



# RESOURCES

Family Support & Education

## MENTAL HEALTH

*Therapist, Social Workers, and Perinatal Support*

Name	Title	Contact	Website
Danielle DiCamillo	LCSW PLLC	(347)464-0616	<a href="http://www.ddicamillotherapy.com">www.ddicamillotherapy.com</a>
Stephanie Rose	LICSW	Currently not accepting new clients yet will offer resources	<a href="https://www.linkedin.com/in/stephanie-rose-licsw-she-her-hers-81a67473">https://www.linkedin.com/in/stephanie-rose-licsw-she-her-hers-81a67473</a>
Debbie Licker	Licensed Mental Health Counselor	<a href="mailto:debbie@seadriftcounseling.com">debbie@seadriftcounseling.com</a>	<a href="http://ohanacounselingcenter.com">ohanacounselingcenter.com</a>
Tracey Grady	mental health counselor	<a href="mailto:tracey@traceygradycounseling.com">tracey@traceygradycounseling.com</a> 206-939-7081	HOME   <a href="http://traceygradycounseling.com">traceygradycounseling.com</a>
Andrea Johnson Adams	Psychotherapist and certified nutritionist, Perinatal Mental Health and Fertility and Conception	206-571-2917	Nutrition & Psychotherapy   Andrea J Adams   Seattle, Shoreline ( <a href="http://andreajohnsonadams.com">andreajohnsonadams.com</a> )

# MENTAL HEALTH

*Therapist, Social Workers, and Perinatal Support*

## Continued

Stephanie Hurst	LMFTA	stephaniehurstmft@gmail.com	Postpartum Mental Health Support with Stephanie Hurst MFT   WA
Name	Title	Contact	Website
2020 Mom	<i>Closing gaps in maternal mental health care.</i>	info@2020mom.org	<a href="#">Resources for Providers – 2020 Mom</a>
Perinatal Support Washington	The resource for new parents in WA State	2311 N 45th St, PMB 239, Seattle, WA 98103  WARM LINE: 1-888-404-7763 (PPMD), Se habla español	<a href="#">Perinatal Mental Health Support Resources   Perinatal Support Washington</a>
Postpartum Support International	Postpartum Support International has many resources to help families, providers, and communities learn about the emotional and mental health of childbearing families.	Call for help 1-800-944-4773  #1 English #2 Espanol	<a href="#">PSI Perinatal Mental Health Provider Directory   PSI Perinatal Mental Health Directory (psidirectory.com)</a>
SAMHSA's National Helpline	Substance abuse and mental health Service Association	1-800-662-HELP (4357)	SAMHSA's National Helpline   SAMHSA

# NUTRITION

*Dietician Holistic Health Doulas, Autoimmune Support*

Name	Title	Contact	Website
Stephanie LaDuke	Holistic Wellness Coach	groundingwellness21@gmail.com 425-470-3365	<a href="https://ladukesl.wixsite.com/website-1">https://ladukesl.wixsite.com/website-1</a>
Judy Simon	MS, MsRDN, CD, CHES,	mail:judy@mind-body-nutrition.com 425-260-8783	<a href="https://www.mind-body-nutrition.com/">https://www.mind-body-nutrition.com/</a>

# PHYSICAL THERAPY

*Pelvic Floor Specialists, Occupational Therapists, and PRI Trained*

Name	Title	Contact	Website
Dr. Rachel Jananivich	PT/ DPT, Mobile option	info@empowered-physicaltherapy.com	<a href="http://www.empowered-physicaltherapy.com/">http://www.empowered-physicaltherapy.com/</a>
Yhali Gat	OT	info@neeflaot.com	NeeflaOT
Dr. April Bolding	Pt, CCE, CD	info@aprilbolding.com	Home   April Bolding
Dr. Ken McGee	PT, Mobile option	425-445-5698	<a href="http://www.b3ptco.com">www.b3ptco.com</a>
Dr. Thao Martinez	PT, DPT, Mobile option, Fluent in Vietnamese	425-423-3149	Home - Physical Therapy Dynamix (ptdynamix.com)
Dr. Tara	DPT	<a href="mailto:tara@innerrhythmwell.com">tara@innerrhythmwell.com</a>	About Me   Inner Rhythm Wellness
Fountain of youth	LMT, CSP, TMP	jerica@fountainofyouth.h.healthcare	<a href="https://fountainofyouth.healthcare/">https://fountainofyouth.healthcare/</a>

