RESOURCES AND REFERRALS: COWLITZ COUNTY
COMMUNITY RESOURCES FOR PREGNANT, POSTPARTUM, AND PARENTING FAMILIES

Behavioral Health Providers

CORE Health*
Therapy and medication management.
748 14th Ave
Longview, WA 98632
360-200-5419

Columbia Wellness*
Counseling and medication management.
921 14th Ave., Longview
360-423-0203

Sea Mar*
Individual and group therapy.
1710 Allen St.
Kelso, WA 98626
360-261-7020

PeaceHealth St. John Medical Center*
Therapy and medication management.
1615 Delaware St
Longview, WA 98632
360-414-2236

Northwest Psychological Services
Individual and group therapy.
945 11th Ave, Suite B
Longview, WA 98632
360-414-8600

Kaiser Permanente NW
Therapy and medication management.
1230 Seventh Ave
Longview, WA 98632
360-636-2400

Anchored Hope Counseling
Macee Whatley MHP, LMHC
1338 Commerce Ave, Ste 208,
Longview
360-442-6305
*Medicaid provider

If you or someone you know is currently facing a mental health emergency, please dial 911 or contact Cowlitz County Crisis at 360-425-6064 or the National Suicide Prevention Lifeline at 1-800-273-8255.

Behavioral Health Providers:
Specialized Focus in Postpartum Depression and Anxiety

Lisa Iverson, MA
Olympia, WA 98501
360-492-1038
http://lisaiverson.net/

Laura Citrin
924 7th Ave SE
Olympia, WA 98501
360-763-0970

Claire Bemis, MSW, LCSW
400 E Evergreen Blvd, STE 309
Vancouver, WA 98660
860-431-2532

Sabrina Sheehy
202 E. McLoughlin, STE 204
Vancouver, WA 98663
503-360-1524

Kier Counseling, PLLC
10000 NE 7th Avenue
Vancouver, WA 98685
360-727-1588

Couve Therapy
410 East 20th St
Vancouver, WA 98663
360-558-3247

TrueNorth Counseling Services
2400 Broadway St
Vancouver, WA 98663
855-402-5162

A New Life Christian Counselors
1105 NE 14th St, STE 103
Vancouver, WA 98684
Stephanie Cahill, MA, LMHCA
360-703-9072
Esther Pfeiffer, LMHCA
833-282-6752

Online or Telephone Counseling Providers

Sabrina Sheehy
http://www.sabrinasheehylcsw.com/index.html
503-360-1524

Kier Counseling, PLLC
http://www.kiercounseling.com/contact.html
360-727-1588

Couve Therapy
https://www.couvetherapy.com/
360-558-3247

Lacamas Counseling
Priscilla Gilbert, LMHC
https://lacamasconsulting.com/
360-972-3892

The Nurture Tree
http://www.thenurturetree.com/
971-234-9531

TrueNorth Counseling Services
https://truenorthcounselingservices.wordpress.com/
855-402-5162

Contacting a New Provider

Things to have ready:
Insurance cards or health care card
List of current medications

Questions to ask a provider:
Do you take my insurance?
Do you take new patients?
When is your soonest appointment?
RESOURCES AND REFERRALS: COWLITZ COUNTY
COMMUNITY RESOURCES FOR PREGNANT, POSTPARTUM, AND PARENTING FAMILIES

Postpartum Depression: Know the Signs

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual or for no apparent reason
- Moodiness, restlessness, or irritability
- Anger or rage
- Persistent doubt about your ability to care for your baby
- Loss of interest in things that are usually enjoyable
- Having trouble bonding or forming an emotional attachment with your baby
- Thoughts of harming yourself or your baby
- Feeling worried or overly anxious
- Physical aches and pains
- Changes in appetite
- Lack of sleep or oversleeping
- Difficulty concentrating
- Avoiding friends and family

See page 1 for a list of behavioral health providers

Resources

Maternal Depression & Anxiety

The Center for Postpartum Health
http://postpartumhealth.com/

Postpartum Health Alliance
https://postpartumhealthalliance.org/

Women’s Health and Breastfeeding

La Leche League of Longview
Meets the 2nd Wednesday of the month, from 10:00am-11:30am
St. Stephen’s Episcopal Church
1428 22nd Ave., Longview WA 98632
360-270-3129

