

**Hampton Roads Resources for Perinatal Mood and Anxiety Disorders**  
 Chesapeake, Hampton, Norfolk, Newport News, Portsmouth, Suffolk, Virginia Beach, Williamsburg

**Support groups** offer the opportunity to validate experiences and gain support and encouragement. *updated 10/22/2015*  
 Please contact the support group leader for specific information about the group. All groups are **FREE**.

<b>Norfolk</b>	Wednesday evenings	Laura Shields	(757) 388-3350	SNGHVolunteers@postpartumva.org
<b>Portsmouth</b>	Thursday morning	Kimberly Barnard-Bracey	(757) 953-5861	military and dependents
<b>Virginia Beach</b>	Wednesday evening	Ann Warnock-Beaver	(757) 971-7264	vabchpsva@yahoo.com
<b>Virginia Beach</b>	Tuesday morning & evening	Mary Clement	(757) 656-5772	mclement@postpartumva.org
<b>Williamsburg</b>	Tuesday morning	Diana McSpadden		dmcspadden@postpartumva.org

**Therapists** provide counseling, information, and resources, but cannot prescribe medication. *updated May 2015*  
 These individuals have interest and experience working with new and expectant mothers experiencing anxiety and/or depression.

<b>Norfolk</b>	Jody Alperin, PsyD	1709 Colley Avenue	(757) 557-6330	counselinghr.com
	Peggy Fanney, LCSW	420 North Center Drive	(757) 466-0700	psych-therapy.com
	Douglas Finney, LCSW	420 North Center Drive	(757) 466-0700	psych-therapy.com
	Patricia Fuss, PsyD	420 North Center Drive	(757) 466-0700	psych-therapy.com
	Barbara Kersey, PhD	880 Kempsville Road	(757) 466-6350	thegroupforwomen.com
	James Paulson, PhD	825 Fairfax Avenue	(757) 558-8204	odu.edu/directory/people/jjpaulson
	Belinda Sanders, LCSW	420 North Center Drive	(757) 466-0700	psych-therapy.com
	Rose Smith, LCSW	420 North Center Drive	(757) 466-0700	psych-therapy.com
<b>Portsmouth</b>	Kimberly Barnard-Bracey, LCSW	620 John Paul Jones Circle	(757) 953-5861	<i>Military and dependents</i>
<b>Virginia Beach</b>	Anna Crane, PhD	324 Louisa Avenue	(757) 351-6400	psych-therapy.com
	Courtney Michels, LPC	828 Healthy Way	(757) 461-3890	tidewaterobgyn.com
	Leigh Ellen Rodriguez, LPC	1913 First Colonial Road	(757) 718-6415	lercounseling.homestead.com
	Michelle Zimmerman, APRN	324 Louisa Avenue	(757) 351-6400	psych-therapy.com

**Psychiatrists** are medical doctors who can perform a full psychiatric assessment and prescribe medication. *updated May 2015*  
 These doctors can also help rule out underlying medical conditions, such as thyroid issues and anemia.

<b>Norfolk</b>	Jenny Cooke, PA-C	110 Kingsley Lane	(757) 489-4700	riverpointpsychiatric.com
<b>Portsmouth</b>	Sarah Moore, MD	3300 Academy Avenue	(757) 483-6404	
<b>Hampton</b>	Lisa Mensch, MD	300 Medical Drive	(757) 788-0201	hnncsb.org
<b>Virginia Beach</b>	Pierre Golpira, MD	4542-D Bonney Road	(757) 802-4497	
	Elizabeth Kamin, MD	2580 Potters Road	(757) 498-9391	dominionpsych.com
	Leslie Murray, MD	2580 Potters Road	(757) 498-9391	dominionpsych.com
	Amanda Rhodes, MD	6465 College Park Square	(757) 420-0530	chespsych.com
	Christine Truman, MD	324 Louisa Avenue	(757) 351-6400	psych-therapy.com

## Additional Resources

### Project Link Virginia Beach

Case Management for pregnant and parenting women affected by substance abuse and/or co-occurring disorders  
Cleriece Whitehall  
(757) 385-0810  
cwhitehi@vbgov.com

### Child Development Resources - Early Head Start

James City County, City of Williamsburg, York County, Poquoson  
Teresa Simmons  
(757) 566-TOTS  
jackiewj@cdr.org  
www.cdr.org

### Prenatal and Obstetric Care

Lisa Casanova, MD, FACOG  
401 Oyster Point Road, Suite A  
Newport News, VA 23606  
(757) 249-3000

### City of Portsmouth Behavioral Health Services

505 Washington Street, Suite 602  
Portsmouth, VA  
(757) 393-8896

### Portsmouth Health Department

Case Management for pregnant women up to 2 months postpartum  
Karla Shuler, RN, BSN  
1701 High Street  
Portsmouth, VA  
(757) 393-8585 x 8751

### Inpatient Treatment

Maryview Behavioral Health Center  
Dr. Meenakshi Parmar  
3636 High Street  
Portsmouth, VA  
(757) 398-2400

### Hampton Roads Clinic of the

#### Hampton-Newport News Community Services Board

Substance Abuse Treatment  
Servicing: Hampton, Newport News, Williamsburg,  
Suffolk, Gloucester and Greater Tidewater Area  
Teresa Vess, RN, LSCW  
2712 Washington Avenue  
Newport News, VA 23607  
(757) 240-5223  
www.hnncsb.org

### CHIP of South Hampton Road

1302 Jefferson Street  
Chesapeake, VA 23324  
(757) 543-9100  
chiphf.org@gmail.com

### Williamsburg Mothering

Online listing of resources in Williamsburg  
williamsburgmothering.com

### BirthMatters Virginia

Connect with other new mothers  
Chapters in Newport News and Williamsburg  
birthmatters.us

### Moms Clubs

Meet other at-home mothers  
Chapters in Chesapeake, Hampton, Newport News Virginia Beach  
momsclub.org

### Mothers of Prechoolers (MOPS)

Meet other mothers through local churches  
Chapters in many locations throughout Virginia  
mops.org

### Fit4Mom

Fitness for women in all stages of motherhood  
Classes for pregnant women, moms with strollers, and more  
fit4mom.com

### My Active Child

Activities, events, family fun in Hampton Roads  
myactivechild.com

### Stay-at-Home Moms of Hampton Roads

Newport News / Hampton / Yorktown  
meetup.com/SAHM-of-Hampton-Roads

