

All listed resources are virtual!

Compiled by Katherine Taylor, PsyD, MPH- email at katie@lilysupport.com

Note: This list was compiled via referrals from the perinatal community. Being listed here does not mean these services are endorsed by Dr. Taylor. As with any service, please check them out and research them to see if they would be a good fit for your family!

Online Communities- Mom Friends, Advice, Cool Stuff Happening

Golden Gate Mothers Group- <https://www.ggmog.org>
\$75/yr

Southern Marin Moms' Club- <https://www.southernmarinmoms.com>
\$85/yr

Novato Mothers' Club
\$50/yr

The Motherhood Collaborative (Facebook)
Free

[GATHER](#) by Natural Resources (private social media network, classes and group, in-person meetings)
For Natural Resources members

Classes- Fitness, Education, Information

Exercise

Name	Description	Link	Location
Practice San Francisco	Weekly Prenatal Yoga, Postnatal Yoga, and Fit Mama fitness classes. One-time and quarterly workshops on a variety of topics relevant to new and expecting mothers.	Practice San Francisco	Virtual, SF (Cow Hollow)

Preggo Pilates	Pilates (group and individual	Preggo Pilates	Virtual, SF (Mission, Potrero)
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Information

Name	Description	Link	Location
UCSF Womens' Health Resource Center Webinars	Fantastic free webinars about COVID-19 and pregnancy care, sleep and stress during pregnancy, labor and parenthood	UCSF Webinars	Virtual, SF FREE!
Mothers and Babies	An evidence-based online course to teach pregnant and postpartum women skills to manage changes in how they feel, manage maternal stress and build healthy relationships with their babies.	Mothers and Babies Online Course (eMB)	Virtual FREE!
Evidence Based Birth	Classes, information and resources	Evidence Based Birth	Online FREE COVID RESOURCES!
Natural Resources	Natural Resources is a beloved community nonprofit that supports new and expectant families by providing classes, products, community & (so much) more! We have classes for before and after baby, and now ship nationwide.	Natural Resources	Virtual, SF (Mission)
Perinatal Psychotherapy Services	Groups for first and second time parents, couples Perinatal Psychotherapy Services is a collective of three therapists, Gina Hassan PhD, Donna Rothert, PhD and Lee Safran, MFT. We are committed to deepening our understanding and providing excellent services to those facing challenges related to infertility, pregnancy, birth, the postpartum period, reproductive losses and the early years of parenting.	Perinatal Psychotherapy Services	East Bay

Kinspace	Childbirth Prep	Kinspace	Virtual, SF (Marina)
Recess Collective	Classes for parents and parents-to-be Community space for families with young children	Recess Collective	Virtual, SF (Sunset)
Birth Journey-Marin	Holistic Childbirth Classes	The Birth Journey	Virtual, Marin
Free to Be From the Start	Classes for parents seeking to implement the Educaring® Approach (aka, RIE®) from birth <u>Infant Massage Education</u> for families and professional caregivers, online individual and group classes	Heartful Birth	Virtual, Marin
Marci Silverberg	Your Beautiful Body- Workshop- pregnancy and postpartum rehab FREE	https://babiesandbellies.eventbrite.com	Virtual, Marin

Groups/Workshops-**Mom Friends, Support, Commiseration, Group Therapy**

Name	Description	Link	Location
Postpartum Support International	Nonprofit offering peer-led national support groups	PSI Groups	Online FREE!
Christina Klein	Groups for pregnant and postpartum parents	From Pregnant to Pahttps://from pregnanttoparent.com/work-with-usrent	Virtual, Marin)
Postpartum Support Center	Peer support, warm line, family programming, resources	Postpartum Support Center	Virtual, Marin
Afterglow at UCSF	Postpartum Support Group Next group starts 4/24/20- Available for people who deliver at UCSF or who see a practice with UCSF affiliation	Afterglow: UCSF	Virtual, UCSF Mission Bay campus
Our Family Coalition	Prospective & Expectant LGBTQ+ Parents Group	Our Family Coalition Full Calendar	Virtual
Kinspace	Momma + Babe Group	Kinspace	Virtual, San Francisco, Mill Valley
Pathways	Pathways: A Support Group for Postpartum Moms	Pathways	Virtual, Marin (Marin Health)

