

MINNESOTA
Perinatal Mental Health
RESOURCE LIST



The care providers and organizations listed in this booklet have identified a special interest & competency in serving people experiencing reproductive and perinatal issues. PREGNANCY & POSTPARTUM SUPPORT MINNESOTA cannot recommend any specific intervention or care provider; we suggest you call a provider or organization to discuss your individual needs and concerns.

GREATER MINNESOTA SUPPORT SERVICES/GROUPS & CLASSES

Minnesota

Postpartum Support International MN Coordinator

Suzanne Swanson, PhD, LP 651-221-9709
Non-profit organization providing information, local & national resources, & advocacy regarding emotional changes during pregnancy & postpartum.
1-800-944-4PPD, www.postpartum.net

Pregnancy & Newborn Loss Support Groups/Counseling

For parents who have experienced pregnancy loss, stillbirth, or newborn death.
Offered at the following locations:

Forest Lake/Wyoming

Fairview Lakes Clinic. Ann Trudeau 651-257-8620

Hibbing

Fairview University Medical Center, Mesabi. Gail Potter 218-262-4228

Red Wing

Fairview Medical Clinic. Hedda Levin 651-267-3538

Rochester

Mayo Clinic. Jean Krieger 507-255-7718

Duluth

Pregnancy, Infant, & Child Loss Support Group 218-786-4402

For parents who have experienced pregnancy loss, stillbirth, newborn death, or death of a child up to 10yrs. 2nd Tuesday of every month.
Grief Support Center, St. Mary's Medical Center, Duluth.

Rochester Area/Southeastern MN

Postpartum Support International Local Coordinator

Sue Palmer, M.P.H, M.P.A. 507-292-7048
Non-profit organization providing information, local & national resources, & advocacy regarding emotional changes during pregnancy & postpartum.
1-800-944-4PPD, www.postpartum.net

St. Cloud

Kelly L.S. Cook, MSW, LICSW 320-223-0503

Post-partum depression, post-adoption depression, anxiety
Cook Counseling Services: 101 7th Ave South, Suite 200, St. Cloud, MN 56301

Winona

Baby Connections 507-494-0812

Free home visits & consultations; for parents of Winona Co babies: parenting, infant development, community resources.

Winona Area Postpartum Depression Support Network

Winona Early Childhood Initiative, 317 Market St., Winona, MN 55987.
Jenni McHugh: 507-494-0812, jennifer.mchugh@winona.k12.mn.us
Bonnie Herrick: 507-457-6400, bonnieherrick@co.winona.mn.us



MINNESOTA Perinatal Mental Health RESOURCE LIST

2009 edition

Welcome!

We are PREGNANCY & POSTPARTUM SUPPORT MINNESOTA (PPSM) -- a group of mental health and perinatal practitioners and organizations offering treatment and support services to Minnesota families. Our Mission: To engage parents and professionals in promoting optimal emotional well-being during pregnancy and postpartum years.

We hope this resource list will be helpful to you as you face some of the most important and often challenging times in you and your family's lives. Please pass this booklet on to a friend, patient, or colleague who may have a need or interest in these services. Or, make copies available in your classroom, business, or waiting room. Thank you!

To have your practice or organization listed, to receive a PDF file of this list, or for more information about our group, please contact Suzanne Swanson, PhD, LP 651-221-9709, suzanne.m.swanson@gmail.com

PSYCHOTHERAPISTS/CONSULTANTS

Miranda Amaris, PsyD, L.P. 651-387-1293
Fertility, pregnancy & birth, postpartum, mothering, grief & trauma

Sara Biewen MA, LP 612-672-2142
Pregnancy & infant loss, postpartum, pregnancy & birth issues
Fairview Counseling Centers, 6320 Wedgwood Rd. N, Maple Grove, MN 55454
11900 Wayzata Blvd., Suite 200, Minnetonka MN 55305 612-267-7433

