



## Tucson Perinatal Mood/Anxiety Disorders Resources for Moms

\* Denotes provider has attended professional training in perinatal mood and anxiety disorders.

\*\*TPMHC is not responsible for verifying credentials nor does this list imply that TPMHC recommends these providers.

Please contact us at [information@tucsonpostpartum.com](mailto:information@tucsonpostpartum.com) for corrections, additions, deletions.

### **Crisis and Helplines**

#### **Community Crisis Line**

520-622-6000

Text line: Text TALK to 741741

#### **Crisis Response Center**

24/7 crisis and emergency psychiatric care for adults and youth.

Banner Health South

Behavioral Health Pavilion

2802 E. District St. Tucson, AZ 85714

520-301-2400

#### **HOPE Inc Tucson**

Warmline

Peer Recovery, Non-Emergency Support

Need to talk? 520-770-9909

#### **PSI Arizona Support Coordinators**

\*Tiffany Engen

[Tiffany.psicordinator@gmail.com](mailto:Tiffany.psicordinator@gmail.com)

\*Rachel Flater

[Rachel.psicordinator@gmail.com](mailto:Rachel.psicordinator@gmail.com)

PSI-AZ coordinators provide phone, text and email support and local resources. Support coordinators receive mentoring through Postpartum Support International (PSI) and are certified in perinatal mental health. The coordinator is a mom who has 'been there' and can help you navigate through challenging times.

#### **PSI Helpline (Postpartum Support International)**

800-944-4773

#1 Spanish, #2 English

Text HELP to 800-944-4773 English

Text en Espanol: 971-203-7773

#### **National Maternal Mental Health Hotline**

833-943-5746 (1-833-9-HELP4MOMS)

Call or text. English and Spanish 24/7.

#### **HRSA Maternal Mental Health Hotline (Health Resources and Services Administration)**

833-TLC-MAMA (833-852-6262)

Call or text. English and Spanish 24/7.

#### **PSI Perinatal Psychiatric Consult Line-for providers only**

877-499-4773

For practitioners wishing to discuss options for a client with a PMAD expert.

#### **A-PAL, Arizona Perinatal Psychiatry Access Line- for providers only**

888-290-1336

[APAL.arizona.edu](http://APAL.arizona.edu)

[team@apal.arizona.edu](mailto:team@apal.arizona.edu)

Is your patient pregnant or postpartum and struggling with substance use and/or their mental health? Perinatal psychiatrists will provide FREE clinical guidance M-F, 8:30-4:30.

**Suicide Prevention Lifeline**

800-273-8255

**AZ Whole Health Behavioral Health of AZ Crisis Line**

1-866-495-6735 (suicide prevention hotline)

**Perinatal Mood and Anxiety Disorders FREE Support Groups**

**\*Stefanie Prince, LMSW**

**“Tucson Perinatal Mental Health Support Group”**

When: Every Thursday, 10:00 a.m-11:00am. MST.

Where: Virtual via Zoom

Email: stefaniesarah0208@gmail.com

Contact: Stefanie Prince, 520-971-6119

**Carondelet St. Joseph’s Hospital**

**\*Terry Scallon RN**

**Pregnancy and Postpartum Support Group**

Childbirth Education Room, 1<sup>st</sup> floor

When: Every Wednesday 6-7:30 PM

Please use Main Entrance to the hospital.

No registration required.

Babies in arms welcome.

For information: 520-873-6858

**\*Tucson Medical Center**

**Pregnancy and Postpartum Support Group**

When: Every Thursday 5:30-7:30 PM excluding holidays

Where: Patio Building, Fireplace Room, at the Grant/Beverly entrance to TMC

Babies in arms are welcome

No registration required

Facilitators: Shauna Dickerman MFS, Asa Lader RN, IBCLC

520-343-5972. [Shauna.dickerman@tmcaz.com](mailto:Shauna.dickerman@tmcaz.com).

**\*Banner University Medical Center**

**“Beyond the Blues”**

Virtual Support Group- Pregnancy and Postpartum

When: Wednesdays, 2PM-3Pm MST

Where: Online via Microsoft Teams

MTG ID: 259 121 784 077

Passcode: Z6caq2

FREE and open to the public

Facilitator: Katherine Torres, RNC-OB, LCCE

**\*Banner University Medical Center North**

**“You’ve Got This!”**

When: Third Tuesday of each month from 1:00-2:00 MST.

