



## TPDC RESOURCE LIST

TPDC is a Tucson nonprofit dedicated to raising awareness about pregnancy and postpartum depression and anxiety and to launching a community effort to identify and treat mothers in need.

**Local contact for the Coalition: TJ Marsh, Board of Directors Vice President. 520-349-1694.** TPDC is happy to schedule a presentation about perinatal mood and anxiety disorders and to provide an educational brochure for your clients.

*\*Denotes providers who have attended a 2-day training in Perinatal Mood and Anxiety Disorders or have other advanced education in the area of reproductive mental health.*

To update, add or delete existing information, please contact **Carole Sheehan, Board of Directors Secretary. 520-631-6308. Carole\_sheehan@hotmail.com**

### AZ WARM LINE: 1-888-434-MOMS

The AZ Warmline is a voicemail system. The goal of each volunteer is to listen and provide support and resource information as it is made available in various counties in AZ. Volunteers who have 'been there' respond to calls between 9 AM and 8 PM seven days a week. Calls are returned within 24 hours. This service is also available to Spanish speakers. ***This is NOT a crisis line.***

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## Crisis

### Pasadera Behavioral Health

520-617-0043

2502 N. Dodge Blvd

Walk in services for assessment and referral.

7days/week. 8 AM-8 PM.

### Community wide crisis line

520-622-6000

## Regional Behavioral Health Authorities (Cover AHCCCS enrollees)

### Cenpatico Behavioral Health of Arizona

1-866-495-6735 (crisis line)

[www.cenpaticoaz.com](http://www.cenpaticoaz.com)

### Community Partnership of Southern Arizona

Member services: 5200-318-6946

[www.cpsaarizona.org](http://www.cpsaarizona.org)

**Need more help or have a complaint? Contact: Christy Cargian**

**520-809-6468. [ccargian@cenpatico.com](mailto:ccargian@cenpatico.com)**

## Pregnancy and Postpartum Anxiety/Depression Support Groups

### Carondelet St. Joseph Hospital Postpartum Depression Support Group

**\*Terry Scallon RN**

350 N. Wilmot Rd. Tucson, AZ 85711

520-873-6858

Carondelet Women's Pavilion

Meets Wednesday evenings, 6:00-7:30, in the Agave Room, near the concierge desk. Free. Babies welcome.

### Northwest Medical Center Women's Center

**\*Rhonda Anderson, CLD, CBEEd**

520-877-4156

Tucson, AZ

Meets every Wednesday from 10:00-11:30 in the Event Center adjacent to the Women's Center. Support group for pregnant and post-partum women experiencing depression or anxiety. Babies welcome. FREE.

### CODAC Women's Recovery Services (Serafina)

**\*Kristen Russell MA**

502 N. Silverbell Rd. Tucson, AZ 85745

520-202-1987

Wednesdays 5:00-6:00pm Babies welcome. FREE. Call for directions and to confirm group date/time.

### \*Pearl Aviles-Taub MA, Tara Stanislav RN

5301 E. Grant Rd. Tucson, AZ 85712

520-324-7576

Thursdays 5:30-7:00pm. Fireplace room. Babies welcome. FREE. Open to anyone in the community.

### Tucson Medical Center

Tucson Postpartum Depression Coalition - 501(c) (3)

501 S. Pinto Place. Tucson, AZ 85748 | [www.tucsonpostpartum.com](http://www.tucsonpostpartum.com) | [info@mothersoasis.org](mailto:info@mothersoasis.org)



## Nurse Practitioners, Physicians, Prescribe Meds

### AZ Pregnancy Risk Line (now MotherToBaby Arizona)

520-626-3410f; 888-285-3410

Discuss safety and efficacy of medication in pregnancy and lactation. FREE service. UA Health Sciences

### CODAC Health, Recovery and Wellness, Inc.

*\*Lina Rosen Psychiatric NP*

*\*Larisa Biznichuk AMHNP*

*\*Beth Newhouse NP*

Cobblestone. 1075 E. Ft Lowell Rd. Tucson, AZ

520-202-1960

AHCCCS eligible. Also private insurance.

