Project Healthy Moms:  
Resource List for Perinatal Mood and Anxiety Disorders (PMADs) 

Provided by Project Healthy Moms, Mental Health America of Georgia

Mental Health America of Georgia’s Project Healthy Moms provides this resource list of healthcare providers and outlets for self-care that specialize in providing care for pregnant or postpartum women. Please note that although seeking professional help is vital, a woman can complement her treatment plan with self-care and other support strategies. This list is comprehensive and includes many resources that may be combined.

Disclaimer: This list is intended for reference purposes only. Practitioners on this list have indicated experience and interest in PMADs; however, they have not been approved by a formal process through Mental Health America of Georgia. Therefore, inclusion on this resource list should not be considered an endorsement from Mental Health America of Georgia. Furthermore, services and information provided by these resources do not necessarily reflect the views of Mental Health America of Georgia.

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Updated 2/29/2016
Do you have specialized training and/or experience with perinatal mood and anxiety disorders? Do you think you or your organization should be added to this list of resources? If so, please contact Sarah Yoss at 678-904-1968 or at sarahy@mhageorgia.org.
Healthcare providers

A list of psychiatrists, therapists, and other healthcare providers in Georgia with specialized training, experience, and/or interest in Perinatal Mood and Anxiety Disorders.

**Are you a Georgia provider with specialized training and/or experience in perinatal mood disorders? Do you think you or your organization should be added to this list of resources? If so, please contact Sarah Yoss at 678-904-1968 or at sarahy@mhageorgia.org**

### Atlanta and Decatur

#### Psychiatrists and therapists

Cheri Augustine Flake, LCSW  
The Stress Therapist for Moms  
106 N Clarendon Ave, Ste A  
Avondale Estates, GA 30002  
404-610-1780  
*Payment: Self pay*

Elizabeth O'Brien & Associates LLC  
Psychotherapy and Coaching  
2801 Buford Highway, Suite 540 | Atlanta, GA 30329  
Office: 907-378-6972  
[http://www.elizabethobriennpc.com](http://www.elizabethobriennpc.com)  
[http://www.facebook.com/ElizabethOBrienLPC](http://www.facebook.com/ElizabethOBrienLPC)  
*Payment: Self pay*

Gina Campbell, LCSW, MDiv  
118 East Maple St  
Decatur, GA 30030  
(404) 987-0896  
[http://www.ginacampbellcounseling.com](http://www.ginacampbellcounseling.com)  
info@ginacampbellcounseling.com  
*Payment: Self pay, in-network with United Healthcare, Aetna and Blue Cross Blue Shield*
Judy Cantwell, LPC, MEd
International Workforce Effectiveness
1790 Century Blvd, Suite B
Atlanta GA, 30345
404-315-7331
judycanLPC@gmail.com
Payment: Private insurances or self-pay

Anne Cumings, LCSW, MDiv
1814 Clairmont Road
Decatur GA, 30033
404-636-1457 ext. 437
acumings@cccgeorgia.org
Payment: Medicaid, Medicare, Blue Cross Blue Shield, CIGNA, United, Aetna

Bethany B. Davis, MD
Twelve Piedmont Center
3495 Piedmont Road, NE Suite 419
Atlanta, GA 30305
404-841-1000
http://www.drbethanydavis.com/
Payment: Self pay

Nicole Elliott, LAPC, NCC, CYT
The Brookhaven Center for Counseling & Wellness
3996 Clairmont Road
Atlanta, GA 30341
www.atlantawellnesscounseling.com
678.357.6259
nicole.elliott.therapy@gmail.com
Payment: Self pay

Kate Ferguson, MA, NCC
Licensed Professional Counselor
Psychotherapy for Women
4200 Northside Parkway
Building 6
Atlanta, GA 30327
404-987-8876
www.katefergusontherapy.com
Payment: Self pay, financial aid available, out-of-network benefits offered

