

## Central Virginia Resources

### Mental Health Professionals

Providers listed below have been screened by PSVa to ensure they have knowledge and experience helping women recover from PMADs. ***Please tell these providers you found their contact information through PSVa.***

**THERAPISTS** provide counseling, information, and resources but cannot prescribe medication.

**PSYCHIATRISTS** are medical doctors who can prescribe medication and rule out any underlying medical issues.

### Support Groups

Support groups offer the opportunity to validate experiences and gain support and encouragement. Contact the support group leader for specific information about the group.

All groups are **FREE**.

<http://www.postpartumva.org/support-groups/>

### Charlottesville—Therapists

Robin Bernhard, LCSW	420 3 <sup>rd</sup> Street Northeast	(434) 825-6545	virginianeurofeedback.com
Linda Capacchione, LPC	330 Winding River Lane	(434) 296-1338	lindacap.com
Sarah Carter, LCSW	1110 Rose Hill Drive #201	(434) 996-4593	cvillecounseling.com
Charlottesville Psychological Associates	100 East South Street	(434) 971-4747	cpaththerapy.com
Julie Convisser, LCSW	920 9 ½ Street Northeast	(434) 806-8516	julieconvisserlcsw.net
Michelle Damiani, PhD	1008 East Jefferson Street	(434) 984-4444	
Jeanne Martin, LPC	100 East South Street #4	(434) 984-3111	one-stepcloser.com
Victoria Moore, LPC	2 Boars Head Place	(434) 295-0635	
Cathy Jespersen Sacks, LCSW	1110 Rose Hill Drive	(434) 979-0401	rosehilltherapy.com
Deborah Sinek, PhD	100 East South Street #2	(434) 227-4721	deborahsinekphd.com
The Women's Initiative	1101 East High Street	(434) 872-0047	thewomensinitiative.org
UVA Women's Center	1400 University Avenue	(434) 982-2361	womenscenter.virginia.edu

### Charlottesville--Psychiatrists

Virginia Bayliss, MD	154 Hansen Road #103	(434) 602-1477	doctorbayliss.com
Anita Clayton, MD	310 Old Ivy Way # 104	(434) 243-4646	uvahealth.com
UVA Psychiatric Services	2955 Ivy Road	(434) 243-4646	neurosciences.uvahealth.com

## Richmond—Therapists

Susan Buniva, LCSW	6802 Patterson Avenue	(804) 677-7721	susanbuniva.com
McKenzie Casad, LCSW	1312 West Main Street	(757) 553-2780	cypresscounseling.com
Jessica Davis, LCSW	530 East Main Street #320	(804) 709-7537	jdavislcsw.com
Ashley Freeman, PhD	2119 West Main Street	(804) 298-7088	ashleyfreemanphd.com
Lauren Hoffman, PsyD	530 East Main Street #530	(804) 648-0169	mindfultreatments.com
Christa Marshall, PsyD	2800 North Parham Road #107	(804) 482-0744	christamarshall.com
Erica Mindes, PhD	413 Stuart Circle #320/200A	(804) 237-8918	covingtonandhafkin.com
Jessica Summers, LCSW	720 Moorefield Park Drive #202	(804) 272-7611	jamesriverpsychotherapy.com
Linda Zaffram, LCSW	8600 Quioccasin Road #201	(804) 482-0852	healingcirclecounseling.com

## Richmond—Psychiatrists

Rashida Gray, MD	5855 Bremo Road	(804) 287-7788	bonsecours.com
Olivia Reichenbacker, PMHNP-BC	7489 Right Flank Road #330	(804) 398-8401	otcounseling.com
Bushra Shah, MD	1250 East Marshall Street	(804) 828-2000	

## Virtual Therapists

Leslie Kilpatrick, LCSW	VA	(703) 691-3578	virtualpostpartumtherapy.com
Nikita Pion-Klockner, LCSW, LICSW, LCSW-C	VA, MD, DC, CO	(202) 495-0876	holistic-therapy.us
Tracy Wingold	VA	(804) 370-0872	betterhelp.com/tracey-wingold

Last Verified: September 2017