn Daabul, LMFT	dawndaabulmft@gmail.com (628) 214-8283	San Rafael		Hebrew	Pregnancy, postpartum, pregnancy & infant loss.
Mark Edwards, LMFT	markedwardsmft@me.com (415) 456-6523 www.markedwardsmft.com	San Rafael			Child adolescent and adult psychotherapy. Parent coaching. Consultation services.
Liz Flick, LMFT	liz@lizhaymanmft.com (415) 347-5388 www.trisf.com/therapists/liz-hayman-flick-mft	San Rafael			I am a couples and individual therapist specializing in work with current and soon to be parents around the challenges that parenting can bring.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Alane Freund, LMFT	alane@alanefreund.com (415) 203-6600 www.alanefreund.com www.areyouhighlysensitive.com	San Rafael Woodacre	Monthly Q&A Webinars for Parents, Office & Equine-Assisted Therapy Groups for Parents, Highly Sensitive Parents, Sensitive & Anxious Children, HSPs & Horses weekends.		Temperament consultation/therapy, focus on high sensitivity and intensity. Equine, Office, & Tele-Mental Health. Equine work is especially helpful for couples and dads.
Rhiannon Garcia-Penning, LMFT Solful Therapy	rhiannon@solfultherapy.com (415) 636-9735 www.solfultherapy.com	Mill Valley			Pregnancy & postpartum couples therapy to support couples with areas of intimacy and connection.
Alexandra Geary-Stock, LCSW	alexandrapsychotherapy@gmail.com (415) 762-9093 www.alexandragearystock.com	San Francisco			I work with parents, new moms and those struggling with infertility, in particular the IVF process.
Cara Gereau, LMFT	caragereau@gmail.com (415) 578-0279 www.somatictherapymarin.com	Woodacre	Equine Workshops and Support Groups for Children.		Couples intensives, parenting and family challenges, divorce, co-parenting, preparation for parenthood, child, couples and family psychotherapy.
Elizabeth Greason, LCSW	epgreason@comcast.net (415) 454-2636 www.traumapsychotherapy.com/elizabeth.html	San Rafael			Postpartum, pregnancy, and trauma.
Ashley Halverson, LCSW, PMH-C <i>On maternity leave. Clients are able to join a waiting list to be contacted in the Fall of 2026.</i>	ashley@inclusivereproductivehealing.com (619) 568-2608 www.inclusivereproductivehealing.com	Telehealth		Aetna UHC/Optum	Pregnancy, postpartum, pregnancy loss, birth trauma, parenting support, infertility, reproductive grief and trauma, fathers, LGBTQ+. Perinatal Mental Health Certified and EMDR trained.
Katharine Hatch, PhD	drkhatch@gmail.com (415) 419-3539 www.drkhatch.com	San Rafael	Pathways: A Postpartum Support Group - six-week series offering support and ways to ease postpartum challenges. Offered virtually in affiliation with MarinHealth and open to women and babies under one-year-old.	Aetna	Infertility and family building, including ART and 3rd party reproduction, Pregnancy-related issues, pregnancy loss, traumatic birth experiences, postpartum issues, adjustment to motherhood issues.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Headlands Psychotherapy Group Morgan Howson, LMFT Ellen Hathaway, LMFT	therapy@headlands.group (415) 690-9668 www.headlands.group	Mill Valley San Francisco	Consultation groups for EMDR therapists.	Armenian French German Russian Spanish	EMDR Therapy for PTSD and trauma recovery; perinatal/birth trauma; early attachment; parent/baby, parent/child. Individuals (toddler, child, teen, adult, later life), couples (EFT, Gottman and PACT), family therapy (for families with minors or adult children).
Sarah Janoff-Brinn, LCSW	sarah@sarahjanoffbrinnlcsw.com (415) 228-6917 www.sarahjanoffbrinnlcsw.com	San Rafael Corte Madera			I support clients struggling with infertility, pregnancy, postpartum, and the transition to parenthood. I also specialize in working with adolescents and families.
