



SWAYING SAGUARO DOULA SERVICES
POSTPARTUM SUPPORT & PARENT EDUCATION

Community Support Resources for Tucson Families

Postpartum & New Parent Support

- **4th Trimester Arizona**- Nonprofit organization offering postpartum education, support groups, and advocacy for families in the '4th trimester.' www.4thtrimesteraz.org
- **Shooting Star Doula Services** - Eileen Caito Doula care and perinatal mental health support for families in the postpartum period. Email: shootingstardoula@gmail.com
- **Da Kine Doula**-Ashley Kilonia Kalawaianui Labor Doula Support, Placenta Encapsulation and Postpartum Doula Support Email: ashleykk@dakinedoula.com
- **Tucson Doulas**-(520) 749-0329 info@tucsondoulas.com

Lactation, Feeding and Nutritional Support

- **Milk and Honey**-Compassionate, individualized breastfeeding support with a multidisciplinary approach. Milk and Honey nurtures the lactating parent, baby, and family as a whole, offering inclusive care and education for all family types. www.milkandhoneytucson.com
- **Pima County WIC** (Women, Infants & Children) Program Provides nutrition education, breastfeeding support, healthy food benefits, and referrals for pregnant and postpartum individuals and families with young children. www.pima.gov/health/child_family/wic/
- **Nourish AZ** Tucson-based nonprofit offering scholarships for feeding therapy and dietitian services, specialized feeding equipment, and parent support groups for children with medical or behavioral feeding challenges. www.members.azimpactforgood.org/
- **TMC Outpatient Breastfeeding Support Services** 1-(520) 324-5730
- **Jayne White, MSCN Desert Mindful Nutrition** - Integrative Clinical Nutritionist Personalized nutritional support focused on maternal and postpartum health. (520)222-9606 www.desertmindfulnutrition.com



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Midwifery & Birth Support

- **Well in the Desert Midwifery**-Culturally grounded, holistic midwifery care for pregnancy, birth, and postpartum. www.tucsonmidwife love
- **El Rio Health**- Comprehensive family health care including OB/GYN, pediatrics, and integrated behavioral health for Tucson families. www.elrio.org
- **Birth and Women's Health Center** -Licensed freestanding birth center offering midwifery-led prenatal, birth, and postpartum care. www.birthcenter.net
- **Tucson Medical Center (TMC) for Women**- Hospital-based labor and delivery services, postpartum care, and NICU support. www.tmc az.com
- **Northwest Women's Center** (Northwest Medical Center) Maternity services including prenatal care, labor and delivery, and postpartum recovery. www.healthiertucson.com
- **St. Joseph's Hospital** (Carondelet Health Network) Full-service hospital offering labor and delivery care with supportive postpartum services.

OB/GYN & Medical Providers

- **Dr. Howell, DO** - Ironwood OB/GYN Board-certified OB/GYN offering inclusive, compassionate obstetric care for pregnancy, postpartum, and reproductive health. Known for supporting patient-centered birth experiences. www.ironwoodobgyn.com
- **Dr Mylanie Facelo, DO**- Family Medicine Physician with 13 years experience. 5605 E River Rd Suite 219, Tucson, AZ 85750 (520) 314-4275

Pelvic Floor Specialist/Alternative Health

- **Alysson Striner, PT, DPT, PRPC, SEP Full Circle Physical Therapy**-Pelvic floor therapy and rehabilitation for pregnancy, postpartum, and beyond. Physical Therapist and Somatic Experiencing Professional (520)-222-6216
- **Jaimie Allison Lindsay, Roots to Bloom Women's Wellness**-prenatal, postpartum and unique woman's needs. (520) 907-9709 rootstobloominfo@gmail.com, www.prenatalmassagetucson.com



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Pediatricians

- **Dr. Johnson, Catalina Pediatrics**-offers prenatal visits, children and adolescent well care, same or next day sick visits and mental health consults. (520) 323-3099
- **Dr. Duane Dyson, Dyson Pediatrics** specializes in healthcare for children, toddlers and babies (520) 202-3488

Early Childhood Support

- **Easter Seals Blake Foundation** (520) 327-1529 www.easterseals.com/blakefoundation
- **Child and Family Resources** (520) 881-8940 www.childfamilyresources.org
- **Arizona Early Intervention Program:** Support for families of infants and toddlers 0-2 yrs., with disabilities or delays. <https://des.az-gov/azeip/>