# MASSAGE THERAPY

*Acupuncture, Massage, Bowenwork, and Reiki*

Name	Title	Contact	Website
Heather Hawthorne	LMT		Schedule Appointment with Heather Hawthorne, LMT (as.me)
Soren Stone	Owner & Licensed Mental Health Counselor	360-568-1378	Home   Mariposa Day Spa
Tina Hull	LMT, PBP	360-572-8332	Marysville Bowenwork Therapy - What Is It? And Why Should I Try It? (iwantbowenwork.com)
Dr. Wenzhen (Lori) Jin	M.D-CHINA, Ph.D., L.Ac.	425-820-2773	Kirkland Acupuncture, Dr. Lori Gin (positivechiropracticanwellness.com)
Dr Catherine Wang-Morien	DACM, L.Ac	425-686-9580	About   Clarity Wellness (cwc.health)
Abby Coble Acupuncture	licensed acupuncturist / cranial-sacral	(206) 920-7979	<a href="http://www.abbycoble.com/">http://www.abbycoble.com/</a>
Rhiannon Stanford			Seattle Acupuncture Hub

# FITNESS

## *Fitness Groups and Personal Training*

Name	Title	Contact	Website
Lacey Ramon	Owner	(360) 568-0588	Snohomish Gym   Snohomish Fitness Center
Fit for Moms	FIT4MOM is the nation's leading prenatal and postnatal fitness program	425-686-8016   jamieambrose@fit4mo m.com	Locations - Exercise Groups For Moms - - FIT4MOM
Be one yoga	Prenatal yoga	425-820-9642  info@beoneyogastudio. com	Be One Yoga   Kirkland Hot Yoga (beoneyogastudio.com)

# MIDWIVES


## *Midwives & Birthing Centers*

Name	Title	Contact	Website
Ali Tromblay	Lm, CPM, Co-owner	425-823-1919	Puget Sound Birth Center
Siri Larson Iverson	Midwife & owner	themidwives@snohomi shmidwives.com	Snohomish Midwives - Welcome
Snohomish Midwives	Midwife Birth center	hello@snohomishmi dwives.com Phone: (360) 453- 7872	Contact - Snohomish Midwives

# MIDWIVES

## *Midwives & Birthing Centers*

### Continued

Journey Midwife Services, LLC		Phone 206-338-1427	 <p><b>Journey Midwife Services</b> Journey Midwife Services is a Seattle birth center that provid... journeymidwife.com</p>
Foothills Midwifery			<a href="http://www.foothillsmidwife.com">www.foothillsmidwife.com</a>

# OBGYN

## *OBGYN and Maternity Ward Hospitals*

Name	Title	Contact	Website
Dr. Mary Tsuang	MD	425-899-5000	Eastside OB/GYN
Evergreen Hospital	Physician group	425-899-3501	Labor & Delivery   Kirkland, WA   EvergreenHealth
Swedish Hospital	Physician group	206-386-BABY (2229)	Swedish First Hill Birth Center   Swedish Medical

# LACTATION

*Lactation Consultants (IBCLC) & Lactation Educators (CLE)*

Name	Title	Contact	Website
Leanne Spromberg	CLE	206-679-6134	<a href="http://www.modernnewbornfamilycare.com">www.modernnewbornfamilycare.com</a>
Yodit "Judy" Jewett	IBCLC/ NDTR	425-615-6346	Sisterly Care Lactation Services
Joy MacTavish	MA, IBCLC, RLC	206-973-0337	Sound Beginnings   Seattle Lactation   Family Consultations ( <a href="http://soundbeginningsfamily.com">soundbeginningsfamily.com</a> )
Catherine Fenner	IBCLC	206-920-3084 email: <a href="mailto:catherine@nurturenewlife.com">catherine@nurturenewlife.com</a>	Seattle IBCLC   Lactation Consultant Seattle   Help With Breastfeeding ( <a href="http://nurturenewlife.com">nurturenewlife.com</a> )
nurturing expressions	Lactation support, pumps, equipment	<a href="tel:206-763-2733">206-763-2733</a>	<a href="https://nurturingexpressions.com/">https://nurturingexpressions.com/</a>

