



**Mothering Wellness in Alaska Resources for  
Maternal Mental Health**

**Mothering Wellness in AK (Statewide):**

Grassroots group focused on Alaskan women & family.  
[www.facebook.com/motheringwellnessinAK](http://www.facebook.com/motheringwellnessinAK)

***ANCHORAGE/EAGLE RIVER/MAT-SU***

**Providence Women's Boutique and Clinic (Anchorage):**

Perinatal individual/couples/family counseling, overall postpartum health group called Monday Mamas 11am-noon on every Monday. 907-212-5886

**Family Support Counseling (Anchorage):**

Accepts all insurances including Medicaid/Medicare.  
Patients are billed through Providence. Focus is Perinatal Mood Disorders. Michele Blair, LCSW and Joclyn Reilly, LCSW 907-212-4940

**Integrated Women's Health (Wasilla):**

Postpartum support group, 2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 9A-11A. 907-357-7781

**The Tears Foundation (Wasilla):**

Pregnancy and infant loss support group held last Tuesday of every month. 907-529-4289

**Heritage Birth Center (Anchorage):**

Postpartum Mom Share, Once a Month. 907-770-6655

**Meghan Yarmak, LPC (Anchorage):**

Perinatal mental health, licensed professional counselor. <http://meghanyarmak.com>  
907-644-8044

**Lindsey Kruse (Anchorage):**

Night nannies take care of baby so parents can get sleep at night.  
<http://www.denalinightnannies.com>

**Racheal Souther, MS, OTR/L (Anchorage)**

Pediatric and Maternal Health Occupational Therapist, 907-441-5214

**Maranda Bower (Palmer):**

Postpartum Retreats. [www.serenitygrows.com](http://www.serenitygrows.com), 907-947-7722

**Sirpa Lahtinen-Gorman, LPC (Eagle River)**

Licensed Professional Counselor. Maternal mental health. Takes most private insurances.  
alaskatherapy.com 907-720-1878

**L.A. Kelsey, MA, LPC (Anchorage and Mat-Su)**

Licensed professional counselor specializing in Postpartum Depression, Parenting Attachment,  
Infant Mental health, Women's Issues and Doula, 970-987-9170

**Shawna Ragan, MS, LPC (Anchorage)**

Licensed Professional CounselorConnectionsak.com, shawna@connectionsak.com, 907-231-1243

**Mariyam Medovaya (Anchorage/Girdwood)**

DONA trained Postpartum Doula, www.mariyammedovaya.com

**Amy Smith, MSW (Anchorage)**

Counselor works with the perinatal mood disorders and maternal mental health concerns,  
BCBS and Tricare.

**Hospice of Anchorage: Miscarriage, Pregnancy & Infant Loss Support Group  
(Anchorage)**

Pre-register with Jane Barber at 907-561-5322, fmn@hospiceofanchorage.org

**Betty M. Robards, MS, LPA (Anchorage)**

Psychotherapy and Counseling Services. 907-223-2179, www.bettyrobards.com

**Paula Phillips, LPC (Anchorage)**

Anchorage Women's Clinic. Counselor trained with Postpartum Support International and  
Postpartum Stress Center. www.anchoragewomensclinic.com/providers-paula-phillips  
907-561-7111

**Elly Sanchez MS, LPC, Confluence LLC (Anchorage)**

Pregnancy, Abortion/Post-abortion Issues, Adoption, Anxiety, Depression, etc. Tricare & most  
major insurance. 907-310-0920

**Marquetta Zidrashko, (Anchorage)**

Counselor at Alaska Family Counseling 907-222-2503 www.alaskafamilycounseling.com

**Lynden Carola Grothe, MS (Anchorage)**

Counselor at Alaska Family Counseling 907-222-2503 [www.alaskafamilycounseling.com](http://www.alaskafamilycounseling.com)

**Taylor Huskey, Doula (Anchorage)**

907-764-3411 www.angelblossombirths.com

**Sarah A. Edwards, LPC (Wasilla)**

Counselor in Wasilla area. 907-444-9111 Sarah@WholeSerenityCounseling.com

**Loss Due to Miscarriage Group, Bobbi O'Kelley, LPC (Anchorage)**  
Every Tuesday starting at 5:30pm, effective August 11th, 2015. 110 W 15th Ave.  
907-440-6405 [bobbi917@yahoo.com](mailto:bobbi917@yahoo.com)

**Katie Healet, CD (DONA), ACSM EP-C (Anchorage)**  
Birth and postpartum doula, Childbirth Educator and Personal trainer for new moms and moms to be. [Belugabellydoula@gmail.com](mailto:Belugabellydoula@gmail.com)  
907-250-2162

### **FAIRBANKS**

**Kate Parks (Fairbanks):**  
Postpartum Support Groups at Alaska Family Health and birth Center, 907-456-3719

**Fairbanks Counseling and Adoption(Fairbanks):**  
Providing services that include individual and family counseling, adoption service, family services, street outreach and pregnancy services. [www.fcaalaska.com](http://www.fcaalaska.com)

**Kinship Counseling (Fairbanks):**  
Services include infant & early childhood mental health & postpartum counseling.  
[www.kinshipcounseling.org](http://www.kinshipcounseling.org)

**Two Bears Midwifery (Fairbanks):**  
Postpartum care packages  
[www.twobearmidwifery.com/postpartum-care](http://www.twobearmidwifery.com/postpartum-care), 907-978-2868

### **CENTRAL KENAI PENINSULA**

**Vanessa Perry, MS (Kenai Peninsula):**  
Perinatal Mental Health Support & education for individuals/couples. [www.hopemends.com](http://www.hopemends.com)  
907-953-7008

**Central Peninsula Hospital Behavioral Health Department**  
Individual/family therapy for individuals in Maternal Mental Health with Medicaid and most major insurance.  
907-714-4521

**Compassionate Friends (Kenai Peninsula):**  
Loss of child, sibling, or grandchild. Meets 4th Tuesday of the month at Soldotna Public Library 6-7pm. [tcfofthekenai@gmail.com](mailto:tcfofthekenai@gmail.com) Leslie at 907-398-3113 or Brenda 252-7030

**Brandi Watkins, Doula (Kenai Peninsula):**

Birth, Postpartum, and Bereavement Doula  
bearthangel-funstuff1@yahoo.com

## **National Hotlines:**

**Postpartum Support Line:** 1-800-944-8766, participation code: 33702

Postpartum Support International hosts free, live phone sessions every week, including Wednesday chats for moms and first Monday chats for dads. During these sessions you can connect with other moms and dads, and talk with a PSI expert about resources, symptoms, options and general information about perinatal mood and anxiety disorders from the privacy of your own phone. There is no need to pre-register or give your name. These sessions, facilitated by licensed mental health professionals, are informational only and open to anyone with questions and concerns. Limited to the first 15 callers.

**National Suicide Prevention Hotline and Website:** 1-800-273-8255

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

Call for yourself or someone you care about; free and confidential; network of more than 140 crisis centers nationwide; available 24/7