Robyn Alagona LMFT	Postpartum Therapy Group	Robyn Alagona LMFT	Virtual, Berkeley
Kelly Phipps CLEC, LCCE	New Moms Groups	Milk and Swaddles	Virtual, Marin
Wellspace	Postpartum Group	Wellspace. Dr. Nina Eisenberg	Virtual, SF

Websites/Hotlines- Urgent Support

Fussy Baby Network	Phone warmline for parenting support	Phone (Chicago) 1-888-431-2229	Phone
Talkline	Support for parenting and caregivers	Phone (SF) 415-441-5437	Phone
Crisis Line	24/7 support for people in crisis	Phone 1-800-273-8255	Phone
Center for Domestic Peace	24/7 support for people living in environments that feel unsafe	Phone 415-924-6616	Phone
Exhale	Post Termination Support	https://exhaleprovoice.org/pro-voice/	

Therapy- Individual or Couples, Perinatal Specialists (in alphabetical order)

San Francisco-based

Victoria Alberini, LMFT	Individual Therapy VictoriaAlberini.com	Victoria Alberini. LMFT	Virtual, SF
Susan Allen, LMFT	Individual Therapy	Susan Allen. LMFT	Virtual, SF
Shana Averbach, LMFT and Associates	Individual Therapy	Shana Averbach. LMFT and associates	San Francisco
Nazneen Bahrassa, PhD	Individual Therapy	Nazneen Bahrassa PhD	Virtual
Susan Bordon, LCSW, CLEC, CCE	Individual therapy, sleep and feeding consultation	Kinspace (415) 310-5131	Virtual, Marin/SF
Sarina Castro, PhD	Individual and Couples therapy	Sarina Castro. PhD	Virtual, SF

Leah Chalofsky, MFT	Individual therapy	Leah Chalofsky, MFT (415) 305-1228	Virtual, SF
Michelle Cilia, LMFT	Individual therapy	Michelle Cilia, LMFT 415-710-6731	Virtual, SF (Potrero Hill)
Nina Eisenberg, PhD	Individual therapy	Nina Eisenberg, PhD	Virtual, SF
Juli Fraga, PsyD	Individual Therapy	Juli Fraga, PsyD	Virtual, SF
Elizabeth Gayner, PsyD, PMH-C	Individual Therapy	Elizabeth Gayner, PsyD, PMH-C	Virtual, SF
Jessica Hegedus, PsyD	Individual Therapy	Jessica Hegedus, PsyD	Virtual, SF
Cecilie Herring, LMFT	Individual Therapy	Cecilie Herring, LMFT	Virtual, SF
Morgan Howson, LMFT	Individual and couples therapy, EMDR for birth trauma	Morgan Howson, LMFT	Virtual, Marin/SF
Jamie Katoff, MFT	Individual and couples therapy	Jamie Katoff, MFT	Virtual, Marin/SF

Madeleine Katz, PsyD	Individual therapy	Madeleine Katz, PsyD	Virtual/SF
Eve Kupferman, PhD.	Individual and couples therapy	Eve Kupferman, PhD	Virtual, SF
Anna Lewis, PhD	Individual therapy Parent-child dyadic therapy	Anna Lewis, PhD	Virtual/SF, Napa
Nicole Ohebshalom	Individual and couples therapy	Nicole Ohebshalom	Virtual/SF
Jodi Perelman, MFT	Individual and couples therapy	Jodi Perelman, MFT	Virtual/SF
Maria Jose Perry, PsyD	Individual Therapy	Maria Jose Perry, PsyD	Virtual, SF
Piper Picus MFT	Individual therapy	Piper Picus MFT (415) 663-6493	Virtual/SF
Katharine Rowny, PhD	Individual therapy	(415) 634-5580	Virtual/SF