Pauline Jarakian, LMFT	pjarakian@aol.com (415) 246-4117 www.paulinejarakianmft.com	Home Visits serving Marin and San Francisco	Support groups for new mothers with postpartum depression and anxiety, navigating stressors, career, motherhood, attachment with baby. Emotional support and tools to decrease both anxiety and depression in a safe place. Offering workshops on Infant Parent Therapy and Adult Attachment to both professionals and patients.		Postpartum and Pregnancy Loss specialties. I work in collaboration with your team of healthcare providers. UCSF Perinatal is among my collaborating hospitals that I've worked with for decades. Psychotherapy sessions provided.
Cherry Jones, LMFT	cherry@lighteningheart.com (415) 381-5889 www.lighteningheart.com	Mill Valley	6 week Mindfulness support group during pregnancy. Partners welcome. Teaches skills for managing discomfort; pain; anxiety; preoccupied thinking and relationship dynamics. New Parenting mindfulness class. Drop in Infant massage workshop for babies 2 months to crawling. Learning techniques addressing and soothing your baby's discomforts; attachment and bonding with caregivers. 6 hours New born parenting class (private and group) How to prepare for baby.		0-5 years intervention. Development and attachment focus. Pregnancy. Postpartum. Pregnancy loss.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Megan Kaden, Psy.D	mkaden@gmail.com (510) 409-6981 www.megankaden.com	Mill Valley	Rediscovering Sexuality After Baby: Support, education and actionable advice for women.		Parent coaching, pregnancy, postpartum, fertility challenges. Couples therapy and individuals dealing with relationship issues.
Deborah Kamins, Ph.D	deborah@drkamins.com (415) 518-4414 www.drkamins.com	Mill Valley	Climate Anxiety Support Group: Online support group for women struggling with emotional distress related to climate change.		Emotional regulation, stress management, communication skills, and focused support for those struggling with issues related to pregnancy, postpartum, parenting, and/or life transition.
Jamie Katoff, LMFT	jamielkatoff@gmail.com (415) 255-2502 www.jamielkatoffmft.com	San Rafael		Modern Health Lyra	Pregnancy, postpartum, couples therapy.
Margot Kirschner, Psy.D Marin Perinatal Therapy	drmargotkirschner@gmail.com (415) 504-2634 www.drmargotkirschner.com	Corte Madera			I provide pregnancy, postpartum and early parenting support as well as support to men and women in the transition to parenthood.
Christina Klein, LMFT, PMH-C	christinakleinmft@gmail.com (415) 413-7352 https://www.christinakleinmft.com	Greenbrae	Surviving Modern Motherhood - The Early Years A 6-week support group supporting moms navigating identity shifts, mental load, and modern parenthood. Offered at Natural Resources in SF New Moms Klub at Social Klub A 6-week support group for moms with babies 0–6 months. A space to exhale, connect, and share the early postpartum experience.		Perinatal and maternal mental health; matrescence; EMDR; parental leave transitions; role and identity shifts; work/life integration. Certified Fair Play Method Facilitator.
George Kolcun, MFT and Associates	gkolcunmft@gmail.com (415) 810-7085 www.GeorgeKolcunMFT.com	San Anselmo San Francisco			Emotionally Focused Couples Therapy, and empirically proven method to improve connection and relationship satisfaction.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Nancy Langley, LCSW	nancylangley07@comcast.net (415) 267-7659	Novato San Francisco			Infertility, pregnancy and neonatal loss.
Larissa Laska-Ruebusch, Psy.D	info@illumepsychology.com (707) 216-1612 www.illumepsychology.com	Home based services			I provide home based, family centered neurodevelopmental assessment (including autism spectrum evaluations). I work with families from a neurodiversity affirming perspective.
Myriam Martinez, LMFT	myriam@myriammartinezmft.com (415) 235-2734 www.myriammartinezmft.com	Novato	Postpartum Support Group in Novato.	Spanish	Pregnancy and postpartum.