# BIRTH EDUCATORS

Name	Title	Contact	Website
Dr. Nicole Calloway Rankins	OB Delivery Physician		(drnicolerankins.com)
Melissa Steiner	Childbirth educator	melissa@theinspiredbeginningsbirth.com	Birth Education   The Inspired Beginnings: Birth. Redefined. (theinspiredbeginningsbirth.com)
The Perfect Push	Childbirth, bringing home baby, and Lactation courses	877-522-3079 hello@theperfectpush.com	The Perfect Push - Doula, Lactation Support, Newborn Care
Amanda Duggan	BSN/ RN	425-448-NEST	Childbirth, Newborn Care & Breastfeeding Class - Prepare the Nest
Cathie Pennie	BSN, RN, RNC OB	425-448-NEST	Childbirth, Newborn Care & Breastfeeding Class - Prepare the Nest
Spinning Babies	Training and professional directory	NA	Spinning Babies - Comfort in Pregnancy and Easier Birth



# BIRTH DOULAS

Name	Title	Contact	Website
Leanne Spromberg	CLD, CLE, CPD, CPST, NCS,PMH-C	info@modernnewborncare.net	www.modernnewbornfamilycare.com
Kate Dewey	CD/CDT(BAI), CLE, CBE	kateandjane@letitbebirth.com	LET IT BE BIRTH DOULA SERVICES - Home
Open Arms Perinatal Services	Labor & postpartum doula, IBCLC	Doula Services - Open Arms Perinatal Services (openarmsps.org)	Open Arms Perinatal Services (openarmsps.org)

# PEDIATRIC CPR

## *Infant & Pediatric CPR Educators*

Name	Title	Contact	Website
Tricia Piers McElwain		Tacoma Genera	
Anita Sandall	EMT CPR instructor	425-448-NEST	Infant CPR, Safety, and Injury Prevention Class – Prepare the Nest
Sharon Muza	BS, CD/BDT(DONA), LCCE, FACCE, CLE	<a href="mailto:sharon@sharonmuza.com">sharon@sharonmuza.com</a>	<a href="https://sharonmuza.com/.../seattle.../infant-safety-cpr/">https://sharonmuza.com/.../seattle.../infant-safety-cpr/</a>

# FAMILY EDUCATOR

## *Family & Early Childhood Educators*

Name	Title	Contact	Website
Prepare the Nest		425-448-NEST	Childbirth & Parenting Classes   Prepare the Nest - Redmond, Wa
Anita Sandall	EMT CPR instructor	425-448-NEST	Infant CPR, Safety, and Injury Prevention Class - Prepare the Nest
Birth Injury Center	Their mission is to assist anyone affected by a birth injury.		<a href="#">Birth Injury Center</a>   <a href="#">Birth Injury Resources</a>

# CAR SEAT SAFETY

## *Child Passenger Safety Technician (CPST)*

Name	Title	Contact	Website
Leanne Spromberg	CPST	info@modernnewborncare.net	www.modernnewbornfamilycare.com
Andrea Busath	CPST		New Find a CPS Technician SKCMS (cyzap.net)
Denise Donaldson	CPST-I	denise@saferidenews.com	www.saferidenews.com

# FERTILITY

*Fertility & Conception Support*

Name	Title	Contact	Website
POMA Fertility		425-822.7662	<a href="https://www.pomafertility.com/">https://www.pomafertility.com/</a>
Bayside Birth & Midwifery		425-405-0278	Bayside Birth & Midwifery   Everett WA   Facebook
Andrea Johnson Adams	Psychotherapist and certified nutritionist, Perinatal Mental Health and Fertility and Conception Support, EMDR	206-571-2917	Nutrition & Psychotherapy   Andrea J Adams   Seattle, Shoreline (andreajohnsonadams.com)
David Lin	variable modalities	425-392-8881.	<a href="https://www.hopespringwellness.com/body-acupunctur">https://www.hopespringwellness.com/body-acupunctur</a>
Seattle Acupuncture & Herb	Dr Xie and Dr.Zhen	206-522-1252	