### Wellbeing Institute

*Wen Cai MD, PhD*

3615 N. Prince Village Pl, Suite 121 Tucson, AZ 85719

520-225-0584

Psychiatrist. Tries to see perinatal moms within 48 hours. Some insurance.

### Kokopelli Obstetrics and Gynecology

**Michael Stevens, MD**

6567 E. Carondelet Dr.

Tucson, AZ 85710

520-296-9446

Board certified in obstetrics and gynecology.

Monday-Friday: 9:00-5:00

Committed to providing unsurpassed OB/GYN care with compassion and dignity.

Affiliated with Tucson Medical Center and Carondelet St. Joseph's Hospital.

Most insurance.

Se habla espanol.

### Crossroads OB/GYN

**Stephanie Chin, MD; Gayle Dean, MD; Jennifer Reinhart, MD; Erin Sperry MD; John Graziano, MD; Jenny Dalessandra, NP; Krista Martin, NP; Suzie Harrison, NP**

2424 N. Wyatt Dr. #260

Tucson, AZ 85712

520-795-8080

Carla Grijalva, Medical Practice Manager

[cgrijalva@genesisob/gyn.org](mailto:cgrijalva@genesisob/gyn.org)

Private insurance and AHCCCS

Se habla espanol

### Judith E. Riley M.D

310 N. Wilmot Rd., #306

Tucson, AZ 85711

520-325-0865

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501 S. Pinto Place. Tucson, AZ 85748 | [www.tucsonpostpartum.com](http://www.tucsonpostpartum.com) | [info@mothersoasis.org](mailto:info@mothersoasis.org)



Board certified on obstetrics and gynecology.  
Monday-Friday: 9:00-5:00  
Offering exceptional one-on-one healthcare to the  
women of southern Arizona.  
Affiliated with Banner University Medical Center.  
Most insurance.

**Frank Laudonio, MD, PC**

523 N. Tucson Blvd.  
Tucson, AZ 85716  
520-323-5577  
Email: [flaudonio@midtownobgyn.org](mailto:flaudonio@midtownobgyn.org)  
Website: [www.midtownobgyn.org](http://www.midtownobgyn.org)  
Office contact: Sandra or Bertina  
Monday-Thursday 9:00-5:00, Friday 9:00-1:00  
All insurance. 20% off for self-pay  
Se habla espanol.

**Breastfeeding Support and Education**

**Mama's Latte, LLC**

**\*Sibylle Rundel, CDC, IBCLC**

**\*TJ Marsh, CDC, IBCLC**

Certified Lactation Consultants  
Tucson, AZ  
520-628-4202  
Doula and lactation support in your home.  
No insurance. Sliding scale.

**AZ Dept of Health Services Breastfeeding Resource Line**

1-800-833-4642

24/7 multilingual line. Breastfeeding questions are answered and, if necessary, community resources are given out.

FREE phone service. Baby and mommy care questions can also be taken. Also receive questions about medication and lactation.

**Counselors/Therapists**

**\*Alison Sutton-Ryan LCSW, LISAC**

7400 N. Oracle Road, #162Q Tucson, AZ 85704

520-245-8962

Private pay/sliding scale fee. United Healthcare only. Specialties are women and adolescent



girls, perinatal mood disorders, substance abuse, parenting.

**\*Norma Paulic, LCSW**

10 N. Norton Ave., Suite 140 Tucson, AZ 85719

520-820-1931

Private practice. Therapy for children, adolescents and adults. Parenting and living skills.

Insurance accepted.

**\*Debra Kaplan MA, LISAC**

6151 E. Grant Rd. Tucson, AZ 85712

520-203-1943

No insurance accepted.

**\*Jennifer Breslin, PhD**

Neuropsychology Ltd. /Healthsouth

2650 N. Wyatt Dr. Tucson, AZ 85712

520-320-6230

United, Tricare, Private Pay

**Bari Ross M.Ed, LPC**

Individual and family therapy

520-954-3300. [bari@dakotacom.net](mailto:bari@dakotacom.net)

Sliding scale. Some insurance.