Danielle Miyasato, Ph.D	drmiyasato@icloud.com (415) 4087488	Mill Valley		Anthem Aetna	
Gina Borelli Moore, LMFT	gina@ginaborellimoore.com (415) 460-6390 www.ginaborellimoore.com	Corte Madera	Pathways: A Postpartum Support Group - six-week series offering support and ways to ease postpartum challenges. Offered virtually in affiliation with MarinHealth and open to women and babies under one-year-old.		Pregnancy, infertility, pregnancy loss, birth trauma, postpartum mood issues, postpartum adjustment, transitions moving from couple to parents, body image and eating disorders. Individual, couples and family therapy.
Suzanne Mungalez, PsyD, PMH-C, CLES	hello@itsthemamaspace.com (510) 221-6161 www.itsthemamaspace.com	Home Visits	Plans and facilitates prenatal Safe Passage and postpartum Bone Closing ceremonies. Rooted in Dr. Zann's personal and professional experience as a Congolese perinatal healing practitioner.		Pregnancy, Childbirth & Postpartum preparation, Adjustment to parenthood, Queer/Trans birth & postpartum, Lactation & mental health, Pregnancy & infant loss (individuals and couples), Postpartum anxiety, depression, grief, & rage
Shannon Myers, LMFT, PMH-C Marin Perinatal Therapy	shannon@shannonmyers.com (415) 454-5191 www.shannonmyers.com www.handsupport.org/events/event/north-bay-support-meetings.	San Rafael	Free pregnancy loss support group facilitated by HAND volunteers (Helping After Neonatal Death) every 3rd Wednesday from 7-9 pm virtually. Pregnancy loss community events, rituals and retreats.		Infertility, pregnancy, postpartum adjustment and parenting support. Grief therapy for pregnancy loss (including TFMR) and infant loss as well as pregnancy after loss.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Shannon Navarro, LMFT	navarromft@gmail.com (415) 850-8221 www.shannonmft.com	San Rafael			Grief and loss.
A New Leaf Therapy Group Tracey Herman Broome, LMFT Tamara John AMFT Aubrey Harmon AMFT	tracey@newleaftherapist.com tamara@newleaftherapist.com aubrey@newleaftherapist.com (415) 267-1885 www.anewleaftherapist.com	San Rafael			Using complementary trauma-informed psychotherapy approaches, including EMDR, IFS, CBT, and Psychodynamic therapy, we help individuals, couples, and families navigate the small bumps of life transitions and parenting consulting as well as process and grow from past traumas and loss.
Lelah Nichol, LCSW	lelahnichol@gmail.com (415) 236-2145 www.Lelahnichol.com	San Rafael			Pregnancy, postpartum, parent infant and child attachment, issues pertaining to adjustment to motherhood and mothering in general.
Lauren A. Ogren, LMFT	Laurenogrenmft@gmail.com (415) 488-6650 www.Laurenogrentherapy.com	San Rafael			Postpartum issues, depression, anxiety, trauma. Pregnancy anxiety, infertility support, EMDR, teens.
Nicole Ohebshalom, RN, LPCC	nicole@nicoleohebshalom.com (914) 843-6456 www.nicoleohebshalom.com	Telehealth			Infertility, pregnancy, traumatic birth, and postpartum using EFT for couples, sex therapy and EMDR. I was an RN in a fertility and endocrinology practice.
Kory Orlandi, LMFT	kory@koryorlandimft.com (415) 294-4003 www.koryorlandimft.com	Mill Valley Home Visits			Adjustment, mood, and anxiety during pregnancy and postpartum periods. Transition to parenthood, parenting support, and relationship stressors.