Maureen Campion, MS, LP 952-895-9200
Postpartum depression, adjustment to parenthood, marital therapy
Minnesota Valley Psychologists: 1601 E. Hwy 13, Burnsville MN 55337

Crystal Clancy, MA, LMFT 952-997-3020
Infertility, pregnancy, loss, postpartum, couples & individuals, Christian counseling
Nystrom & Associates: 7300 West 147th St., Apple Valley MN 55124

Pam Cleary, LICSW 612-226-7029
Pregnancy, pregnancy loss, fertility issues, perinatal mood disorders
2721 E. 42nd Street, Mpls, MN 55406

Sheila Conlin, MA, LP, LMFT 651-303-9003
Postpartum depression
521 Tanglewood Dr., Shoreview, MN 55126

Lisa Cross, LMFT 763-416-4167
Postpartum depression, labor & delivery anxiety, marital counseling
7372 Kirkwood Ct, Maple Grove MN 55369

Compiled by Pregnancy & Postpartum Support Minnesota

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PSYCHOTHERAPISTS/CONSULTANTS, CONT.

Karol Dahlof, MA, LMFT Pregnancy & infant loss, postpartum issues 6603 Queen Avenue South, Suite G, Richfield, MN 55423	612-605-8487
Hennepin Women's Mental Health Program Monica Mandell, PhD, LP Andrea Szporn, PhD, LP 914 S. 8th St., Suite D-110, Minneapolis, MN 55404	612-373-1851
Talia Jackson, PsyD, LP Pregnancy, birth, loss, postpartum issues 2600 Wayzata Blvd., Minneapolis, MN 55405	612-709-7153
Dianne Meixner, MA, LMFT, LICSW, ATR Postpartum depression, pregnancy & infant loss 357 E. Kellogg Blvd., St. Paul MN 55105-1411	651-287-0846
Joann O'Leary, PhD Infant mental health, pregnancy loss & pregnancy after loss 3208 Rankin Rd. NE, Mpls, MN 55418	612-788-6903
Krista Post, MA, LP Infertility, pregnancy & infant loss, birth trauma, postpartum issues, parenting 4500 Park Glen Rd., Suite 150, St. Louis Park, MN 55416	612-296-3800
Jane Ravenhorst, PhD, LP Pregnancy & birth, adjustment to parenting, grief, trauma/EMDR, couples 2239 Carter Ave. St. Paul, MN 55108	612-518-4957
Deb Rich, PhD, LP Infertility, pregnancy & infant loss, postpartum, teaching/training 570 N. Asbury #302, St. Paul, MN 55104	651-659-9715
Susan K Schultz, PhD, LP Infant-parent attachment & mental health 7400 Metro Blvd Suite 216 Minneapolis, MN 55439	952-842-0299
Sharon Stein McNamara, EdD, LP Infertility, pregnancy & infant loss, postpartum issues 521 Tanglewood Dr., Shoreview, MN 55126	651-698-1799
Suzanne Swanson, PhD, LP Pregnancy & birth issues, postpartum, loss/trauma, mothering 1108 Grand Ave., Suite 2, St. Paul, MN 55105	651-221-9709

If you are experiencing a mental health emergency, please call the CRISIS CONNECTION at 612-379-6363, 9-1-1, or go to your nearest hospital emergency room.



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Resources: Education & Advocacy

Jenny's Light www.jennyslight.org
Mission: to improve and save lives by increasing awareness of all perinatal mood disorders including postpartum depression.

Minnesota Association for Children's Mental Health www.macmh.org
651-644-7333
165 Western Avenue North, Saint Paul, MN 55102
Statewide education and advocacy organization for children's mental health.

Minnesota Department of Mental Health www.health.state.mn.us/divs/cfh
The Maternal and Child Health Section provides statewide leadership and public health information essential for promoting, improving or maintaining the health and well-being of women, children and families throughout Minnesota.