Birth and Family Midwifery
1655 Hudson St., Suite 1, Longview, WA
211 Cunningham Rd., Kelso, WA
http://www.birthandfamilymidwifery.com/
360-749-0010

Family Health Hotline
Monday-Friday 8:00am-5:00pm
1-800-322-2588

National Women’s Health and Breastfeeding Helpline
Monday-Friday 9:00am-6:00pm
1-800-994-9662

Online Support or Applications

Postpartum Support International
Links to support resources
https://www.postpartum.net/get-help/help-for-moms/

Smart Patients Postpartum Community
Peer Support Community
https://www.smartpatients.com/partners/ppd

Free Text4baby App
Health and Safety Tips and Information
www.text4baby.org

FREE SUPPORT LINE: 1-888-404-7763
Perinatal Support Washington’s Warmline offers free telephone support. Talk to a mom who has been there or a licensed therapist. Leave a message and we will call you back.

Free Wellness Plan Template to keep track of your recovery plan: perinatalsupport.org/pdfs-to-download
RESOURCES AND REFERRALS: COWLITZ COUNTY
COMMUNITY RESOURCES FOR PREGNANT, POSTPARTUM, AND PARENTING FAMILIES

Education and Support

First Steps Program
Connecting pregnant women to health and social services
Family Health Center
1717 Olympia Way Suite 206 Longview
360-423-7740

Head Start/Early Head Start/ECEAP
Education and support for pregnant women, and children age birth to 5
Lower Columbia College
360-442-2800
lowercolumbia.edu/head-start/

Progress Center
Developmental services for families with infants and toddlers
1600 3rd Ave.
Longview, WA 98632
360-425-9810

Parents Place
Parent education and support
928 23rd Ave.
Longview, WA 98632
360-414-9212

Nurse Family Partnership
Health and Human Services
Community health program for pregnant women
360-397-8442

Children with Special Health Care Needs Program
Health and Human Services
Information and linkages to special health care services
360-414-5599 x 6424

Caring Pregnancy Center
Education, support, and baby items
101 Fir Street, Longview
360-636-1011

Broadway Learning Center
Special education preschool services
1410 8th Ave, Longview
360-575-7429

Medical Clinics

Child & Adolescent Clinic
971 11th Ave., Longview, WA 98632
360-577-1771

Family Health Center
1057 12th Ave., Longview
360-636-3892

PeaceHealth
1615 Delaware St., Longview, WA 98632
360-636-3892

Kirkpatrick Family Care
1706 Washington Way
Longview, WA 98632
360-423-9580

Need Health Insurance?
Call the WA State Health Care Authority at 360-414-2068 or call the Family Health Center and speak with a Navigator 360-636-3892

PARENT GROUPS

Mothering Together
Talk with mothers who have been there
Youth and Family Link
907 Douglas St. Longview, WA
Call 360-423-6741 for details

Life Works Playgroup
Sensory room open to families with children birth to age 6
Call 360-577-9093 for details

The Parent Collective
Support group for parents of youth experiencing behavioral challenges
Youth and Family Link
Call 360-423-6741 for details

MOPS
Mothers of preschoolers group
To find a group near you visit:
https://www.mops.org/groupsearch/

MOM Life
Community of moms of infant through elementary age children
First and third Thursdays
Kelso Christian Assembly
403 Academy St., Kelso, WA 98626
360-423-8560

La Leche League of Longview
Meets the 2nd Wednesday of the month,
St. Stephen’s Episcopal Church
1428 22nd Ave., Longview WA 98632
360-270-3129

Family Activities

Kelso Public Library
351 Three Rivers Dr., Kelso, WA
360-423-8110

Children’s Discovery Museum
1209 Commerce Ave
Longview, WA 98632
childrensdiscoverymuseum360@gmail.com

Longview Public Library
1600 Louisiana St, Longview, WA
360-442-5300

Youth and Family Link
907 Douglas St, Longview, WA
360-423-6741

To update or edit this guide, call Olivia at Youth and Family Link 360-423-6741