

## For Provider Use: Resources for Perinatal Mood and Anxiety Disorder (PMAD/Postpartum Depression) in Marin County

- Resources are listed below by provider type and agency
- Includes medical & mental health services, support groups, classes, home visitors, and websites.
- Check listed websites for updates. Please note that the providers listed here do not constitute an endorsement or recommendation by the Marin Mental Health Collaborative.

Resource	Contact	Services	Bilingual	Insurance
<b>Community Organizations</b>				
Center for Domestic Peace	(415) 526-2553 <a href="http://www.centerfordomesticpeace.org/">http://www.centerfordomesticpeace.org/</a>	Ten-week program for children aged 0-18 who have witnessed domestic violence, and for their survivor parent. The sessions are two hours long with separate sessions for parents and children as well as time together.	Yes	Sliding fee schedule/No one turned away
Community Institute for Psychotherapy	(415) 459-5999 <a href="http://www.cipmarin.org/">http://www.cipmarin.org/</a>	Offers quality, affordable counseling and psychotherapy for families, individuals, and couples.	Yes	Medi-Cal, sliding scale
Buckelew Counseling Services	(415) 457-6964 <a href="http://www.buckelew.org/programs/marin.html">http://www.buckelew.org/programs/marin.html</a>	Sixteen-session individual counseling for new mothers (Spanish and English), home visiting program, resources for parents around development issues and assessments, behavioral problems, parent-child interaction therapy.	Yes	Medi-Cal and sliding scale.
Family Works	(415) 492-0720 <a href="https://www.familyworks.org/">https://www.familyworks.org/</a>	Individual, child, teen, family, couples and co-parenting counseling.	Yes	Medi-Cal and sliding scale available.
JFCS Adult and Children's Services	(415)491-7960 <a href="https://www.jfcs.org/">https://www.jfcs.org/</a>	Psychotherapy for adults, adolescents, children couples, families and groups.	Yes	Medi-Cal accepted for counseling services.
North Marin Community Services <i>Formerly Novato Youth Center</i>	(415) 892-1643 <a href="https://northmarincs.org/programs/counseling-and-therapy/">https://northmarincs.org/programs/counseling-and-therapy/</a>	Parent-Child Interaction Therapy and Youth and Family Counseling	Yes	Some Medi-Cal/Beacon insurance is accepted \$30 per session fee

Contact the Maternal Mental Health Collaborative at the Marin County MCAH Program at 415-473-4340 for further information. 5/2018

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<b>Community Organizations</b>				
Parents Place Family Resource Center - Jewish Family and Children's Services	(415) 491-7959 <a href="http://www.parentsplaceonline.org/marin">www.parentsplaceonline.org/marin</a>	Family resource center serving families with children of all ages. Offers parenting workshops and consultation, support for new parents, individual and family counseling, play therapy, developmental assessments, socialization groups, support groups.		Some insurance accepted for services and some fees are on sliding scale.
<b>Community Support Groups</b>				
Canal Alliance	Contact Canal Alliance: (415) 306-0411	Ten sessions support group focused on providing psychoeducation and coping skills to women who have experienced a crime and present symptoms of post-traumatic stress disorder. <b>Date/Location:</b> Wednesday 5:00-7:00pm Canal Alliance 91 Larkspur St, San Rafael	Yes	Free
Explorando la Maternidad Juntas—sponsored by Family Works	Contact: Hilda Castillo 415-65-0143	Facilitated support groups for pregnant and new mothers with babies from 0-16 months. <b>Date/Location:</b> Tuesdays 10-12pm Marin Community Clinic- Novato 6100 Redwood Blvd, Novato Thursdays: 10-12pm Marin Community Clinic- San Rafael 3110 Kerner Blvd, San Rafael	Yes	Free
Grupo Esperanza – sponsored by Buckelew Programs	Contact Misleidys Mendoza at <a href="mailto:mmendoza@fsamarin.org">mmendoza@fsamarin.org</a>	Facilitated support group for new and expectant mothers in Spanish. <b>Date/Location:</b> Fridays 10-12pm 3240 Kerner Blvd #105, San Rafael	Yes	Free

