

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

*Agencies are meeting with the public virtually at this time



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
360-414-5750

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

Kelso Christian Assembly
403 Academy St., Kelso, WA 98626
Call 360-423-8560 for details

La Leche League of Longview

Education and advocacy related to breastfeeding

Call 360-270-3129 for details

Family Activities*

Kelso Public Library

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

<https://www.kelso.gov/library>

Children's Discovery Museum

1209 Commerce Ave
Longview, WA 98632

<http://childrensdiscovery360.org/>

*Agencies are currently closed to the public, in response to COVID-19; check out agency websites and Facebook pages for ideas on at-home activities

Longview Public Library

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

<http://www.longviewlibrary.org/>

Youth and Family Link

907 Douglas St, Longview, WA
360-423-6741

<http://www.linkprogram.org/>

To update or edit this guide, call Olivia at Youth and Family Link 360-751-2280

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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 3 for a list of behavioral health providers



**PERINATAL
SUPPORT** WASHINGTON

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

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



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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

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?



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://lacamascounseling.com/>
360-972-3892

The Nurture Tree

<http://www.thenurturetree.com/>
971-234-9531

TrueNorth Counseling Services

<https://truenorthcounselingservices.wordpress.com/>
855-402-5162