Virtual community gathering for pregnant and postpartum women to connect, learn, grow and share. Support persons and partners are welcome.

Where: Online via Microsoft Team. Team is free to download.

Register: 1-800-230-2273.

**\*El Rio Community Health Center**

**\*Maricela Marquez, Program Coordinator**

**“Coffee for the Soul”**

Group support on Perinatal Mood Disorders in pregnancy and parenting.

[maricelam@elrio.org](mailto:maricelam@elrio.org)

520-302-1488

<http://MomWellness@elrio.org>

Every Friday: Spanish 9:00am-10:30 am, English 11:30am-1:00pm.

For information or to register: [MomWellness@elrio.org](mailto:MomWellness@elrio.org) or call 520-302-1488

Support group is FREE to everyone in the community.

Services in Spanish and English.

**\*El Rio Community Health Center**

**“Babylove Group”**

839 W. Congress St

Robert Gomez Building

Centering Classroom

Tuesdays, 12-2

No Fee. Drop-in welcome

Parents and babies, infant to crawling

Facilitated discussions for social support and parenting skills

**\*4<sup>th</sup> Trimester Arizona-Tucson Village**

**Parenting Support**

Eileen Caito, PCD, CLC, PMH-C, Facilitator

When: 4<sup>th</sup> Wednesday of the month. 10:00-11:30

Where: Location varies. Virtual or in-person.

Facilitator:

520-400-0177. [eileen@4thtrimesteraz.org](mailto:eileen@4thtrimesteraz.org).

FREE monthly community gathering for families of young children. Support each other, share resources and ways to navigate parenthood and develop as a parent.

Eventbrite registration for in-person Village. Zoom registration for virtual Village.

[www.4thtrimesteraz.com](http://www.4thtrimesteraz.com)

**\*Erica Walecka, MDiv, LPC, NCC**

**Soul Space Postpartum Support Group**

When: Saturdays from 9:00-10:00 am

Where: Virtual! After registration, a link will be emailed to you weekly to log on using Google Meet.

Who: Parents of all kinds who have had a child in the last 2 years, especially those experiencing increased anxiety or depressive symptoms.

Cost: \$20/person/group, paid per week or monthly.

[erica@soulspacetucson.com](mailto:erica@soulspacetucson.com).

520-214-8650

**\*Nallely Willis**

**Group Peer Support Group in Spanish**

When: Thursday 5:00 PM MST

Where: Virtual.

Who: Spanish speaking pregnant and postpartum women.

Register: [www.groupeersupport.org/event](http://www.groupeersupport.org/event)

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

520-861-8154

**Counselors/Therapists**

**\*Erin Wilson, LCSW**

1161 N. Swan Rd. Suite 230

Tucson, AZ 85712

520-352-7876

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

Mrs. Wilson supports mothers with processing the journey of pregnancy and the postpartum journey. This includes assisting mothers in processing any conflicts experienced prior to pregnancy to include fertility challenges or miscarriage(s), and postpartum adjustment; helping mothers make sense of their birth story and supporting her in adjusting to the demands of postpartum life. Mrs. Wilson uses an eclectic approach to therapy interventions based upon each mother's needs. Intervention modalities include client-centered approaches: Cognitive Behavioral Therapy, Insight-Oriented Psychotherapy, Acceptance and Commitment Therapy, Internal Family Systems, guided imagery and mindfulness skills to name a few. Teletherapy available.

UHC, UMR, BCBS. Sliding scale based upon annual income.

**\*Debra Kaplan MA, LISAC**

6039 E. Grant Rd.  
Tucson, AZ 85712  
520-203-1943  
No insurance accepted.

**\*Sherry Duson, MA, LPC, LMFT**

La Parroquia Building, St. Philips in the Hills  
4440 N. Campbell Ave.  
Tucson, Arizona 85718  
713.506.2522  
sherry@sherryduson.com

<http://www.sherryduson.com>

Psychotherapy and counseling for new mothers and their families

Private practice. Individual, couples and family therapy for perinatal issues including, infertility, pregnancy loss, birth trauma, pregnancy and postpartum depression and anxiety. Postpartum OCD, transition to motherhood, parenting, couples after baby.

Solution-focused, family systems, Interpersonal psychotherapy.

Out-of-network with all insurance. Sliding scale available.