NAMI Minnesota www.namihelps.org
651-645-2948
National Alliance on Mental Illness
Non-profit organization dedicated to improving the lives of adults & children with mental illness and their families. Hosts of the Beyond the Baby Blues Conference.
800 Transfer Rd, St. Paul, MN 55224.

Postpartum Support International www.postpartum.net
1-800-944-4PPD
Non-profit organization providing information, resources, & advocacy regarding emotional changes during pregnancy & postpartum; for mothers, fathers, family members & their care providers.
Twin Cities/Greater MN Coordinator: Suzanne Swanson, PhD, LP 651-221-9709
Southeastern MN: Sue Palmer, M.P.H., M.P.A. 507-292-7048

Ten Moons Rising www.tenmoonsrising.org
651-216-6029
Non-profit organization committed to raising awareness about the importance of prenatal & birth experiences for the physical, spiritual & emotional well-being of infants and mother.

Social Support & Enrichment

Blooma www.blooma.com
952-848-1111
Through yoga classes, wellness services, childbirth education and a supportive community, Blooma seeks to help nurture the mind, body, and spirit of moms-to-be and new mamas and their families. 3919 44th Street Edina, MN 55424

My Healthy Beginning Magazine www.myhealthybeginning.org
Information and local resources on healthy family lifestyles; focus on natural and alternative methods.

Parenting Oasis www.parentingoasis.com
612-205-7050
Drop-in center for parents: kids play area, food, education, support.
Becoming New Mother Discussion Group, Healing Birth Stories Workshops, etc.

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Parent Phone Services

Baby Connection – Fairview Phone Info Line 612-672-4789
Free and confidential for parents of infants up to 3 months old. Leave a message, and a Fairview birth & family educator will return your call. Not a medical advice or emergency help service.

Children's Home Society & Family Services – 24hr Phone Service 651-641-1300
Supporting Ramsey & Dakota County families facing stress, crisis, & parenting challenges.

Parent Warm-Line 612-813-6336
A non-crisis, non-medical phone service providing parenting information sponsored by Children's Hospitals and Clinics of Minnesota.

Pregnancy — Birth — New Parent Resources

The Childbirth Collective www.childbirthcollective.org
Doula support, Parent Topic Nights: pregnancy, birth, postpartum
St. Paul, Minneapolis, St. Croix Valley, Duluth, Fargo/Moorhead

The International Cesarean Awareness Network (ICAN) www.ican-online.org
Support for cesarean prevention & recovery, promotes vaginal birth after cesarean (VBAC).

New Mama Group by Amma Maternity 952-926-BABY
A six-week class for new mothers with babies 0-8 weeks old. Addresses infant care, postpartum adjustment, and more. www.AmmaMaternity.com

New Parent Connection Support – Metro Area & Education Groups http://www.allina.com/ahs/united_birthcenter_talk.nsf
For parents and their infants, ages birth to 4 months old. Led by a licensed parent educator, topics include: moving from pregnancy to parenting, arranging feeding schedules, monitoring sleep routines, smoothing sibling adjustments, readjusting to a work schedule, choosing childcare providers. No registration necessary; Free. Parents welcome to join anytime through their infant's fourth month. Internet message board allows families to ask questions and to support to each other.

Coon Rapids: Mercy Hospital. Thursdays, 2-3:30pm.
Parent/Family Education: 763-236-3003

Fridley: Unity Hospital. Mondays. 1-2:30pm.
Parent/Family Education: 763-236-3003

Shakopee: St. Francis Regional Medical Center.
1st Wednesday of each month, 1:30-2:30pm
Shakopee Community Education: 952-496-5029

St. Paul: United Hospital. Tuesdays, 1:30-3:30pm.
Contact Kathy Morris: 651-241-6204



PSYCHOTHERAPISTS/CONSULTANTS, CONT.