Updated 2/29/2016
Dana Frederick, MA, LPC, LMFT
2024 Powers Ferry Road, Suite 120
Atlanta, GA 30339
678-381-3493
www.counselinggenerations.com
Payment: Self-pay, sliding scale based on income, out-of-network benefits offered

Licia Freeman, MA, MEd, LMFT
3520 Piedmont Rd Suite 330
Atlanta, GA 30305
770-352-0029
services@liciafreeman.com
http://www.parentsandpartners.com/

Sally Herbert, MD
49 Lenox Pointe NE
Atlanta, GA 30324
404-842-0070

Sarah Hightower, MA, LAPC
Individual and group counseling services
A.T.L. Psychotherapy & Consulting Services
5835 Campbellton Road, SW
Atlanta, GA 30331
404-428-4114
http://sarahhightower.com
sarah.hightower@gmail.com
Payment: Self pay, sliding scale available

Laura Knorr, M.S., LMFT
Therapist
Atlanta Counseling Center
6111 Peachtree Dunwoody Rd., NE
Building C
Atlanta, GA 30328
(770) 396-0232x228
lvann@atlantacounselingcenter.org
Payment: Self-pay, some financial aid

Updated 2/29/2016
Linda Kondilis, Ph.D
Specialty: Mood Disorders, Women’s Reproductive Health, and LGBTQ Family Planning
675 Seminole Ave NE Suite 307
Atlanta, GA 30307
678-701-9559 x 102
http://www.lindakondilis.com
Payment: Self pay, out-of-network can submit claims

Lauren Magalnick Berman, PhD
5605 Glenridge Dr.
One Premier Plaza, Suite 600
Atlanta, GA 30342
404-634-2555
http://laurenberman.com/

Cassie Owens, LPC
Counseling for Women
Specialty: Perinatal Mood and Anxiety Disorders
4470 Chamblee Dunwoody Rd, #324
Atlanta, GA 30338
404-448-1733
www.postpartumatlanta.com
cassieowensLPC@gmail.com
Payment: Aetna, BCBS, Medicaid, and Private Pay

Karen Padron, MD, PhD
4 Executive Park E. Suite 470
Atlanta, GA 30329
404-922-0024

Shana Pittman, LPC
One Decatur Town Center
150 E. Ponce de Leon Avenue, Suite 350
Decatur, GA 30030
770-361-6833
shana@spcounseling.net
http://www.spcounseling.net/
Payment: Self pay; sliding scale available
Mental Health Centers and Programs with a Specialty in PMADs

Emory Women’s Mental Health Program
Emory Clinic Building B
1365 Clifton Rd NE, Suite 6100
Atlanta, GA 30322
404-778-2524
http://WomensMentalHealth.emory.edu/
Payment: Self pay, private insurance, some Medicare and Medicaid
Translation services available

New Joshua’s Circle of Hope for Mental Wellness and Recovery
2799 Lawrenceville Hwy,
Decatur GA, 30033
404-286-0054
Payment: Medicaid, private insurance, self pay

Northside Behavioral Health Services
1140 Hammond Drive NE, Suite J-1075
Atlanta, GA 30328
404-851-8960 or 404-851-8050
Payment: Self pay, private insurance, Medicare, state funding offered
Translation services available
OGCC Behavioral Health Services  
*Specialty: Individual and family therapy, group therapy, psych eval, medication management*  
3915 Cascade Rd SW  
Atlanta GA 30331  
404-691-3270  
*Payment: Medicaid, Wellcare and Amerigroup*

The Quilt Transitional Services  
*Specialty: Assertive Community Treatment*  
4151 Memorial Dr, Suite 207-A  
Decatur, GA 30032  
678-778-0637  
[http://www.thequilttransitionalservices.com/q_edu.html](http://www.thequilttransitionalservices.com/q_edu.html)  
*Payment: Medicaid, SSI*

**Mental Health Centers and Programs with Experience Treating PMADS**

Community Outreach for Youth and Family Services of Atlanta  
1514 Cleveland Ave #120  
Atlanta GA 30344  
404-631-6383  
*Payment: Amerigroup and Medicaid*