**\*Kristen Russell MA**

CODAC Women's Recovery Services

502 N. Silverbell Rd. Tucson, AZ 85745

520-202-1987 direct line.

520-202-1716, ext. 8025

AHCCCS. Some private insurance. Fee for services

**\*Kathryn Seidler, LCSW, therapist**

3801 N. Campbell, Suite E Tucson, AZ 85719

520-310-7602

BC/BS, United Healthcare, Aetna accepted.

**\*Karyl Williams LCSW Integrated Behavioral health Consultant/Coordinator**

**El Rio Community Health Center**

W. Congress St. Tucson, AZ

520-792-9890

**\*Pearl Aviles MA, bilingual therapist**

**Healthy Families**

Provides in home therapy to parents who are enrolled in Healthy Families

520-321-3774

**\*Judith Henderson MSW, LCSW**

4570 E. Camp Lowell Tucson, AZ

520-529-8096

[judithhenderson@comcat.net](mailto:judithhenderson@comcat.net)

No insurance accepted. Sliding scale for perinatal mood disorders.

**\*Autumn Wiley-Hill, PhD., PLLC**

1760 E. River Road, Suite 142

Tucson, AZ 85718

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501 S. Pinto Place. Tucson, AZ 85748 | [www.tucsonpostpartum.com](http://www.tucsonpostpartum.com) | [info@mothersoasis.org](mailto:info@mothersoasis.org)



520-477-7049

[dr.wileyhill@gmail.com](mailto:dr.wileyhill@gmail.com)

[www.autumnwiley-hill.com](http://www.autumnwiley-hill.com)

Insurance: BCBS, Aetna. Need-based sliding scale.

Individuals, couples.

Maternal mental health/perinatal depression and anxiety, relationships, transition/change, self-criticism and self-esteem, adjustment, loss, desire to make value-congruent changes in one's life.

Mindfulness, self-compassion.

## In Home Doula Care/Childbirth Education/Home Visitors

### **\*Heartsounds Mother and Infant Care (Doulas)**

**\*Asa Lader**

**\*Carolyn Matthiasson**

520-419-6058

[www.Heartsoundsbaby.com](http://www.Heartsoundsbaby.com)

Provides in-home care services and support to families with a newborn. Some clients may benefit from reduced cost or free services supported by grants to Heartsounds.

### **Blissful Beginnings**

**Stacy Brownlee**

520.404.3089

[Stacybrownlee3@gmail.com](mailto:Stacybrownlee3@gmail.com)

Tucson, Marana, Casa Grande, Red Rock

Provides lactation support, Postpartum doula care including overnight doula services

### **Desert Bloom Doula**

**\*Rhonda Anderson, CLD, CBE**

931-561-6373

[www.desertbloomdoula.com](http://www.desertbloomdoula.com)

[rhonda@desertbloomdoula.com](mailto:rhonda@desertbloomdoula.com)

Marana, Tucson, Casa Grande, Red Rock

Doula, childbirth educator. Runs mother-to-mother group at Northwest Women's Center.

### **Desert Doulas Birth and Postpartum Services**

520-749-0329

Tucson AZ

### **Love in Bloom Birth and Postpartum Service**

**\*Carolyn Matthiasson**

520-322-9186

[www.loveinbloomdoula.com](http://www.loveinbloomdoula.com)

Labor and postpartum doula support.

**Elizabeth Mendoza**

520-891-5417

6151 E. 17<sup>th</sup> St. Tucson, AZ 85711

Doula, childbirth education

### **Healthy Families Tucson**

**\*Pauline H., Senior Program Director**

Call \*Lupe Ricardez for intake

520-321-3774

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FREE in home education and support to parents.  
Enrollment during pregnancy and up to 4 months  
postpartum

**Pima County Health Department Health Start**

**\*Kathy Malkin**

520-724-7901

Education, support and advocacy to pregnant  
and postpartum women.

**Public Health Nursing**

FREE In home visits by registered nurse to  
support mom and baby.