Lucia Sekoff, ASW	Individual Therapy	Lucia Sekoff, ASW	Virtual, SF
Tessa Sugarbaker, MD (OB/Gyn), MFT	Individual and couples therapy, pregnancy loss	Tessa Sugarbaker MD (OB/Gyn), MFT 415-326-7726	Virtual, San Francisco
Kathleen Stanton PhD	Individual therapy	Kathleen Stanton PhD	Virtual, San Francisco
Michelle Sullivan, Psy.D.	Individual therapy	Michelle Sullivan, PsyD	Virtual/SF
Katherine Taylor, PsyD, PMH-C	Individual therapy <i>Also can help clients find a therapist near them who takes sliding scale, insurance, or has current availability</i>	Katherine Taylor, PsyD (415) 273-9233	Virtual, Marin/SF
Landon Zaki, PsyD, PMH-C, CLEC	Individual and couples therapy, lactation education	Bloom Therapy (415) 481-3480	Virtual, SF

Marin-based

Joanna Adler, PsyD	Individual therapy, depth hypnosis	Joanna Adler, PsyD	Virtual, Marin
Karina Akouka LCSW	Individual therapy	Karina Akouka LCSW 415-761-1197	Virtual, Marin
Gina Borelli Moore, MFT	Individual therapy, couples therapy	Gina Borelli Moore, MFT	Virtual, Marin
Headlands Group	Individual Therapy, EMDR	Headlands Group	Virtual, Marin
Katie Hatch, PhD	Individual Therapy	Katie Hatch, PhD	Virtual, Marin
Christina Klein LMFT	Individual Therapy	Christina Klein LMFT	Virtual, Marin
Shannon Myers LMFT	Individual Therapy	Shannon Myers LMFT	Virtual, Marin
A New Leaf Therapy Group	Individual, couples therapy	A New Leaf Therapy Group	Virtual, Marin
Kory Orlanski LMFT	Individual and couples therapy	Kory Orlanski LMFT	Virtual, Marin

Sydney Patel LMFT	Individual and Couples I Therapy	Sydney Patel LMFT	Virtual, Marin
Linda Shanti McCabe, PsyD	Individual therapy, eating disorder/body image recovery Soul Collage © Workshops	Linda Shanti, PsyD 415-335-2596	Virtual, Marin
Thought Partners	Individual and couples therapy	Thought Partners	Virtual, Marin
Ali Vogt, LMFT	Individual therapy	Marin Perinatal Therapy (510) 527-1918	Virtual, Marin
Melissa Whippo, LCSW	Individual therapy	Melissa Whippo, LCSW (415) 517-0959	Virtual, Marin, East Bay

East Bay-based

Noah Bach Bar-Tura, PsyD	Individual Therapy	Noah Bach Bar-Tura, PsyD	Virtual, Albany
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Griselda Oliver Bucio, LMFT	Individual Therapy	Griselda Oliver Bucio, LMFT	Virtual, Walnut Creek
Robyn Alagona LMFT	Individual Therapy	Robyn Alagona LMFT	In-person & Virtual Oakland
Jessica Deitch, PsyD	Individual Therapy	Jessica Deitch, PsyD	In person & virtual
Sarah Dobkin, LCSW	Individual Therapy	Sarah Dobkin, LCSW	Virtual, Berkeley
Kate Ghidinelli, PsyD	Individual Therapy	Kate Ghidinelli, PsyD	Virtual, Berkeley
Amanda Hannigan, PsyD	Individual Therapy	Amanda Hannigan, PsyD	Virtual, Berkeley
Allison Harvey, Ph.D.	Individual therapy (sleep specialist)	Allison Harvey, Ph.D.	Virtual, Berkeley
Kathryn Hirt, MFT	Individual, Couples therapy	Kathryn Hirt, MFT	Virtual, Oakland
Tawny Holt LMFT	Couples, individual therapy	Tawny Holt LMFT	Virtual