**\*Angela White, MA, NCC, LPC**

**Promising Directions Therapy, PLLC**

5931 E. Pima Street, Suite 101  
Tucson, AZ 85712

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

520-261-7599

<https://therapists.psychologytoday.com/165794>

Specialized in Pregnancy, Postpartum Depression and Support, and Women's Issues and Wellness. With specialized Certificate Training and a heartfelt passion to support women thru their journey from pre-pregnancy thru postpartum emotional health and beyond. My approach is a caring, open, and a positive way to support women to encourage women thru their challenges to a place of calm and strength.

Babies are always welcome with mom until about 8 months of age.

Sliding Fee Scale for all clients, not contracted with insurance.

**\*Kristi McReynolds LCSW**

**\*Anissa White LCSW**

**AZ Diagnostic Pathology Association**

3801 N. Campbell Ave. Suite B  
520-500-6483

Child and Family Therapy

Aetna, BCBS, Cigna, and Humana.

**\*Valerie Ogborn, PhD, LLC**

7624 N. La Cholla Blvd  
Tucson, AZ 85741

520-336-5119

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

<https://www.psychologytoday.com/us/therapists/valerie-ogborn-lawrence-ks/361133>

In person and remote therapy sessions using a HIPAA-compliant platform.

Clinical psychologist specializing in working with the perinatal population including insomnia, anxiety, depression, obsession- compulsive disorder, post-traumatic stress disorder.

**\*Melissa Johnson DBH, MC, LPC**

**El Rio Community Health Center**

Behavioral Health Consultant

520-633-9319 cell. 520-670-3803 text

[Melissa.johnson@elrio.org](mailto:Melissa.johnson@elrio.org)

Most insurance eligible. Sliding scale available.

**\*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 post-partum mood disorders.

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

1760 E. River Road, Suite 142

Tucson, AZ 85718

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.

**\*Somayeh Shunk MS, LPC**

**De Novo Wellness Center, LLC**

7400 N. Oracle Rd. Ste. 172

Tucson, AZ 85704

520-395-2369

[Somayeh.shunk@denovowellnesscenter.com](mailto:Somayeh.shunk@denovowellnesscenter.com)

Licensed professional counseling working with adults with particular interest in maternal mental health. Trained in dialectical behavioral therapy, cognitive behavioral therapy, EMDR.

MHN Healthnet, Aetna, Cigna, BCBS, TRICARE, United and GEHA. Sliding scale

**\*Rebecca Hamlin LCSW**

1580 N. Kolb Rd, Suite 110

520-214-8650

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

Specializing in pregnancy and postpartum depression and anxiety. Trained in Brene Brown model of shame and vulnerability. EMDR certified.

No insurance but accept HSAs and FSAs and provider superbills for reimbursement.

**\*Rheanna Schmidt LPC**

Mental Health Counselor practicing via telehealth (online video)

7865 W. Bell Rd, #1034

Peoria, AZ 85382

602-492-5686

[rheanna@hopecanyoncounseling.com](mailto:rheanna@hopecanyoncounseling.com)

<http://hopecanyoncounseling.com/>

Arizona licensed counselor providing support through Cognitive Behavioral Therapy to mothers within the perinatal period. Able to see clients throughout the state of AZ.

No insurance.

**\*Womens Health Innovations of Arizona**

1355 S. Higley Rd, Suite 113

Gilbert, AZ 85296

480-339-7119

[intake@whiarizona.org](mailto:intake@whiarizona.org)

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

*VIRTUAL INDIVIDUAL THERAPY, COACHING AND GROUPS AVAILABLE*

Most insurance taken.

A team of experts dedicated to providing high quality healthcare for women across the lifespan, specializing in the mental health needs of pregnant, postpartum and parenting women.

**\*Leandra Fifer LPC**

**Desert Health Clinic**

4601 E. Fort Lowell Rd, Suite #131

Tucson, AZ 85712

520-396-4413

[ltf@deserthealthclinic.com](mailto:ltf@deserthealthclinic.com)

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

Therapy, coordination of care, support with prescribing providers in office. CBT, IFS, ERT.

Blue Cross Blue Shield UHC. Self-pay: \$140.

**\*Audrey Cione, Licensed Associate Counselor, LAC**

**Tucson Outpatient Psychiatry**

3110 N. Swan Rd.

Tucson, AZ 85712

520-780-8413

Clinical therapist specializing in postpartum care and trauma. Offers EMDR therapy as well as CBT to both individuals and couples. Currently working on certification in Sex Therapy. "My goals include helping patients gain hope, process their experiences, and heal with a new sense of purpose."