Tucson: East 298-3888

South 889-9543

North 293-4620

Green Valley 520-648-1626

Ajo 520-387-7206

**Grief Recovery Support**

*(Infant Loss, Miscarriage, Stillbirth, Abortion)*

**Babies Remembered**

**Sherokee Ilse ,Author, Parent Advocate, Int'l Trainer  
Baby Loss Family Advisor**

952.201.8667

[sherokeeilse@yahoo.com](mailto:sherokeeilse@yahoo.com)

[www.babiesremembered.com](http://www.babiesremembered.com)

[www.BabyLossFamilyAdvisors.org](http://www.BabyLossFamilyAdvisors.org)

**Grief Recovery Tucson**

**Laura Markowitz**

520.661.2350

[GriefRecoveryTucson@outlook.com](mailto:GriefRecoveryTucson@outlook.com)

[www.GriefRecoveryTucson.com](http://www.GriefRecoveryTucson.com)

**Hands of Hope**

**Elizabeth Hildebrandt, R.N., B.S.N. Director of clinic  
care**

520.622.5774

2290 E. Speedway Blvd Tucson AZ 85719

**Lori Navrodtzke, Manager of Client Support Groups**

520.321.9765

**MISS Foundation**

[www.misschildren.org](http://www.misschildren.org)

602-279-6477

For families with a fetal loss.

**Teen Education and Support**

**TOPS Parenting Support Group for Teens**

**\*Laura Pederson, RN**

(520-284-9536)

Monday evenings 6:30pm

3024 E. Ft. Lowell Rd. Tucson, AZ 85716

520-888-2881. Free.

21 & under only. Must be enrolled with them.  
Not open to the public. Teen OB education and  
support for teen parents. Variety of programs  
including parenting classes and support groups.

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501 S. Pinto Place. Tucson, AZ 85748 | [www.tucsonpostpartum.com](http://www.tucsonpostpartum.com) | [info@mothersoasis.org](mailto:info@mothersoasis.org)



## Teen Outreach Pregnancy Services (TOPS)

1-877-882-2881 (statewide)

They will refer to closest provider.  
**(Pima County)**

## Placenta Encapsulation

### Afterbirth Bliss

**Michelle Bass, RN**

520.990-4048

[afterbirthbliss@gmail.com](mailto:afterbirthbliss@gmail.com)

## Other Community Resources for Mothers

### Mothers of Preschoolers

888-910-6677 / [www.mops.org](http://www.mops.org)

Program designed to nurture mothers with children infancy through kindergarten. Groups in many areas. For complete list to go to website and enter location.

### Arizona Children's Association Parent Connection

**Maria Ortiz**

520-321-1500

Provides support, information and resources for parents

## Postpartum Support International-AZ (PSIAZ) Co-Coordinators

### **\*Carole Sheehan, MA, RN**

Arizona Warmline Coordinator

PSI-AZ Coordinator

Secretary/Founder Tucson Postpartum Depression Coalition

520-631-6308

[Carole\\_sheehan@hotmail.com](mailto:Carole_sheehan@hotmail.com)

### **\*DeAnn Davies, MS, CLC, IPMH,**

Director, Early Childhood Outreach Division

Summit Healthcare Regional Medical Center

928-367-6550

[ddavies@summithealthcare.net](mailto:ddavies@summithealthcare.net)

### **\*Lucia Ciciolla**





Phoenix metro area

[lucia.psivc@gmail.com](mailto:lucia.psivc@gmail.com)

480-389-5824

## Web Resources

[www.tucsonpostpartum.com](http://www.tucsonpostpartum.com)

[www.postpartum.net](http://www.postpartum.net)

[www.psiarizona.org](http://www.psiarizona.org)

[www.4women.gov/faq/postpartum](http://www.4women.gov/faq/postpartum)

[www.postpartumcouples.com](http://www.postpartumcouples.com)

[www.postpartumdads.org](http://www.postpartumdads.org)

[www.postpartumstress.com](http://www.postpartumstress.com)

[www.ppdsupportpage.com](http://www.ppdsupportpage.com)



