

## Perinatal Mental Health RESOURCE LIST



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.

### 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 Schaack.

**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.faithsloodge.org](http://www.faithsloodge.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 – Maple Grove** [www.missinggrace.com](http://www.missinggrace.com) 763-497-0709

**The Seton 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 651-221-9709  
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.

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

## Perinatal Mental Health RESOURCE LIST

4th 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 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

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

### PSYCHOTHERAPISTS/CONSULTANTS

**Kerry Anderson, MA, LP** 612-508-5623  
7575 Golden Valley Rd, Suite 370, Golden Valley, MN 55427  
Pregnancy, birth, infant loss, postpartum, parenting

**Laura Barbeau, MA, LAMFT** 952-454-8325  
Pregnancy & birth, postpartum, parenting  
4749 Chicago Ave. So, Mpls MN 55419

**Sara Biewen MA, LP** 612-267-7433, 612-672-2142  
Pregnancy & infant loss, postpartum, pregnancy & birth issues  
11900 Wayzata Blvd., S. #200, Mka 55305, 6320 Wedgwood Rd. N, Maple Grove, 55454

**Catherine Burns, Registered Somatic Movement Therapist** 612-332-7459  
Pregnancy, birth trauma/unexpected outcomes, infant loss, postpartum issues  
2228 Seabury Ave, Mpls, MN 55406

**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

**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

**Lisa Cross, LMFT** 763-416-4167  
Postpartum depression, labor & delivery anxiety, marital counseling  
7270 Forestview Ln. N., Maple Grove MN 55369

**Karol Dahlof, MA, LMFT** 612-605-8487  
Pregnancy & infant loss, postpartum issues  
6603 Queen Avenue South, Suite G, Richfield, MN 55423

**Hennepin Women's Mental Health Program** 612-373-1851  
Monica Mandell, PhD, LP  
Andrea Szporn, PhD, LP  
914 S. 8th St., Suite D-110, Minneapolis, MN 55404

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.



**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-adoption 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** 651-757-0708  
 Pregnancy & birth, adjustment to parenting, grief, trauma/EMDR, couples  
 2239 Carter Ave. St. Paul, MN 55108
- Deb Rich, PhD, LP** 651-645-5504  
 Infertility, pregnancy & infant loss, postpartum, teaching/training  
 Shoshana Center, 570 N. Asbury #306, St. 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, St. Paul, MN 55105
- Andrea Szporn, PhD, LP** 612-240-5174, 612-373-1851  
 Pregnancy, birth, infant loss, postpartum, couples workshops  
 4601 Excelsior Blvd., Suite 507A, St. Louis Park, MN 55416,  
 914 S. 8th St., Suite D-110, Minneapolis, MN 55404
- Denise Tromblay, 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
- 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

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.

**PSYCHIATRIC CARE, Cont.**

- Helen Kim, MD** 612-702-4410  
 Private practice: 3133 Hennepin Ave. So, Mpls, MN, 55408
- Laurie Leabhart, CNS** 651-241-3000  
 Allina Medical Clinic, Woodbury  
 8675 Valley Creek Rd, Woodbury MN 55125
- Amelia Merz, MD** 952-993-3307  
 Park Nicollet Clinic  
 3800 Park Nicollet Blvd., St. Louis Park, MN 55416

**TWIN CITIES METRO AREA — SUPPORT SERVICES**

**Breastfeeding Support**

- The Breastfeeding Center @ Park Nicollet-Methodist Hosp.** 952-993-5124  
 Lactation consultants available by phone & appointment. Preparation classes.
- Fairview Breastfeeding Support Groups** 612-672-2350  
 Fairview Children's Clinic, 2535 University Ave, SE, Mpls, 55414.  
 Groups for English-speaking & Somali-speaking moms. Drop-in, no cost.
- La Leche League of Minnesota and the Dakotas** 612-922-4996  
 Support & education resource for nursing families. [www.lalecheleague.org](http://www.lalecheleague.org)
- Mercy Hospital Breastfeeding Warmline & Appts.** 763-236-7430  
 In-person consultations available at Mercy Hospital, Coon Rapids; most insurance accepted.

**Education/Support/Therapy Groups**

- Bringing Baby Home & Beyond Workshops** [www.lifeconnectionsinfo.com](http://www.lifeconnectionsinfo.com) 651-208-0550  
 Donna Corbo, Certified Gottman Educator. Workshops for expecting & new parents.  
 Emotional intelligence for new & expecting. Various Twin Cities locations.
- Bringing Baby Home Workshops** [www.strategiesformeaningfulliving.com](http://www.strategiesformeaningfulliving.com) 612-240-5174  
 Dr. Andrea Szporn, Certified Gottman Educator. For new/soon-to-be parents: build a stronger foundation for baby to thrive, by strengthening couple relationship. St. Louis Park.
- Empowering Mothers Group** 651-644-4100 ext 14  
 10-week Education/support group for women with postpartum &/or anxiety symptoms.  
 Dr. Maren McMillan. Minnesota Center for Psychology, 2383 University Ave W, St. Paul.
- Fairview Counseling Center 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 & following. *Babies welcome.* Minneapolis & Maple Grove sites.
- 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 [www.drjeanette.net](http://www.drjeanette.net)
- 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](http://www.AmmaMaternity.com)
- Parenting Oasis** [www.parentingoasis.com](http://www.parentingoasis.com) 612-205-7050  
 Minneapolis Drop-in center for parents: kids play area, food, support, new friends.  
 Becoming New Mother Discussion Group, Healing Birth Stories workshops, etc.
- Postpartum Depression Support Group** 612-863-4770  
 Sponsored by United & Allina Hospitals. FREE. Jennifer Johnson, MA, LP & Bev Lamb, RN  
 Tues: 1:30-3pm, Abbott Northwestern Hospital, Minneapolis  
 Weds: 1:30-3pm, Dakota Cty Northern Service Center, West St. Paul
- Seeds of Mindfulness, Judith Lies, LMFT** 612-343-1623  
 Mindful Parenting & Mindfulness Based Stress Reduction Classes  
 3706 East 34th Street, Mpls, MN 55406