No insurance. Reduced fees and sliding scale available.

**\*Stacey Ramsower**

**Sacred Body**

2610 N. Swan Rd.

Tucson, AZ 85712

520-309-9252

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

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

Somatic Experiencing for women. Ayurvedic care for the perinatal year. Full spectrum doula support.

Sacred Body welcomes ALL of you-every part of you-to the conversation. By turning toward the truth of our lived experience with courage and care, we enable greater healing, more intimacy, and strength of voice.

No insurance. Sliding scale options available.

**\*Maeve Wood LPC**

1050 E. River Rd #310

Tucson, AZ 85718

520-314-7488

[Maeve.wood.lpc@gmail.com](mailto:Maeve.wood.lpc@gmail.com)

<https://psidirectory.com/k:Maeve+Wood>

Therapy. Somatic experiencing and EMDR if appropriate. Specialized in pregnancy planning (including infertility challenges), high risk pregnancy (including pregnancy with multiples), postpartum adjustment, pregnancy loss, NICU and birth trauma.

No insurance. No sliding scale.

**\*Grossman & Grossman, LTD**

St. Mary's Pavilion  
1707 W. St. Mary's Rd, Suite 245  
Tucson, AZ 85745  
602-468-2077

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

We specialize in complex trauma and want you to know you are not alone. We are here to help and support you. Our perinatal program offers comprehensive care including evidence-based therapy and medication management. Our therapists and providers are trained to offer culturally sensitive treatment during pregnancy and postpartum. We are here to support the entire family including partners. Care is provided through telehealth available throughout Arizona and a hybrid in-office program in our Tucson, Casa Grande, Gilbert and Phoenix offices.  
AHCCCS accepted.  
Spanish speaking providers.

**\*Aecha Guerrero LMFT, PMH-C**

**Tucson Outpatient Psychiatry**

3110 N. Swan Rd  
Tucson, AZ 85712  
520-780-8413  
Aecha.guerrero@psychiatrytucson.com  
[www.tucsonpsychiatry.com](http://www.tucsonpsychiatry.com)

Therapeutic services specializing in perinatal mental health, trauma, anxiety, depression and life transitions.  
In-person and online.  
No insurance. Sliding scale available.  
Speaks English and Spanish. Licensed in AZ and CA.

**\*Brittany Dorsey**

**Entune Behavioral Health**

2224 N. Craycroft Rd  
Tucson, AZ 85712  
520-896-1400  
<https://entunebh.com/>

Therapy services specializing in postpartum depression, anxiety, and mood disorders. First responders and spouses. Individual and group therapy focused on supporting those struggling with symptoms of postpartum disorders using themes from mindfulness, CBT, DBT, parts work, strengths based, trauma informed and solution focused.  
Therapy in-person and online services.  
Most major insurances including Commercial, Medicare, Tricare and Medicaid

**\*Katy Herder, LPC, PMH-C**

**Hope Heals Counseling Services, LLC**

(970) 880-1654 [katyh@hopehealscounselingservices.com](mailto:katyh@hopehealscounselingservices.com)  
<https://www.psychologytoday.com/us/therapists/katy-herder-tucson-az/425823>

Clinician provides individual and couple's therapist, perinatal mental health, parenting young children, couples with young children.

Individual and Couples therapy; person centered approach, using components mostly from CBT, IPT, and Mindfulness. PMH-C Certification as of June 8, 2024.

In-network with the following and accepts sliding scale:

BCBS of AZ, Aetna, United Healthcare, Cigna/Evernorth, Bright Health, Optum and Triwest

**\*Stefanie Prince, LMSW**

**HeartShift Counseling**

(520-551-3150)

[Stefaniep@heartshiftcounseling.com](mailto:Stefaniep@heartshiftcounseling.com)

<https://www.psychologytoday.com/us/therapists/stefanie-prince-tucson-az/1336805>

Clinician has been serving postpartum families for eight years. She provides individual and couples therapy, uses CBT, person centered, mindfulness and strength based approaches. Stefanie is a board member of the Tucson Perinatal Mental Health Coalition.

Therapy in person and telehealth available.

In network with BCBS, United, UMR, Triwest, Aetna, Cigna and sliding scale is available.