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<b>Community Support Groups (Continued)</b>				
Postpartum Support Group	1-888-996-9644	Marin General Health Resource Center: 6-week group series for women going through the early stages of having a baby.		Cost \$150 for 6-week session
HAND (Helping After Neonatal Death, Support Group)	(650) 367-6993 <a href="http://handsupport.org/">http://handsupport.org/</a>	Support groups are run by trained volunteers who offer peer support to bereaved parents during the normal mourning following miscarriage, stillbirth, a pregnancy that was wanted but interrupted, after prenatal diagnosis and infant death in the first year of life. <b>Date/Location:</b> Third Wednesday of the Month 7:00 pm -9:00 pm Marin Community Clinic 3110 Kerner Blvd, San Rafael		Free
Parents Place Family Resource Center - Jewish Family and Children's Services	(415) 491-7959 <a href="http://www.parentsplaceonline.org/marin">www.parentsplaceonline.org/marin</a>	A family resource center serving families with children of all ages. Offers parenting workshops and consultation, support for new parents, individual and family counseling, play therapy, developmental assessments, socialization groups, support groups.		Accepted for some services and fees on sliding scale.
New Mom Support Group – Marin Perinatal Associates	(415) 504-2634	Therapeutic eight-week support group bringing moms together to share the experience of new motherhood and help understand the wide range of emotions you may be feeling during this time. <b>Date/Location:</b> Mondays 11-12:30pm 45 San Clement Blvd, Suite D210 Corte Madera For more information or to register call (415) 504-2634 or email <a href="mailto:drmargotkirschner@gmail.com">drmargotkirschner@gmail.com</a>		Cost: \$400 for 8-week session. Babies are welcome.

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<b>Emergency, Psychiatric, and Referral Services</b>				
Marin County Behavioral Health Recovery Services.	(415) 473-6769 <a href="https://www.marinhhs.org/behavioral-health-recovery-services">https://www.marinhhs.org/behavioral-health-recovery-services</a>	Provide emergency and outpatient psychiatric treatment and prevention services for children, adults, and seniors.	Yes	Medi-Cal
Marin Mental Health Plan	(888) 818-1115	Mental health referral services for Medi-Cal beneficiaries.	Yes	Medi-Cal

<b>Therapists That Self-Identify Experience Postpartum Depression</b>				
Check: Beacon Health Options <a href="https://www.beaconhealthoptions.com/">https://www.beaconhealthoptions.com/</a> Psychology Today: <a href="https://therapists.psychologytoday.com/rms/prof_results.php?county=Marin&amp;state=CA&amp;spec=535">https://therapists.psychologytoday.com/rms/prof_results.php?county=Marin&amp;state=CA&amp;spec=535</a>				
Moffett, Dierdre LMFT #84494	21 Tamal Vista Boulevard Suite 194, Corte Madera 415-377-7308	Individual, couples, and family therapy		Medi-Cal
Dubey, Mara LMFT # 92764	700 East Blithedale Avenue Suite 2, Mill Valley (415) 779-6272	Individuals, couples, and adolescents.		Medi-Cal
Stevenson, Elizabeth LMFT #49079	45 Camino Alto Suite 200 Mill Valley (415) 246-0712	Individual, Couples, and Families		Medi-Cal
Tsukahara Reid, Jessica LMFT #44675	240 Miller Avenue Suite H Mill Valley (415) 455-5997	Individual therapy		Medi-Cal
Brennan, Kate MFC #31122	558 San Anselmo Ave, San Anselmo (514)463-1402	Works with Women experiencing postpartum depression.		Medi-Cal
King, Stephanie PSY#28314	405 Enfrente Road, Suite 220, Novato (415) 827-5446	Individual therapy specializing in anxiety and relationship issues		Medi-Cal

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<b>Therapists That Self-Identify Experience Postpartum Depression (Continued)</b>				
Harnish, Diane PSY#24138	505A San Marin Drive Suite 150, Novato (415) 924-4252	Individual, couples, and group therapy		Medi-Cal
Arndt, Susan LMFT#53489	505A San Marin Drive Suite 150, Novato (415) 755-7818	Individual, couple and family therapy.		Medi-Cal
Murphy, Barbara A Psy.D PSB33434	1025 5th Street, Novato (415) 898-9966	Clinical psychologist.		Medi-Cal
Goodman, Vicki LMFT #82028	1346 4th Street Suite 202 San Rafael (415) 758-1496	Adults, children, adolescents, families, and couples.		Medi-Cal
Hayos, Meridith MFT #85873	185 North Redwood Dr Suite 225, San Rafael (415) 448-6663	Call for more information.		Medi-Cal
Javier, Laurie LMFT #85391	1480 Lincoln Avenue Suite 3, San Rafael (415) 895-0880	Individual, children, and family therapy.	Yes	Medi-Cal
Mesmer, Michael LMFT #368 59	714 C Street Suite 200 San Rafael (415) 601-7497	Teens, adults, couples, families, and support groups.		Medi-Cal
Quesada, Maria MFT #40318	711 D Street Suite 207 San Rafael (415) 517-1309	Family and couples therapy.	Yes	Medi-Cal
Starla Dean MA, LMFT LMFT#87856	(415) 882-9333 <a href="http://www.starladeanmft.com/">http://www.starladeanmft.com/</a>	Family and couples therapy.		Beacon, Medi-Cal, and sliding scale