Meri Levy, LMFT, PMH-C	Individual therapy, birth trauma work	Meri Levy, LMFT, PMH-C	Virtual, Lafayette
Perinatal Psychotherapy Services	Individual therapy, groups	Perinatal Psychotherapy Services	Virtual, SF Bay Area
Hannah Raiden-Wright, LCSW	Individual Therapy	Pacific DBT	Virtual, Oakland
Rebecca Rosser, PsyD	Individual Therapy	415-841-3579	Virtual, Berkeley, SF
Alisa Stern, PsyD	Individual Therapy, Couples Therapy	Alisa Stern, PsyD	Virtual, Rockridge/Berkeley
Rachael Wilson, JD, LCSW	Individual Therapy, EMDR	Rachael Wilson, LCSW	Virtual, Berkeley
Christina Zach, MFT, PMH-C	Individual Therapy, Home Visits	Christina Zach, MFT, PMH-C	Virtual, East Bay

North Bay

Judy Pasdach LCSW	Individual Therapy	https://www.judypasdach.com/	Virtual, Petaluma
Jenny Shully, LCSW	Individual Therapy	Jenny Shully, LCSW	Virtual, Napa

Peninsula-based

Molly Dahlman, PhD	Individual Therapy	Women's Wellness Psychiatry	Virtual, Burlingame
Poorni Lindenfield, PhD, MPH	Individual Therapy	(650) 918-0270	Virtual
Elsa Rojas, PhD	Individual Therapy	Elsa Rojas, PhD	Virtual, Palo Alto

Sacramento Area

Christine Bennetts, LCSW	Individual Therapy	Christine Bennetts, LCSW	Virtual, Davis
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Virtual Insurance-based and Sliding Scale Care in California

Emily Beltran LCSW	Individual Therapy	Emily Beltran LCSW	Virtual	Cigna, Aetna, Optum, Oscar
Sarah Bonilla, LMFT	Individual Therapy	Sarah Bonilla, LMFT	Virtual	Aetna, Anthem, Cigna, Humana, United, Optum, Oscar
Maria Burch LCSW	Individual Therapy	Maria Burch LCSW	Virtual/SF	Lyra
Cottonwood Psychology Center	Individual Therapy	Cottonwood Psychology Center	Virtual, Anaheim	Cigna, Kaiser, Anthem Blue Cross
Michelle Dabach, MA, LMFT	Individual Therapy	Michelle Dabach, MA, LMFT	Virtual, Sherman Oaks	Cigna, United, Kaiser (SoCal only)
Tara Egemo, LMFT, PMH-C	Individual Therapy	Tara Egemo, LMFT, PMH-C	Virtual, Los Angeles	Anthem
Lauren Fox LCSW	Individual Therapy	Lauren Fox LCSW	Virtual, Coachella Valley	Cigna, Optum (United), Beacon, Aetna
Elana Guy, PhD	Individual Therapy	Elana Guy, PhD	Virtual, Berkeley	Medicare

Kara Hernandez, LMFT	Individual Therapy	Kara Hernandez, LMFT	Virtual, Morgan Hill	Sliding scale
Christina Hoferer, LCSW	Individual Therapy	Christina Hoferer, LCSW	Virtual	Tricare, United, Lyra
Rebecca Kahn, LMFT, PMH-C	Individual Therapy	Rebecca Kahn LMFT	Virtual	Cigna, Anthem, MHN, United
Jessica Lang, LMFT	Individual Therapy	Jessica Lang, LMFT	Virtual, Albany	Optum/United
Sarah Lauterbach, MA, LMFT	Individual Therapy	Sarah Lauterbach, MA, LMFT	Virtual, Carmel	Cigna, Sliding Scale
Katie Leoni PsyD	Individual therapy	Katie Leoni PsyD	Virtual	Lyra
Bianca Martinez, LMFT	Individual Therapy	Bianca Martinez, LMFT	Virtual, Pasadena	Cigna, Optum/United, sliding scale
Latisha O'Connor MSW, PMH-C	Individual Therapy	Latisha O'Connor MSW, PMH-C	Virtual, Los Angeles	Sliding Scale, Optum/United
Judy Pasdach LCSW	Individual Therapy, NICU support	Judy Pasdach LCSW	Virtual, North bay	Aetna Cigna Oscar Oxford