Evidence-Based Parenting & Safety Resources

- **American Academy of Pediatrics** - HealthyChildren.org
- **Consumer Product Safety Commission (CPSC)** Official U.S. site for recalls and safety alerts, including baby gear, furniture, and toys. www.cpsc.gov
- **National Highway Traffic Safety Administration (NHTSA)** - Car Seat Guide Comprehensive car seat safety recommendations and inspection tools by age and stage. www.nhtsa.gov/equipment/car-seats-and-booster-seats
- **Tucson Fire Department** - Car Seat Installation Assistance Offers free child safety seat checks by certified technicians. Appointments recommended. www.tucsonaz.gov/fire/child-safety-seat-checks

Safe Sleep

- **Sleep Foundation:** <http://www.sleepfoundation.org/baby-sleep/co-sleeping>
- **Safe Co-Sleeping Guidelines:** <http://cosleeping.nd.edu/safe-co-cleeping-guidelines>



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Mental Health & Emotional Support

- **Erin Wilson** - Serenity Therapy Services Therapy services for postpartum adjustment, birth trauma, anxiety, and parent identity. Website: <https://www.serenitytherapyservices.com> Email: erin@serenitytherapyservices.com
- **Tucson Perinatal Mental Health Coalition** Collaborative network improving access to perinatal mental health care in Southern Arizona. Website: <https://www.tucsonpmhc.org>
- **Postpartum Support International – AZ Chapter (PSI-AZ)** Statewide mental health provider listings and support groups. www.psichapters.com/az/
- **Dr. Kristine T. Norris, DO, MPH** Board-certified psychiatrist specializing in perinatal mental health, trauma, and medication management. Offers evidence-based support through Tucson Outpatient Psychiatry. 3110 N Swan Rd, Tucson, AZ 85712 www.psychiatrytucson.com Email: drnorrispsych@gmail.com
- **Aecha Guerrero, LMFT, PMH-C**
Licensed Marriage & Family Therapist, certified in Perinatal Mental Health, with expertise in trauma, anxiety, and multicultural support.

Parent Support Groups-Virtual and In-Person

- **Fourth Trimester Village Support** A peer-led support space for postpartum individuals to share experiences, ask questions, and receive validation in a non-judgmental community environment. Offered in partnership with 4th Trimester Arizona. www.4thtrimesteraz.org
- **Blossoms of Parenthood Circle Group** An uplifting monthly parent meet-up-a welcoming space to connect, share, and recharge. Enjoy nourishing snacks, meaningful conversation, and creative activities designed to support you in your parenting journey. 2700 E. Speedway Blvd doulanikki81@gmail.com



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Culturally Specific & LGBTQIA+ Affirming Support

- **Perinatal Mental Health Alliance for People of Color (PMHA-POC)** A program of PSI offering culturally competent support groups, resources, and professional training to improve perinatal mental health outcomes for people of color. Website: <https://www.psimha.com>
- **Black Mamas Matter Alliance** A national organization focused on Black maternal health, rights, and justice through research, policy, and storytelling. www.blackmamasmatter.org
- **Southern Arizona Gender Alliance (SAGA)** Provides support, education, and advocacy for transgender and gender-diverse individuals and families in Tucson. Website: <https://sagatucson.org>
- **Postpartum Support International - LGBTQ+ Resources** Inclusive support groups and provider lists for LGBTQIA+ parents. www.postpartum.net/get-help/lgbtq-parents/
- **Aecha Guerrero, LMFT, PMH-C**
Licensed Marriage & Family Therapist, certified in Perinatal Mental Health, with expertise in trauma, anxiety, and multicultural support.
- **Desert Zen Counseling** –PMH-C certified therapists familiar with Latino experience
- **Montare Behavioral Health** – Indigenous Programs Holistic Indigenous mental health treatment. www.montarebhtucson.com/indigenous-mental-health/

Neurodivergent Support

- **Perinatal Mental Health Alliance for People of Color (PMHA-POC)** A program of PSI offering culturally competent support groups, resources, and professional training to improve perinatal mental health outcomes for people of color. www.psimha.com
- **Autism Pregnancy & Parenting Resources (by Autistic Mama)** A supportive hub created by an autistic mother for neurodivergent parents navigating pregnancy and parenting. Offers free downloads, education, and affirming advice. Website: <https://autisticmama.com>
- **ND Birth(Neurodivergent Birth)**-increasing understanding and awareness of neurodivergent perinatal experiences. www.ndbirth.org



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Domestic Violence & Trauma Support

- **Emerge Center Against Domestic Abuse**-provides critical services such as crisis intervention, safety planning and emergency shelter to support families as they rebuilt their lives. www.emergecenter.org
- **CODAC – SACASA** Bilingual sexual assault and trauma recovery services. www.codac.org
- **La Frontera Center** Mental health and trauma therapy including DV support. www.lafronteraaz.org
- **COPE Community Services**-Medical and behavioral health for underserved clients. www.copecommunityservices.org
- **FindHelp.org**- Tucson Local DV shelters, case managers, and safety assistance. www.findhelp.org