Denise Tromblay, MA, LP 612-672-2165
Pregnancy, infant loss, birth trauma, postpartum depression & anxiety
Fairview Counseling Centers, 2450 Riverside Ave., Mpls. MN 55454
Private Practice: 3507 Lyndale Ave S 55408 612-418-5812

Jeanette Truchsess, PhD, LP, RN 651-226-4704
Infertility & adoption
348 Prior Ave. N., St. Paul MN 55104

Fran Zimmerman, MA, LP 952-545-9310
Pregnancy, loss, perinatal depression, postpartum issues
8085 Wayzata Blvd., Suite 216, St. Louis Park MN 55416

PSYCHIATRIC CARE

Dwenda Gjerdingen, MD, MS 651-227-6551
Bethesda Clinic, 580 Rice St., St. Paul, MN 55103

Hennepin Women's Mental Health Program 612-373-1851
Benita Dieperink, MD
Helen Kim, MD
Michelle Wiersgalla, MD
914 S. 8th St., Suite D-110, Mpls, MN 55404

Eric Larson, MD 952-920-6748
6525 Drew Ave S, Edina, MN 55435

Helen Kim, MD 612-702-4410
Private practice: 3133 Hennepin Ave. So, Mpls, MN, 55408

TWIN CITIES METRO AREA SUPPORT SERVICES/GROUPS & CLASSES

Breastfeeding Support

The Breastfeeding Center @ Park Nicollet 952-993-5124
www.parknicollet.com/methodist/birthcenter/postpartumCare/infantCare/breastfeedingSupport.cfm. Certified lactations consultants available by phone & appointment to offer answers & support to breastfeeding problems & concerns. Breastfeeding preparation classes offered. Located on the ground level of the Meadowbrook Building, Methodist Hospital campus.

Breastfeeding Support Groups 612-672-2350
Fairview Children's Clinic, 2535 University Ave, SE, Mpls, 55414.
For women with difficulties or questions, and/or who want support regarding breast feeding. Wednesdays 10-11 am for English-speaking moms; Thursdays 3-4pm for Somali-speaking moms. No pre-registration required; drop-in, no cost.

La Leche League of Minnesota and the Dakotas 612-922-4996
Support & education resource for nursing families. www.lalecheleague.org



Breastfeeding Support, Cont.

Mercy Hospital Breastfeeding Warmline 763-236-7430
Mothers (or support persons) of babies delivered at Mercy Hospital can leave a message about their breastfeeding concerns. Calls are returned and questions answered by a lactation educator in two to four hours. In-person consultations available at Mercy Hospital, Coon Rapids; most insurance accepted.

Depression & Anxiety Groups

Postpartum Depression Support Group 612-863-4770
Sponsored by United & Allina Hospitals. Open to anyone; no cost. Tuesdays at 1:30-3pm, Abbott Northwestern Hospital, Minneapolis
Wednesdays, 1:30 – 3pm, Dakota Cty Northern Service Center, West St. Paul
Jennifer Johnson, MA, LP & Bev Lamb, RN

Therapy Groups for Depression and Anxiety During and After Pregnancy

612-672-6999
On-going groups for women experiencing depression and anxiety associated with their pregnancies. Sessions will include education and treatment, spouse/partner involvement, support from other mothers, and coordination with medical behavioral health care team. Babies are welcome. Offered at multiple sites in greater metro area. Insurance/fee. Call for intake.

Family Relationships

Bringing Baby Home & Beyond Parenting Workshops 651-208-0550
Donna Corbo, Certified Gottman Educator of Life Connections. Educational workshops for expecting & new parents. Topics include: newborn know-how & new parent survival; emotional intelligence, attachment, dads parenting styles; healthy relationship & family building. Offered at various Twin Cities locations.