Annice Ormiston, PsyD	annice@dranniceormiston.com (510) 852-9322 www.dranniceormiston.com	San Rafael			Pregnancy, Postpartum, Couple Therapy, Parenting, Grief/Loss, Trauma, LGBTQ+, Single Mothers by Choice

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Libby Orrick, LMFT Libby Orrick Therapy	libby@libbyorrick.com (415) 857-2386 www.libbyorrick.com	San Francisco Home visits			Infertility & ART, Pregnancy, Postpartum, Couples, EMDR for Perinatal Trauma, In-Home Therapy for Newly Postpartum Clients
Judy Pasdach, LCSW	judy.pasdach@gmail.com (415) 312-1176 www.judypasdach.com	Petaluma		Aetna United	Support for Perinatal Mood and Anxiety Disorders and Specializing in Pre-term and Medically Complex Birth.
Sydney McCall Patel, LMFT	Sydney.mccall@gmail.com (415) 717-1483 www.marinpostpartumtherapy.com	Mill Valley	Marin Mama Support Group - A drop-in support/therapy group for mama's dealing with PPD/Anxiety.		Perinatal mood disorders.
Eliza Pedder, LMFT	eliza.pedder@gmail.com (925) 330-2940 www.elizapedder.com	Home Visits			I work with young moms who are struggling with infertility issues, pregnancy loss, postpartum depression and anxiety, and loss of a sense of self/boundary issues that may arise when becoming a new mom. I utilize EMDR, Somatic work, & Mindfulness.
Margaret Perstein, LMFT	mspmft@comcast.net (415) 531-6097 www.margaretpersteinmft.com	Telehealth			Support for moms or couples going through pregnancy or newborn loss, difficulties transitioning into parenthood, postpartum depression, and adjustment into a new family structure.
Katie Peterman, Psy.D.	kpetermanpsyd@gmail.com (415) 496-5105 www.drkatiepeterman.com	Corte Madera		Lyra Health	Pregnancy and postpartum anxiety and mood struggles, eating disorders and body image distress
Tessa Pickard, LCSW	tessahpickard@gmail.com (415) 793-9222	Mill Valley			Pregnancy & Postpartum, Infant-parent mental health, attachment, early childhood development.
Jonathan Pofsky, LMFT	jonathanpofsky@gmail.com (415) 577-5338 www.marinstressanxietycenter.com	Corte Madera	Mindful Dads -workshop to support stressed dads using mindfulness and communication skills		Specialize in anxiety disorders and family/parenting issues

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Practice SF Nina Kaiser, Ph.D Michaela Friedrich, LMFT Joe Tarantino, Ph.D.	nina@practicesanfrancisco.com michaela@practicesanfrancisco.com joe@practicesanfrancisco.com (415) 780-3239 www.practicesanfrancisco.com	Mill Valley San Francisco			Parenting support for parents of toddlers to college age. Individual therapy for mothers.
Susan Quigley, LMFT	susanquigleymft@gmail.com (415) 722-5525 www.susanquigleymft.com	San Rafael			Infertility, adoption, parenting, anxiety and depression, grief and loss.
Ceres Rutan, Psy.D	ceresrutan@gmail.com (415) 820-1585	Petaluma			Pregnancy support, infertility, postpartum depression and anxiety, birth trauma, couples therapy for parents, divorce Mediation, co-parenting counseling.
Claire Sebastian, LCSW	clairesebastianlcsw@gmail.com (415) 529-6560 www.clairesebastianlcsw.com	Corte Madera	Planning for Postpartum Wellness classes.	Lyra	Pregnancy and PPMs: postpartum depression, anxiety, and panic disorder. Identity issues, relationship conflicts, and work/life balance.
Jenny Shully, LCSW	jenshully@gmail.com (707) 345-6565	Napa		United Aetna Kaiser NorCal	Pregnancy, postpartum, pregnancy loss, infertility, traumatic birth.
Katrina Southard, LCSW	therapy@ksouthardlcsw.com (510) 854-8341 www.ksouthardlcsw.com	Greenbrae			Infertility, IVF, pregnancy loss and grief and loss associated with all, including the grief it brings up from other aspects of life and upbringing.