				United
Reproductive Mental Health and Wellness	Individual Therapy	Reproductive Mental Health and Wellness	Virtual, San Diego	MHN, Cigna, Tricare,
Natalia Rios, PsyD	Individual Therapy	Natalia Rios, PsyD	Virtual, California	Cigna, Optum (United)
Maria Rivas-Wolf LMFT	Individual and couples therapy	Maria Rivas-Wolf MFT	Virtual, San Carlos	Lyra, Modern Health
Kelly Rodriguez LMFT	Individual and couples therapy	Kelly Rodriguez LMFT	Virtual, Southern CA	Optum, United, Aetna, Modern Health, Spring
Lucy Romo LCSW	Individual and couples	Lucy Romo LCSW	Virtual, California	Optum, Cigna, Aetna, United
Victoria Rutsch, LMFT	Individual Therapy	Victoria Rutsch, LMFT	Virtual, Walnut Creek	Aetna, Beacon (Alameda County)
Jenny Shully LCSW	Individual Therapy	Jenny Shully LCSW	Virtual, Napa	Kaiser, Beacon, United, Aetna Anthem, Lyra

Megan Spence, PsyD	Individual, Couples Therapy	Megan Spence, PsyD	Virtual, Marin	Cigna
Hannah Stutz LCSW	Individual therapy	Hannah Stutz LCSW	Virtual, Peninsula	Lyra, Aetna
Caitlin Steele, LCSW	Individual	Caitlin Steele, LCSW	Virtual, North Bay	United/Optum
Amy Swenson, MFT	Individual Therapy	Amy Swenson, MFT	Virtual, San Jose	Sliding Scale
TGN Therapy	Individual Therapy	TGN Therapy	Virtual, San Diego	Sliding Scale
Julie Ursic JD, MSW	Individual Therapy	Julie Ursic JD, MSW	Virtual, San Pedro and Hermosa Beach	Sliding Scale
Helena Vissing, PsyD	Individual Therapy	Helena Vissing, PsyD	Virtual, Los Angeles	Cigna
Well Mamas Counseling	Individual Therapy	Well Mamas Counseling	Virtual, San Diego	Tricare, HealthNet, Cigna

Specialty care (Therapists with experience working with families, partners, military members, sex therapy, addiction)

Timothy Avery, PhD	Individual therapy	Timothy Avery, PhD	Virtual, Palo Alto
Michelle Deely, LMFT	Individual Therapy (Addiction)	Michelle Deely, LMFT	Virtual, San Francisco
Dustin Kieschnick, Psy.D.	Individual therapy	Dustin Kieschnick, Psy.D.	Virtual
Jason Lee, PhD	Individual, couples therapy	Jason Lee, PhD	Virtual, Carlsbad
Claudia Six, PhD	Sex Therapy	Claudia Six, PhD	Virtual, Marin

Psychiatry

Kate Benham-Suk, MD	Individual therapy, medication management and consultation	Kate Benham-Suk, MD	Virtual, Oakland
Nishi Bhopal, MD	Integrative Psychiatry (sleep and wellness)	Nishi Bhopal, MD	Virtual, SF
Anna Glezer, MD	Integrative Psychiatry and therapy	Anna Glezer, MD	Virtual, Burlingame
Soudabeh Givrad, MD	Individual therapy, medication management and consultation	Soudabeh Givrad, MD	Virtual, CA and NY

Tiffany Hwang, MD	Individual therapy, medication management and consultation	Tiffany Hwang, MD	Virtual, Peninsula
Shana Levy, MD	Individual therapy Psychiatry	Shana Levy, MD	Virtual, SF
Sir Melancon, MD	Individual therapy, medication management	Sir Melancon, MD	Virtual, Oakland, Palo Alto
Juliet Morgan, MD	Individual therapy, medication management	Juliet Morgan, MD	Virtual, SF, Marin, Palo Alto
Tua Mulligan, MD	Individual therapy, medication management	Tua Mulligan, MD	Virtual, SF
Faina Novosolov, MD	Individual therapy, medication management	Faina Novosolov, MD	Virtual, SF
Beatrice Rabkin, MD	Individual therapy, medication management	Beatrice Rabkin, MD	Virtual, Palo Alto, SF
Sara K. Sheriff, MD	Individual therapy, medication management	Sara K. Sheriff, MD	Virtual, Berkeley