# ANTEPARTUM

## *Prenatal Support*

Name	Title	Contact	Website
Leanne Spromberg	CPD, CLE, CLD, CPST, NCS, ECE	206-679-6134	www.modernnewbornfamilycare.com

# PERINATAL

## *Postpartum Doula Support*

Name	Title	Contact	Website
Leanne Spromberg	CPD, CLE, CLD, CPST, NCS, ECE	206-679-6134 (Call/Text)	www.modernnewbornfamilycare.com

# NEWBORN CARE SPECIALIST

## *Trained and Certified by CAHCE NCS*

Name	Title	Contact	Website
Leanne Spromberg	CACHE Certified Newborn Care Specialist	206-679-6134	www.modernnewbornfamilycare.com

# AGENCY

Nanny. Private Educators, and Doula Agencies

Name	Contact	Website
The Nanny Consultant	info@thenannyconsultant.com	Nanny Agency   The Nanny Consultant   Seattle
Annie's Nannies	suzanne@aniseattle.com	Annie's Nannies, Inc.   Seattle's Original Nanny Agency since 1984 (aniseattle.com)
Starling	hello@starlingagency.com	<a href="https://www.starlingagency.com/browse-seattle-nanny-jobs/">https://www.starlingagency.com/browse-seattle-nanny-jobs/</a>
Open Arms Perinatal Services	(206) 723-6868	Open Arms Perinatal Services - Community-based support for the families who need it most. (openarmsps.org)
NAPS	206-956-1955 email: referrals@napsdoulas.com	Find Your Doula   NAPS Doulas

# GRIEF & LOSS

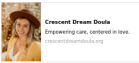

*Neonatal and Infant loss Support Services*

Name	Title	Contact	Website
Going with Grace		(213) 973-935	Death Doula Directory - (goingwithgrace.com)
Sisters in Loss		erica@sisterinloss.com	Sisters in Loss - Replacing Silence with

			Storytelling around Pregnancy and Infant Loss and Infertility.
Now I lay me down to sleep	Infant loss photography		NILMDTS Find a Photographer (nowilaymedowntosleep.org)

# ABORTION SUPPORT

*Abortion Doula*

Name	Title	Contact	Website
Cashew Pendergrass	Doula		 <p>Crescent Dream Doula Empowering care, centered in time. www.crescentdreamdoula.org</p>
Kaylee Hussey	<p>CPR &amp; First Aid certified, CAPP Lactation Educator (Hip to Heart 2022), DONA (Mother Tree 2022) Trained Postpartum Doula, Elimination Communication Coach (Go Diaper Free 2023), Death Doula in Training</p>	<b>Text: 360.910.2649</b>	 <p>Beluga DOULA SERVICES</p>