**\*Danica Williams, MA, LAC, PMH-C;**

**Olive Branch Counseling**

520-492-0492

1022 W Ina Road, Tucson, AZ 85704

[danica@olivebranchcounselingaz.com](mailto:danica@olivebranchcounselingaz.com)

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

Clinician specializes in perinatal mental health, anxiety, depression, and women's issues. Appointments offered via telehealth video and in-person. Clinician accepts Aetna, Out of Network, HSA, private pay, sliding scale is offered. Clinician is a biracial therapist and offer competent, culturally-sensitive, compassionate care. She can also offer Christian counseling and religious trauma care.

**\*Catherine Fennie, PMH-C**

**Catherine Fennie Counseling, LLC**

520-275-0549

[catherine.a.fennie@gmail.com](mailto:catherine.a.fennie@gmail.com)

Clinician is a certified perinatal mental health therapist. Clinician uses person centered therapy, psychoeducation and CBT, EMDR therapy, specializing in perinatal population. Clinician offers Telehealth services. Insurance accepted: Aetna, UnitedHealth, Oxford, Optum, Oscar. No sliding scale offered.

**\*Maeve Wood, LPC**

520-314-7488

1050 E River Rd. #310, Tucson, AZ 85718

Clinician is specialized in pregnancy planning (including fertility challenges), high risk pregnancy (including pregnancy with multiples), postpartum adjustment, pregnancy loss, NICU and birth trauma. Clinician can incorporate somatic experiencing and EMDR if appropriate. Self-pay is offered.

**\*Kate Kincaid, LPC, CMHC, PMH-C**

Tucson Counseling Associates

125 E Mabel St

520-873-8633

<https://www.tucsoncounselingassociates.com>

Outpatient psychotherapy for individuals and couples. I'm trained in EMDR and psychedelic assisted therapies. I am also a birth and postpartum doula. BCBS, Aetna, Optum/United, Medicare, AHCCCS Banner University Family, some sliding scale available.

## **Psychiatric Assessment and Medical Treatment**

**\*Saira Kalia MD, \*Kathryn Emerick MD**

Banner Health University Medical Center –South

2800 E Ajo Way

Tucson, Arizona 85713

520-874-7500

**\*Kristine Norris, DO**

**Tucson Outpatient Psychiatry**

3110 N Swan Road, Tucson, AZ 85712

520-780-8413

[info@psychiatrytucson.com](mailto:info@psychiatrytucson.com)

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

Telemedicine available

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



**\*Arundhuti Kundu MD**

5151 E Broadway Blvd  
STE # 1600, Tucson AZ 85711  
Adult and Perinatal Reproductive Psychiatrist  
520-405-1005  
[doctor@arundhulikundu.com](mailto:doctor@arundhulikundu.com)

**Wen Cai MD, PhD**

**Wellbeing Institute**  
3875 N. 1<sup>st</sup> Ave.  
Tucson, AZ 85719  
520-225-0584  
[wellbeinghelpme@gmail.com](mailto:wellbeinghelpme@gmail.com)

**\*Beth Newhouse NP**

**CODAC Behavioral Health**  
630 N Alvernon Way Ste. 161  
Tucson, Arizona 85711  
520-318-9222  
AHCCCS and private insurance

**\*Lina Rosin, Psychiatric Nurse Practitioner**

5920 E. Pima Street, #140  
Tucson, AZ 85712  
520-733-2524  
Specializes in perinatal mental health.

**\*Larisa Biznichuk MSN, PMHNP-BC, PLLC**

**Sierra Tucson**  
39580 S. Lago Del Oro Parkway, Tucson, Arizona 85739  
888-652-3685

**\*Stephanie Marks Family Nurse and Psychiatric Nurse Practitioner**

**Novis Vita**  
2122 N. Craycroft Rd, Suite 120  
Tucson, AZ 85712  
520-989-8482  
[info@novisvita.net](mailto:info@novisvita.net)  
<https://www.novisvita.net/contact-us>  
Perinatal mental health. Substance Use. Medication management, Supportive therapies, Intensive outpatient (IOP), Case Management  
AHCCCS, UHC BCBS, Cigna Tricare. Reduced fees and sliding scale

**\*Sarah Weinstein MN, CNM, IBCLC, PMH-C**

**Milk and Honey**  
Specialized feeding and postpartum support center.  
3894 E. Pima St.  
Tucson, AZ 85716  
520-477-7752  
[www.milkandhoneytucson.com](http://www.milkandhoneytucson.com)  
[milkandhoneytucson@gmail.com](mailto:milkandhoneytucson@gmail.com)  
Support for medication initiation/management for perinatal anxiety, OCD, depression, with referral out to therapy, support groups, community resources, lactation and breastfeeding medicine. Multi-disciplinary approach to postpartum dyad and family as a whole. Perinatal mental health.  
BCBS, Tricare, Other contracts pending. Fees on a case by case basis  
Spanish speaking providers.