Sleep

Sarah Healy	Sleep Consultation	Sarah Healy	Virtual, Marin
Angelique Millette, PhD, CLE, CD/PCD	Pediatric Sleep Consultation Baby/Toddler Sleep Support Group (FREE!)	Angelique Millette, PhD, CLE, CD/PCD	Virtual, SF

Physical Therapy

Marci Silverberg	Postpartum Physical Therapy specialist (Group also starting April 2020)	Marci Silverberg, MPT	Virtual, Marin/Sonoma
Alicia Roberts, MST	Physical Therapist	Alicia Roberts, MST	Virtual, SF/Marin

Chiropractic

Elon Bartlett, D.C	Perinatal chiropractic care and CST for infants	Acorn Wellness	SF, Oakland
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Acupuncture

Denise Bowden, MS, LAc	Acupuncture and Chinese Medicine	Root and Branch Center	San Francisco
Susan Fox, DACM, Lac., FABORM	Acupuncture and Chinese Medicine	Susan Fox, DACM, Lac., FABORM	Virtual, Marin

Bria Larson, L.Ac. FABORM	Acupuncture	Bria Larson, L.Ac. FABORM	San Francisco

Nutrition

Alison Boden, MPH, RDN	Nutrition for Women - holistic and functional nutrition approaches to hormone balance, energy balance and nutrient repletion	Nourishing Radiance	Virtual, SF
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Doula Services

San Francisco-based

Shannon Cath	Birth/postpartum Doula Services	Shannon Cath	Virtual, Peninsula
Alicia Contreras HBCE, CBD	Birth/postpartum Doula Services Hypnobirthing classes	Alicia Contreras HBCE, CBD	Virtual, SF/Marin
Verana Bailowitz	Birth/postpartum Doula Services	Verana Bailowitz	Virtual
Golden Gate Doula Associates	Birth/ postpartum doula support.	Golden Gate Doula Associates	Virtual, SF, Marin, East Bay, Peninsula
Lisa Grimaud	Postpartum doula support	Lisa Grimaud	Virtual, SF
Carmen Herlihy CD (DONA)	Birth/postpartum Doula	415-699-0869	Virtual, SF, Marin

Madeleine Maguire, CPpD, CLEC	Postpartum doula support\	Baby Savvy Co. (415) 706-2427	Virtual, SF, Marin
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Marin County-based

Jennifer Curtis, CD(DONA), CIIM, RIE® Intern	Birth doula services	Heartful Birth	Virtual, Marin
Clara Love, CD(DONA), CLEC	Birth/postpartum Doula Services Prenatal/Postnatal Yoga	Golden Gate Doula Associates	Virtual, Marin, SF
Marin Doula Circle	Birth/postpartum Doula Services (Directory)	Marin Doula Circle	Virtual, Marin
Mount Tam Mamas	Birth/postpartum Doula Services	Mount Tam Mamas	Virtual, Marin
Mollee Franklin CD, CLE	Birth/postpartum Doula Services	Mollee Franklin CD, CLE	Virtual, Marin
Angela Pollock, CD, CLC	Birth/postpartum Doula Services Breastfeeding and sleep support	Heart Song Doula Care	Virtual, SF, Marin

East Bay-based

Elyse Schroeder, CD, CLE	Birth doula	The Top Knot Doula	Virtual, East Bay
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Sonoma County-based

Alana Catanio	Birth/postpartum Doula Services	Alana Catanio	Virtual,
Jacqueline Pales	Postpartum Doula	Birth Realm	Virtual, North Bay, East Bay, Marin, SF
Aly Sidjakov	Birth/postpartum Doula Services	Family Focus Doula Care	Virtual, Santa Rosa

Peninsula-based

Stork & Sprout	Birth/postpartum Doula Services Classes	Stork and Sprout	Virtual, Peninsula, SF, East Bay, North Bay
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[FANTASTIC link to northern Marin/Sonoma based info and resources](#)
(useful for everyone as most are virtual!)

Created by Aly Sidjakov at [Family Focus Doula Care](#).