# SUPPORT GROUPS

## *Family, Moms, Dads, Caregivers, and Lactation Support groups*

- Overlake's Hospital [Balance After Baby support group](#)—a professionally led group where moms can share their feelings and thoughts in a safe and respectful community. Husbands, partners and babies are encouraged and welcome. Second and fourth Thursday of every month (except major holidays), 4–6 p.m.
- [https://www.swedish.org/locations/center-for-perinatal-bonding-and-support?ls=location&y\\_source=1\\_OTU3Njc4My03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D](https://www.swedish.org/locations/center-for-perinatal-bonding-and-support?ls=location&y_source=1_OTU3Njc4My03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D)
- <https://perinatalsupport.org/for-parents/>
- PEPS (Program for Early Parent Support), they do parent, caregiver, and baby support groups by neighborhood. The leaders of the groups are volunteers. <https://www.peps.org/>
- The postpartum depression group at Evergreen Hospital meets the first and third Tuesdays of each month from 7-9pm. This is run by Tish Rogers, LICSW.
- NAMI Eastside President is Donna Lurie
- Perinatal Mental Health Alliance for Women of Color
- Redmond – Conversations About Motherhood for moms with children ages 2 and up. Contact [conversationsaboutmotherhood@outlook.com](mailto:conversationsaboutmotherhood@outlook.com). Suggested \$10 contribution.
- Seattle- Early Days. Contact Meg at [earlydaysWS@gmail.com](mailto:earlydaysWS@gmail.com) or visit [www.earlydays.org](http://www.earlydays.org) . \$10 drop-in fee, pay as you can.
- Seattle- Life After Birth
- Seattle – Adjusting to Parenthood. Facilitated by Mia Edidin, LICSW. For more info call Mia at 206.659.7773 or [Mia.Edidin@perinatalsupport.org](mailto:Mia.Edidin@perinatalsupport.org) and website
- LLL LE Leche League, is welcoming to all families. Diversity strengthens our community! This is an LGBTQ+ friendly space. All LLL events are free of charge. If you have any specific questions or requests, please let us know. LLL support is FREE for all families. They do sell memberships to help fund our group and state chapter. If you are in space and feel compelled to Donate, you may do so via PayPal to [LLL.Kirkland@gmail.com](mailto:LLL.Kirkland@gmail.com)
  - In Person Lactation MeetUp, 1st Friday of the Month Dec 2nd 12:30 - 2pm, Leader: Danielle, Puget Sound Birth Center- Family Room, 13128 Totem Lake Blvd NE, Suite 101, Kirkland, WA 98034  
NOTES: Masks are REQUIRED for everyone 2 years and older at Puget Sound Birth Center. All attendees must also sign a LLL COVID Liability Waiver in order to participate.  
Virtual Facebook Meeting in the LLL Kirkland private FB group, 2nd Saturday of the Month Dec 10th starting around 10:30am - 12pm. Leader: Monica from LLL Kirkland
  - The "meeting" will be held via a series of group post prompts. Questions welcome! .Please join <https://www.facebook.com/groups/lllkirk> and answer all the join questions so we can admit you!
  - VIRTUAL LLL Bellevue PM Zoom meeting, 2nd Wed of the Month Dec 14th at 7 - 8:30pm (Bellevue PM), Leader(s): Juliet and Edee, Bellevue PM
    - Join Zoom Meeting  
<https://us02web.zoom.us/j/801670669?pwd=Q0VxV0dGNUp5WVhkNTJpdm5GelZYQT09>  
Meeting ID: 801 670 669 Passcode: 871684 One tap mobile +12532158782,,801670669#,,,,\*871684#  
US (Tacoma)

# SUPPORT GROUPS

*Family, Moms, Dads, Caregivers, and Lactation Support groups*

- In-Person Backyard Playdate, 3rd Fridays of the Month Dec 16th 10am-11:30am, Where: Backyard of a Private Residence near Totem Lake Kirkland, Leader: Kelsey from LLL Kirkland. Please email for specific address and provide the following information: Your name; children with ages (or expected due date); city where you live and the date(s) you anticipate attending. You will then be emailed with the address and parking instructions.
- About the Location: The backyard is fully fenced with toddler toys, a cozy covered area, comfortable seating, and stroller/wheelchair accessible. Outdoor outlets are available for those who need to pump and you are welcome to use the fridge to store milk during the gathering. This is an outdoor meeting, masks are not required, but we encourage everyone to do what is comfortable for them. The LLL Leader will have masks on hand, and will wear one while in close proximity for lactation support or cute baby snuggling. PLEASE STAY HOME if either you or your children are exhibiting any illness symptoms. We are happy to see you at the next playdate!
- Baby Lounges in Pierce County. All are 90 min and facilitated by IBCLCs, doulas, nurses, CLCs, and an infant mental health specialist. Free to families prenatal through age one (flexible on age). Childcare reimbursements provided and snacks or lunch included. Come join us for community and ask questions to one of our health professionals  
[familyconnectswa.org/baby-lounge](https://familyconnectswa.org/baby-lounge)
- Integrated Therapy Services is now offering a FREE support group for caregivers of children ages 0-18 months. The Postpartum Support Group is every Tuesday from 10:15 AM - 11:45 AM, in-person at Integrated Therapy Services. The goal of this group is to help parents connect and build community around their shared experience parenting babies. Babies under 18 months are welcome with their parent. There is no registration required! For more information, see <https://integratedtherapynw.com/parent-support-group/> 253-460-7248  
3560 Bridgeport Way W, Suite 2C University Place, WA 98466
- <https://www.fern lactation.com/supportgroups>
- Good Sam Hospital has supports groups
- MOPS group at University Place Presbyterian Church
-