





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: Pearl Aviles-Taub, President. 520-349-0057. info@mothersoasis.org.

To schedule a presentation, request brochures or update, add or delete existing information, please contact **Carole Sheehan, Board of Directors Secretary. 520-631-6308. Carole_sheehan@hotmail.com**

**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.*

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

www.cenpaticoaz.com

1-866-495-6735 (crisis line)

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

520-809-6468. ccargian@cenpatico.com

Cenpatico Integrated Care

**Kim Young*

**Maternal Child Health Care Coordinator for seriously mentally ill pregnant and postpartum women
Support and resources during the perinatal period for SMI and substance abuse**

333 E. Wetmore Rd

Tucson, AZ 85705

520-809-6442

Kimberly.a.young@cenpatico.com

AHCCCS

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, CBE*

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.



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

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

Nurse Practitioners, Physicians, Prescribe Meds

MotherToBaby Arizona (formerly Pregnancy Risk Line)

520-626-3410. 888-285-3410

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

***Lina Rosin, Psychiatric Nurse Practitioner**

5920 E. Pima St #140, Tucson, AZ

520-392-8553

Specializes in care of pregnant and postpartum women. Takes most insurance (except AHCCCS). Will try to work with clients currently transitioning insurance providers.

CODAC Health, Recovery and Wellness, Inc.

***Beth Newhouse NP**

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

520-202-1960

AHCCCS eligible. Also private insurance.

Wen Cai MD, PhD, Well Being Institute

3615 N. Prince Village Pl, Suite 121

Tucson, AZ 85719

520-225-0584

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

***Terry Lozier, RN, MSN, PMHNP-BC**

Pathways of Arizona

3295 W. Ina Rd.#150

Tucson, AZ 85741

1161 N. El Dorado Place # 103

Tucson, AZ 85715

Family mental health practitioner caring for women and children. Trained in perinatal mental health.

AHCCCS Insurance

[520-744-4376](tel:5207444376). Ext 135

Terry.lozier@pathways.com



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 español.

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@genesishob/gyn.org

Private insurance and AHCCCS

Se habla español

Judith E. Riley M.D

310 N. Wilmot Rd., #306

Tucson, AZ 85711

520-325-0865

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

Website: 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 multi-lingual 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.

Bari Ross M.Ed, LPC

Individual and family therapy

520-954-3300. bari@dakotacom.net



***Jennifer Breslin, PhD.**

**Health Psychologist
Adult Outpatient Services**
La Frontera
4891 E. Grant Rd.
Tucson, AZ 85712
520-258-5051
jbreslin@lafrontera.org

***Kathryn Seidler LCSW**

3801 N. Campbell, Suite E Tucson, AZ 85719
520-310-7602
BCBS, Aetna, United

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

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

1760 E. River Road, Suite 142
Tucson, AZ 85718
520-477-7049
dr.wileyhill@gmail.com
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.

***Rebecca Hamlin LCSW**

10501 E. Seven Generations Way, Suite 121
Tucson, AZ 85747
520-329-2874
rebeccahamlinlcsw@gmail.com

Tucson Postpartum Depression Coalition - 501(c) (3)
501 S. Pinto Place. Tucson, AZ 85748 | www.tucsonpostpartum.com | info@mothersoasis.org

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@comcast.net

No insurance accepted. Sliding scale for perinatal mood disorders.



www.rebeccahamlin.com

Specializing in pregnancy and postpartum depression and anxiety. Trained in Brene Brown model of shame and vulnerability. EMDR certified.
Sliding scale. Will take private insurance

***Kristi McReynolds LCSW**

***Anissa White LCSW**

Casa de los Ninos
3131 N. Country Club Rd, Suite 101
Tucson, AZ 85716
520-325-9498

www.casadelosninos.org

Individual therapy, Family therapy, Couples Therapy
AHCCCS
Sliding scale available

In Home Doula Care/Childbirth Education/Home Visitors

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

Tucson AZ

***Asa Lader**

***Carolyn Matthiasson**

520-419-6058

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.

Love in Bloom Birth and Postpartum Service

***Carolyn Matthiasson**

520-322-9186

www.loveinbloomdoula.com

Labor and postpartum doula support.

Blissful Beginnings

Stacy Brownlee

520.404.3089

Stacybrownlee3@gmail.com

Tucson, Marana, Casa Grande, Red Rock

Provides lactation support, Postpartum doula care including overnight doula services

***Elizabeth Mendoza**

520-891-5417

6151 E. 17th St. Tucson, AZ 85711

Doula, childbirth education

Healthy Families Tucson

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

Call *Lupe Ricardez for intake

520-321-3774

Desert Doulas Birth and Postpartum Services

520-749-0329



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

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

Pima County Health Department Health Start

***Kathy Malkin**

520-724-7901

Education, support and advocacy to pregnant
and postpartum women.

Grief Recovery Support

Footprints

A free support group for parents who have lost a baby to miscarriage, ectopic pregnancy, stillbirth, newborn death or SIDS. Connect with people who've experienced the same kind of loss and receive the love and support you need — grandparents and/or siblings also are invited to attend.

Where: St. Joseph's Hospital, Medical Pavilion, Agave Room, 350 N. Wilmot, Tucson, AZ 8571

When: Second and fourth Tuesdays of each month, 7:30–9 p.m .Family, couples, close friends all welcome.

Contact: **(520) 873-6590** or **(520) 873-6858**

Babies Remembered

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

952.201.8667

sherokeeilse@yahoo.com
www.babiesremembered.com

www.BabyLossFamilyAdvisors.org

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

Grief Recovery Tucson

Laura Markowitz

520.661.2350

GriefRecoveryTucson@outlook.com

www.GriefRecoveryTucson.com

MISS Foundation

www.misschildren.org

602-279-6477

For families with a fetal loss.

Teen Education and Support

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

501 S. Pinto Place. Tucson, AZ 85748 | www.tucsonpostpartum.com | info@mothersoasis.org



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.

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

Other Community Resources for Mothers

Mothers of Preschoolers

888-910-6677 / 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

Lucia.psivc@gmail.com

***DeAnn Davies, MS, CLC, IPMH,**

Director, Early Childhood Outreach Division
Summit Healthcare Regional Medical Center
928-367-6550
ddavies@summithealthcare.net

***Michelle Lacy MA**

East Valley-Phoenix
480-220-0582
momsupport@cox.net

***Lucia Ciciolla**

Phoenix metro area
480-389-5824

Web Resources

www.tucsonpostpartum.com
www.postpartum.net
www.psiarizona.org
www.4women.gov/faq/postpartum
www.postpartumdads.org
www.postpartumstress.com
www.ppdsupportpage.com