Seeds of Mindfulness, Judith Lies, LMFT 612-343-1623
Mindful Parenting & Mindfulness Based Stress Reduction Classes
3706 East 34th Street, Mpls, MN 55406

Infertility & Family Building

Mind-Body Program for Fertility & Family Building 651-226-4704
Women and couples learn research-supported techniques to decrease stress & increase coping strategies. Jeanette Truchsess, PhD, LP, RN

Resolve: The National Infertility Association 1-888-959-0333
Non-profit organization promoting reproductive health & equal access to all family-building options; local support groups, education meetings, resources.
www.midwest.resolve.org

Loss Support & Education

Bittersweet: Loss of a Multiple Birth or Gestation Support Group 952-854-1997
7:30pm, 3rd Tuesday of each month. Call for location & more info: Barb Schaack.

Childbirth Education Following Pregnancy Loss – Metro Area 612-672-4698
Fairview Health Services. Contact Ann Shelp for more info & locations.



Loss Support & Education, Cont.

Childbirth Education Following Pregnancy Loss – St. Paul 651-241-6206
United Hospital, 333 Smith Ave., St. Paul, MN 55102. Contact: Annette Klein

Heartbreaking Choices Support Group 612-672-7656
Support & counseling for families facing pregnancy termination for fetal anomalies. 1st and 3rd Monday, 5 - 6:30pm. U of M Medical Center Fairview, Riverside Campus, 2450 Riverside Ave. Minneapolis, MN 55454. Please call to register.

Missing Grace Pregnancy and Infant Loss Support Groups – Maple Grove 763-497-0709
www.missinggrace.com
For parents who have experienced pregnancy loss, stillbirth, or newborn death. 2nd & 4th Tuesdays, 6:30-8:30pm; Maple Grove Covenant Church, 9350 Upland Ln. N., Maple Grove, MN 55369. Online support groups.

Pregnancy & Newborn Loss Support Group/Counseling – Metro Area
For parents who have experienced pregnancy loss, stillbirth, or newborn death. Support Group: 1st and 3rd Tuesdays, 5-6:30pm 952-924-5708
Fairview Southdale Hospital, Edina. Call Dave Engelstad to register.
Fairview Ridges Hospital, Burnsville (counseling only) – Holly Wiest: 952-892-2585

Pregnancy & Newborn Loss Counseling (Spanish speaking) 651-603-0252
The Seton Clinic - Catholic Charities, 1276 University Ave. W., St. Paul, MN 55104
Contact: Jennifer Harvey.

Pregnancy & Infant Loss Support Group – St. Paul 651-241-6206
For parents who have experienced pregnancy loss, stillbirth, or newborn death. 2nd & 4th Mondays, 5-6:30pm; Free. United Hospital, Garden View Medical Bldg, Rm. 4057. Contact: Annette Klein, RN

Pregnancy & Infant Loss Support Group – Maplewood 651-326-3733
For parents who have experienced pregnancy loss, stillbirth, or newborn death. 1st & 3rd Tuesdays, 7-8:30pm; Free. St. John's Hospital (HealthEast), 1575 Beam Ave., Breast Care Center Library, Maplewood, MN 55109. Joann O'Leary, PhD.

Pregnancy & Infant Loss Support Group – Coon Rapids 763-236-3420
For parents who have experienced pregnancy loss, stillbirth, or newborn death. Call for dates & times. Unity Hospital

Subsequent Pregnancy After Loss Support Group – St. Paul 651-241-6206
For expectant parents who have had a pregnancy loss, stillbirth, or infant death. United Hospital, Garden View Med. Bldg, Rm. 4057
1st & 3rd Mondays, 5-6:30pm; Free. Contact: Annette Klein, RN

Subsequent Pregnancy After Loss Support Group – Edina 612-672-7656
For expectant parents who have had a pregnancy loss, stillbirth, or infant death. 2nd and 4th Mondays, 5-6:30pm. Call to register: Deb Rich, PhD, LP

Sudden Infant Death Syndrome (SIDS) Program 612-813-6285
Children's Hospital, 2500 Chicago Ave. So., Mpls, MN 55407

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