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<b>Therapists That Self-Identify Experience Postpartum Depression (Continued )</b>				
Myers, Shannon, LMFT MFC#40174	11 D Street, Suite 201 San Rafael (415) 454-5191 <a href="https://shannonmyers.com/">https://shannonmyers.com/</a>	Individual, adults, teens, couple and families. Areas of focus include: pregnancy, pregnancy loss and loss. Parenting, divorce, life transitions, eating disorders, abuse, trauma		Sliding scale may be available
Vogt, Ali LMFT MFT# 47693	45 San Clemente Drive Suite D210, Corte Madera (510) 594-4370 <a href="https://www.alivogt.com/contact/">https://www.alivogt.com/contact/</a>	Works with women experiencing pre- and postpartum stress, and birth trauma.		Sliding scale may be available
Kirschner, Margot Psy.D PSY#25084	45 Clement Dr, Suite D210, Corte Madera (415) 504-2634 <a href="mailto:drmargotkirschner@gmail.com">drmargotkirschner@gmail.com</a>	Adult and couples therapy. Focus on pregnancy and postpartum, early parenting support, transition to parenthood.		Sliding scale may be available.

Resource	Contact	Services	Bilingual	Insurance
<b>Websites and Toll-free Lines for Consumers and Professionals</b>				
Postpartum Support International (PSI)	1-800 944-4773 <a href="http://www.postpartum.net/">http://www.postpartum.net/</a>	Warm Line - recording refers to website to find local services information and resources.	Yes	Toll-free
American Psychological Association Help Center - Spanish site	<a href="http://www.apa.org/centrodeapoyo/index.aspx">http://www.apa.org/centrodeapoyo/index.aspx</a>	"Centro de Apoyo de la APA" Online resource for brochures, tips and articles.	Yes	N/A
Mother to Baby California Teratogen Information Service	1-866-626-6847 <a href="http://www.mothersbyca.org/">http://www.mothersbyca.org/</a>	Provides free evidence-based information to mothers and healthcare professional about medications, alcohol, drug abuse, chemicals, infectious diseases, and other exposures during pregnancy and breastfeeding.	Yes	Free

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<b>Websites and Toll-free Lines for Consumers and Professionals</b>				
HelpGuide.org "Understand, Prevent & Resolve Life's Challenges"	<a href="http://www.helpguide.org/mental/postpartum-depression.htm">http://www.helpguide.org/mental/postpartum-depression.htm</a>	Information on postpartum depression including signs, symptoms, and help for new moms from a non-profit mental health group	No	N/A
HRSA website: Depression During and After Pregnancy	<a href="https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthTopics/maternal-womens-health/Depression_During_and_After_Pregnancy_ENGLISH.pdf">https://mchb.hrsa.gov/sites/default/files/mchb/MaternalChildHealthTopics/maternal-womens-health/Depression_During_and_After_Pregnancy_ENGLISH.pdf</a>	"A Resource for Women, Their Families, and Friends" in English & Spanish.	No	Toll-free line to order booklets: 1-888-ASK-HRSA (275-4772); health care providers may order multiple copies
2020 Mom Project	<a href="https://www.2020mom.org/">https://www.2020mom.org/</a>	National project advocating for improved systems of care to address perinatal mood disorder.	Yes	N/A
Marin Perinatal Therapy	(415) 413-7130  <a href="https://www.marinperinataltherapy.com/about-us-1/">https://www.marinperinataltherapy.com/about-us-1/</a>	Support women and families by providing direct support, building community for Marin's perinatal professional community, and offering training and consultation to therapists, perinatal providers, and medical professional.		Possible sliding scale; please inquire
Marin Mommies	<a href="https://www.marinmommies.com/weblinks">https://www.marinmommies.com/weblinks</a>	Go-to guide for parents and families in Marin County providing a variety of resources.	No	N/A