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

**RESOURCE LIST**

**TWIN CITIES METRO AREA — SUPPORT SERVICES, Cont.**

**Enrichment**
- **Blooma**
  - [www.blooma.com](http://www.blooma.com) 952-848-1111
  - Yoga classes, wellness services, childbirth education & supportive community.
  - For moms-to-be, new mamas, & their families.
  - 3919 44th Street Edina, MN 55424
- **My Healthy Beginning Magazine**
  - [www.myhealthybeginning.org](http://www.myhealthybeginning.org)
  - Information and local resources on healthy family lifestyles, natural & alternative methods.

**Pregnancy & Infant Loss Support and Education**
- **Bittersweet: Loss of a Multiple Birth or Gestation Support Group** 952-854-1997
  - Call for location & more info: Barb Schaeck.
- **Fairview Health Services – Metro & Greater MN Locations** 612-672-4698
  - For pregnancy & newborn loss, subsequent pregnancy after loss, childbirth education following pregnancy loss.
- **Faith’s Lodge**
  - [www.faithslodge.org](http://www.faithslodge.org) 612-825-2073
  - Retreat center in Danbury, WI for parents & families facing the serious illness or loss of a child/infant. Low-to-no cost.
- **Heartbreaking Choices Support Group – Minneapolis** 612-672-7656
  - For families facing pregnancy termination for fetal anomalies.
- **Missing Grace Preg/Infant Loss Support**
  - [www.missinggrace.com](http://www.missinggrace.com) 763-497-0709
- **The Selon Clinic, Catholic Charities – St. Paul, MN 55104** 651-603-0252
  - (Spanish Speaking) Pregnancy & Newborn Loss Counseling.
- **St. John’s Hospital (HealthEast) – Maplewood** 651-326-3733
  - Pregnancy & Infant Loss Support Group
- **MN Sudden Infant Death (SIDS) Center**
  - [www.childrensmn.org/sidcenter](http://www.childrensmn.org/sidcenter) 612-813-6285
  - Information & parent support group. Children’s Hospital, Minneapolis
- **United Hospital – St. Paul** 651-241-6206
  - Pregnancy/infant Loss, Subsequent preg after loss, & childbirth education following loss.

**LOCAL & NATIONAL SUPPORT, EDUCATION & ADVOCACY**
- **The Childbirth Collective**
  - [www.childbirthcollective.org](http://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](http://www.ican-online.org)
  - Support for cesarean prevention & recovery, promotes vaginal birth after cesarean (VBAC).
- **Jenny’s Light**
  - [www.jennyslight.org](http://www.jennyslight.org)
  - Mission: to improve and save lives by increasing awareness of all perinatal mood disorders including postpartum depression.
- **NAMI Minnesota (Nat Alliance on Mental Illness)**
  - [www.namihelps.org](http://www.namihelps.org) 651-645-2948
  - Dedicated to improving the lives of adults & children with mental illness and their families. Hosts of the annual BEYOND THE BABY BLUES CONFERENCE.
- **Postpartum Support International (PSI)**
  - [www.postpartum.net](http://www.postpartum.net) 1-800-944-4PPD
  - Non-profit organization providing information, local & national resources, & advocacy regarding emotional changes during pregnancy & postpartum. MN Co-coordinators: Suzanne Swanson, PhD, LP; Krista Post, MA, LP
  - 612-296-3800
- **Ten Moons Rising**
  - [www.tenmoonsrising.org](http://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 mothers.

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**Check online for more resources including Greater MN & info about PPSM:**
- [www.pregnancypostpartumsupportmn.org](http://www.pregnancypostpartumsupportmn.org)

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**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 these resources will assist through some of the most important and often challenging times in a new family’s life. 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!

~Suzanne Swanson, PhD, LP & Krista Post, MA, LP

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- [www.pregnancypostpartumsupportmn.org](http://www.pregnancypostpartumsupportmn.org)
PSYCHOTHERAPISTS/CONSULTANTS, Cont.

Talia Jackson, PsyD, LP
612-709-7153
Pregnancy, birth, loss, postpartum issues
2600 Wayzata Blvd., Minneapolis, MN 55405

Christy Anderson Jacob, PhD, LP
612-879-1010 ext 2
Pregnancy & birth, postpartum, parenting, Loss, sexual abuse & perinatal issues.
2124 Dupont Ave. S, Suite 300, Minneapolis, MN 55405

Maren McMillan, PsyD, LP
612-644-4100 ext 14
Pregnancy & birth, postpartum & post-adoptions issues
Minnesota Center for Psychology, 2383 University Ave W, #200, St. Paul, MN 55114

Dianne Meixner, MA, LMFT, LICSW, ATR
651-287-0846
Postpartum depression, pregnancy & infant loss
357 E. Kellogg Blvd., St. Paul MN 55105-1411

Joann O’Leary, PhD
612-788-6903
Infant mental health, pregnancy & loss pregnancy after loss
3208 Rankin Rd. NE, Mpls, MN 55418

Krista Post, MA, LP
612-296-3800
Infertility, pregnancy & infant loss, birth trauma, postpartum issues, parenting
4500 Park Glen Rd., Suite 150, St. Louis Park, MN 55416

Jane Rauenhorst, PhD, LP
612-757-0708
Pregnancy & birth, adjustment to parenting, grief, trauma/EMDR, couples
2239 Carter Ave. S. Paul, MN 55108

Deb Rich, PhD, LP
651-645-5504
Infertility, pregnancy & infant loss, postpartum, teaching/training
Shoshana Center, 570 N. Asbury #306, S. Paul, MN 55104

Susan K Schultz, PhD, LP
952-842-0299
Infant-parent attachment & mental health
7400 Metro Blvd Suite 216 Minneapolis, MN 55439

Sharon Stein McNamara, EdD, LP
651-698-1799
Infertility, pregnancy & infant loss, postpartum issues
521 Tanglewood Dr., Shoreview, MN 55126

Suzanne Swanson, PhD, LP
651-221-9709
Pregnancy & birth issues, postpartum, loss/trauma, mothering
1108 Grand Ave., Suite 2, S. Paul, MN 55105

Andrea Szporn, PhD, LP
612-240-5174, 612-373-1851
Pregnancy, birth, infant loss, postpartum, couples workshops
4061 Excelsior Blvd., Suite 307A, S. Louis Park, MN 55416, 914 S. 8th St., Suite D-110, Minneapolis, MN 55404

Denise Trombley, MA, LP
612-418-5812, 612-672-2165
Pregnancy, infant loss, birth trauma, postpartum depression & anxiety
3507 Lyndale Ave S, Mpls. MN 55408, 2450 Riverside Ave, Mpls. MN 55454

Jeanette Truchsess, PhD, LP, RN
651-226-4704
Infertility, pregnancy, postpartum, grief& loss, trauma/EMDR, parenting, adoption
348 Prior Ave. N., St. Paul MN 55104

PSYCHIATRIC CARE

Benita Dieperink, MD
651-769-7998
Private practice: 889 Grand Ave. S, St. Paul, MN 55104

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

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

Maren McMillan, PsyD, LP
612-240-5174, 612-373-1851
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