Megan Spence, Psy.D, PMH-C	meganspence@cultivatetogetherpsychology.com (415) 275-1928 www.cultivatetogetherpsychology.com	Telehealth Alameda		Aetna	Women's health issues across the lifespan (reproductive stress, PMDD, perinatal mood disorders, family planning and pregnancy decision making, birth trauma, menopause), trauma, and couples therapy.
Caitlin Steele, LCSW	Hello@CaitlinSteeleLCSW.com (415) 523-9939 www.CaitlinSteeleLCSW.com	Sebastopol			Mental health services for those experiencing infertility, pregnancy loss, and those experiencing mood disorders during or after pregnancy.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Shelly Stolesen, Ph.D	drstolesen@me.com (415) 888-8084 www.drshellystolesen.com	Mill Valley			Psychotherapy for postpartum depression and anxiety, miscarriage, infertility, pregnancy loss, and other issues. I provide therapy to help women navigate the birth process and beyond.
Jessica Strassman, LCSW, DSW	jessica@strassman.com (415) 378-7085 www.marinkidstherapy.com	San Rafael			Therapeutic services: individual, children (age 4-18), and family work to manage feelings around pregnancy, pregnancy loss, and adjustment for siblings. Specific expertise in adoption and post adoption.
Hannah Stutz, LCSW	hannah@hannahlcsw.com (415) 237-3421 www.hannahlcsw.com	San Francisco		Lyra	I focus on providing trauma-informed therapy to those who are pregnant, postpartum, have experienced termination or loss, or parenting burnout.
Davida Taurek, LPCC Courageous Counseling Center	becourageous@courageouscounselingcenter.com (415) 236-2698 www.courageouscounselingcenter.com	Corte Madera		Partnership Health Plan, Health Plan of San Mateo, San Francisco Health Plan, Blue Shield (Medi-Cal, HMO, PPO)	Mental and behavior health in regards to Pregnancy, Postpartum, Pregnancy Loss, Postpartum anxiety, child loss, marriage and family therapy, parenting, etc
Gabrielle Taylor, MD	Gabrielle@gtaylorprofessional.com (415) 457-1910	San Rafael			Integrative Psychiatry for the Child, Adolescent, and Adult.
Katherine Taylor, Psy.D., PMH-C	Katie@lilylily.com (415) 273-9233 www.psychologytoday.com/us/therapists/katherine-taylor-san-francisco-ca/700251	Novato	Motherhood & You: The first 6 months: six-week skills-based therapy group for new moms.	Optum/United Sliding Scale	Adjustment, mood and anxiety during pregnancy/postpartum periods.
Thought Partners, Inc. Laura Tabak, Psy.D. Alyssa Steiger, Psy.D. Shelly Wold, Psy.D.	info@mythoughtpartners.com (415) 991-3443 www.mythoughtpartners.com	Kentfield			Pregnancy, Postpartum, EMDR, Healing from trauma, traumatic birth, fertility, pregnancy, pregnancy loss, postpartum mood disorders, transition to parenthood, parenting support, infertility.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Jody Timms, Ph.D Single Mothers By Choice-Marin Group	jodytimms@comcast.net (415) 987-4201 www.singlemothersbychoice.org		Single Mothers By Choice-Marin Group Facilitated free peer support group, and individual conversations, for women thinking, trying or currently single mothers by choice, that is, they are unpartnered, and decided to become a mother knowing that at the outset they will be parenting alone.		
Vanessa Vertin, Ph.D, LMFT	vanessavertin@aol.com (415) 807-9063 www.psychologytoday.com/us/therapists/vanessa-vertin-san-francisco-ca/11195	Mill Valley San Francisco			Infertility, pregnancy, postpartum, pregnancy loss, abortion, adoption, parenting, couple issues, "alternative" family forms/various ways to build the family you want.
Amy Waldron, Ph.D., LMFT Dr Amy Waldron Psychotherapy APC	hello@amywaldronphd.com (415) 967-0121 www.amywaldronphd.com	Corte Madera			I work with individuals feeling stuck in any stage of their fertility journey, offering EMDR, psychotherapy, and art therapy to heal past traumas, quiet the voice of the inner critic, manage imposter syndrome, and balance their time without guilt.