**\*Angelica Hibbs FNP**

**Barrio Healthcare, LLC**

3112 N. Country Club Rd.

Tucson, AZ 85716

520-869-3565

[angelica@barriobabies.com](mailto:angelica@barriobabies.com)

<https://www.barriobabies.com>

4<sup>th</sup> trimester care for new mothers and babies. Screening and treatment of postpartum depression. Services are online and in-person, serving Tucson and rural communities in AZ.

Aetna, Cigna, Tricare, BCBS, United Healthcare United Community Plan, American Indian Health Services, Banner University, University Community Plan. Self-pay is \$150.

Spanish speaking provider.

**\*Cheryl Ross, NP**

Arizona Inner Peace Clinic

3752 W Hardydale Cir, Tucson, AZ 85742, USA

520-333-2550

<https://arizona-inner-peace.healthcare>

Cheryl is a women's health nurse practitioner, and a psychiatric nurse practitioner specialized in women's mental health. She is in network with Aetna, Blue Cross Blue Shield of Arizona and others, United Healthcare, Cigna, Oscar, and Oxford.

**Doula Care**

**\*Tiffany Engen PMH-C**

Full Spectrum Doula Care & More

Birth, Postpartum, Bereavement

Childbirth Educator, Birth/Newborn Photographer/Remembrance Photography

928-247-4123

[tiffanyengen.doula@gmail.com](mailto:tiffanyengen.doula@gmail.com).

"When it's hard, when it's easy, when it's messy, when it's complicated, when it's beautiful, when it isn't – because life is real and raw – I am in your corner "

**\*Eileen R. Caito PCD CLC, PMH-C**

**Shooting Start Doula Services**

In home and virtual support

[Eileen.caito@yahoo.com](mailto:Eileen.caito@yahoo.com)

[www.shooting](http://www.shootingstar.com) star doula services.com

520-400-0177

**\*Lorie Michaels**

**Namaste Birth**

6955 N. Oracle Rd.

Tucson, AZ 85704

Birth Doula, Childbirth Education, EFT Therapy (Tapping), Spinning Babies body work.

[info@namastebirth.com](mailto:info@namastebirth.com)

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

520-505-1895

Reduced fess/sliding scale; no insurance.

**\*Stacey Ramsower**

**Sacred Body**

2610 N. Swan Rd.

Tucson, AZ 85712

Full Spectrum doula care  
[staceymoves@gmail.com](mailto:staceymoves@gmail.com)  
[www.staceyramsower.com](http://www.staceyramsower.com)  
520-309-9252  
Sliding scale options available  
No insurance.

**\*Nikki Hampton**

326 S. Wilmot Rd #B240  
Tucson, AZ 85711  
520-370-0209  
[Doulanikki81@gmail.com](mailto:Doulanikki81@gmail.com)  
<http://www.swayingsaguadoudoula.com>  
In-Home Postpartum Support, Parent Education & Nourishing Meal Prep  
Sliding Scale

**Jen Kinser-Traut**

**\*Hummingbird Doula Services**

Tucson, AZ 85711  
520-576-7856  
[Jenkinsertraut4@gmail.com](mailto:Jenkinsertraut4@gmail.com)  
<https://www.tucsonhummingbirddoula.com/>  
Postpartum Doula, DONA certified  
Certified RETAIN Parent Leave Coach  
“Sweet support as you and your family grow”  
Trained professional who supports new families in the first few days, weeks, and months after bringing home a new baby. This includes, but is not limited to: tailoring care to your special needs, emotional support and nurturing new parents, breastfeeding and bottle-feeding support, assistance with newborn care, baby soothing techniques, light meal preparation, education about child development, and referrals to local resources.  
Reduced fees as available; no insurance.

**Rodin Molina, CNM**

**\*Well in the Desert, Milk and Honey**

475 S. Stone Ave. Unit 1  
Tucson, AZ 85701  
520-640-4994; 520-975-2171  
<https://www.tucsonmidwife.love/>  
Certified Nurse Midwife. Sliding scale offered, no insurance accepted. Services offered in English and Spanish.

**Lactation Consultants**

**\*Mama's Latte**

IBCLC certified lactation consultants  
Same or next day in-home consults  
Some insurance coverage through the Lactation Network. Sliding scale available.  
520-628-4202  
[www.mamaslatte.com](http://www.mamaslatte.com)

**\*Colleen Laszakovits RN, CPD, CLE, CISS**

**Your Family's Journey**

520-440-8446  
[Yourfamijourney@gmail.com](mailto:Yourfamijourney@gmail.com)  
[www.yourfamilyjourney.com](http://www.yourfamilyjourney.com)  
Services provided in the comfort of your home: lactation and infant sleep services.  
No insurance taken but can use HSA or FSA.

**\*Sarah Weinstein MN, CNM, IBCLC, PMH-C  
Milk and Honey**

Specialized feeding and postpartum support center.

3894 E. Pima St.  
Tucson, AZ 85716  
520-477-7752

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

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

Support for medication initiation/management for perinatal anxiety, OCD, depression, with referral out to therapy, support groups, community resources, and lactation and breastfeeding medicine. Lactation, breastfeeding, complex lactation, feeding therapy, multi-disciplinary approach to postpartum dyad and family as a whole. Perinatal mental health.

BCBS, Tricare, Other contracts pending. Fees on a case by case basis  
Spanish speaking providers.

### **Home Visitor Programs**

#### **\*New Parent Support Program**

**Cindy Blue RN**

5427 E. Madera St.,  
Davis-Monthan AFB  
Tucson, AZ 85707

This service supports our military families. Home visitation, from pregnancy to 36 months.

520-228-2104

[Cynthia.a.blue2.civ@health.mil](mailto:Cynthia.a.blue2.civ@health.mil)

<http://facebook.com/Davis-MonthanAFBFamily/Advocacy&NewParentSupportProgram>

Insurance: TriCare

#### **\*Healthy Families, Child and Family Resources**

**Samantha McDonough**

2800 E. Broadway Blvd.  
Tucson, AZ 85716  
520-247-4918

[smcdonough@cfraz.org](mailto:smcdonough@cfraz.org)

The Healthy Families Program is open to prenatal mothers and families with a child under three months, and our services are free for all qualifying clients. You can expect nothing less than premier services and care under this program. Our clients enjoy visits from highly-trained Family Support Specialists who offer: Hands-on educational activities, prenatal and postpartum social and emotional support, baby health and safety resources.

Fully Bilingual Spanish/English staff.

520-881-8940

520-783-2943

FREE

#### **Health Start, Pima County Health Dept.**

Health education to pregnant/postpartum women and their families: prenatal care, parenting, breastfeeding, well-child checkups, safety and childcare. In home community health worker visits during pregnancy until age 2.

520-724-9721.

#### **\*Nurse-Family Partnership (NFP)**

NFP empowers *first-time moms* to have a healthy pregnancy and create futures for themselves and their babies. A free and personal nurse for you *before the 28th week* of pregnancy until the baby turns two. The program is administered through 3 agencies:

Casa de los Ninos: 520-624-5600

Blake Easterseals: 520-247-3275

Pima County Health Dept: 520-724-7806

#### **\*Easterseals Blake Foundation and Pima County Health Department Maternal Childhood Sustained Home-Visiting (MECSH)**

**Easterseals Blake Foundation**

520-247-3275  
520-465-8133 (Spanish)  
[nursehv@blake.easterseals.com](mailto:nursehv@blake.easterseals.com)

**Pima County Health Department:**  
[ParentSupport@pima.gov](mailto:ParentSupport@pima.gov)

Nurse Home Visiting is a free, voluntary program that provides you, your partner and other involved caregivers with a nurse who is dedicated to you and your family's questions and needs. MECOSH begins in pregnancy or soon after birth. Nurse home visitors meet you at home, at the park, or wherever it feels right. The nurse addresses questions and offers guidance about your infant's health, developmental play, and care needs. The nurse supports your parenting journey despite life's challenges and will help you get connected to other resources and networks in your community. (Enrollment for pregnant or postpartum families, service can continue until baby turns 3 years old). Spanish speaking providers.

*\*\* To the best of our knowledge this is a current list as of 02/25/2025 Entries are obtained through provider submission of information. Please also check [www.tucsonpostpartum.com](http://www.tucsonpostpartum.com) for resource information and the most recent resource list.*