Kathy Waller, MD	Info@kathywallermd.com (415) 990-1579 www.Kathywallermd.com	Corte Madera			Pregnancy and postpartum psychotherapy and psychiatric medication management.
Maya Weir, Psy.D	drmayaweir@gmail.com (510) 398-0497 www.drmayaweir.com	Napa			Pregnancy and postpartum.
Jenny Werba, LPCC, LMFT, PMH-C	jennywerba@gmail.com (415) 612-8889 www.jennywerba.com	Telehealth			Fertility, pregnancy, postpartum, birth trauma, pregnancy loss.

Psychotherapy Services and Support Groups (con't)

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Melissa Whippo, LCSW	melissawhippo@gmail.com (415) 517-0959 www.melissawhippo.com	San Anselmo	The Soma Mama , a 2-hour yoga practice and support group for mamas with little ones age 0-3. Children are welcome to attend with their mamas. Held throughout the Bay Area. Please see FB page for event dates/times.	Spanish	I offer therapeutic support for mood concerns during pregnancy and postpartum. At the Center for Transformational Psychotherapy we do Ketamine Assisted Psychotherapy research.
Bridget Whitlow, LMFT	bridget@bridgetwhitlow.com (415) 827-0283 www.bridgetwhitlow.com	Corte Madera			Eating disorders, LGBTQ+ pregnancy & postpartum, anxiety, & self-compassion based therapy.
Marie Giarratana Young, DrNP, MPH, MS	mgarratanayoung@gmail.com (415) 289-6655	Corte Madera Santa Rosa			Women's Health and Psychiatric Nurse Practitioner specializing in Women's Reproductive Mental Health, using an integrative model of care. Can provide women's health counseling, and psychiatric medication management.
Leila Zwelling, LCSW, PMH-C	leila@leilazwelling.com (415) 851-7352 www.leilazwelling.com	Kentfield			Individual therapy for infertility and family-building challenges, pregnancy loss, pregnancy and postpartum after loss, perinatal mood and anxiety disorders, birth trauma, and LGBTQ+ individuals and families..

Sleep Consultants

Name	Contact Information	Locations	Support Groups & Workshops	Language / Insurance	Focus
Linda Fitzgerald, Certified Infant Sleep Educator & Nurture Neuroscience® Practitioner Nurture With Linda	info@nurturewithlinda.com (415) 559-1574 www.nurturewithlinda.com	Home Visits	Nurture Neuroscience Circle for pregnant and new mothers providing neuroscience-informed lessons, meditation practices, community of highly nurturing parents, and gentle strategies for maternal well-being Gentle infant and toddler sleep support (ages 0–5), grounded in neuroscience, attachment, and connection without any sleep training methods.	English Spanish Czech Slovak	Pregnancy and Postpartum
Sarah Healy, MA, Certified Pediatric Sleep Consultant Millette Method™ Infant Sleep Certification, DONA-Certified Birth, Post-partum and Overnight Doula	sarah@sarahhealysleep.com (415) 244-4536 www.sarahhealysleep.com	Home Visits	Video and in person classes offered ~ Newborn Sleep (0-4 months) ~ Baby Sleep (4-12 months) ~ All About Naps ~ Traveling with Baby		Parent support in creating tailored plan for sleep using an evidence-based, multidimensional approach to sleep taking into account parenting philosophies, infant temperament, age, health and development.
Katie Sullivan, MEd, CPPD	katie@parentingdoula.com (510) 725-2987 www.parentingdoula.com	Home Visits	No Such Thing as a Bad Sleeper: Supporting your Baby's Sleep from Birth (0-6 months) Toddler Sleep Solutions (1-3 years)		Early parenting and sleep consulting (0-3 years) Supporting sleep from birth (getting through the 4 month 'regression') Toddlers: sleep, parenting, potty training