Eastchester Family Services  
*Specialty: In home therapeutic services*  
250 Georgia Ave SE  
Atlanta GA 30312  
404-653-0374  
*Payment: Medicaid, Amerigroup, Peachstate, Wellcare*

Mental Health Comprehensive Services  
3013 Clairemont Rd, Suite B  
Atlanta GA 30329  
678-302-1945  
[http://mhcservices.net/](http://mhcservices.net/)  
*Payment: Medicaid, all insurances, self-pay*

*Updated 2/29/2016*
Marietta and Smyrna

Psychiatrists and therapists

Tamara Ashley, MS, APC, NCC
Associate Professional Counselor
The Anxiety & Stress Management Institute
1640 Powers Ferry Rd SE, Building 9, Suite 100
Marietta, GA 30067
770-953-0080, ext. 316
tashley@stressmgt.net | www.stressmgt.net
Payment: Self pay, superbills for out-of-network reimbursement, sliding scale may be available

Jacqueline V. Cohen, LPC
Individual and Couples Counselor
4985B Lower Roswell Rd, Suite 200
Marietta, GA 30068
404-822-1026
www.therapymama.com
Payment: Self pay

Merrilee Stewart, LCSW
1260 Concord Road SE, Suite 101
Smyrna, GA 30080
770-432-0660
Payment: Major private insurance companies and self-pay

Stacey Wald, MA, RD, LD, CDE
Counselor, Registered Dietitian, Life Coach
Therapeutic Associates, LLC
2964 Peachtree Road, Suite 760
Atlanta, Georgia 30305404-358-3293swald@GROWcounseling.com
Payment: Self pay, may be covered through out-of-network benefits, sliding scale slots may be available

Mental Health Centers and Programs with a Specialty in PMADs

ACE Community Support Services
Specialty: Dr. Desmond Mall specializes in maternal mental health; Individual, marriage, and family counseling
2759 Delk Rd SE
Marietta GA 30067
678-401-4596
http://acecommunitysupport.com/
Payment: Medicaid, Medicare, Peachcare, Amerigroup

Updated 2/29/2016
The Anxiety & Stress Management Institute
1640 Powers Ferry Rd SE, Building 9, Suite 100
Marietta, GA 30067
Main: 770-953-0080
Intake office: 770-980-9229
http://www.stressmgt.net/
*Payment: Self pay, superbills for out-of-network reimbursement, sliding scale may be available*

**Tucker, Norcross, Roswell, Alpharetta, Lawrenceville**

**Psychiatrists and therapists**

**Monica Davis, MA LPC, NCC**
Child & Adolescent Resource Education Services
3636 Shrewsbury Court
Snellville GA, 30039
404-578-7629
*Payment: Peachstate, Wellcare, private insurance, self-pay on a sliding scale*

**Peyton Knight, LAPC**
11 Lumpkin Street, Suite 100
Lawrenceville, GA 30046
770-601-7550
www.greaterlifecounseling.com

**Nancia Leath, LPC**
Therapist
Inward Core Healthcare Services
Alpharetta, GA
770-744-5855
*Payment: Aetna, Coventry, Tricare, self-pay on a sliding scale*

**Natasha Thomas, MD**
Psychiatrist
Cumberland Psychiatric Group
51 Houze Road Suite 225
Roswell, GA 30076
*Payment: Self-pay, insurance*

*Updated 2/29/2016*
Mental Health Centers and Programs with a Specialty in PMADS

Family Works, Inc
*Specialty: Individual and family counseling*
3562 Habersham at Northlake, Building J
Tucker, GA 30084
770-270-2231
[www.familyworksga.com](http://www.familyworksga.com)
*Payment: Medicaid, Amerigroup*

Mental Health Centers and Programs with Experience Treating PMADS

View Point Health - Norcross
*Specialty: Individual and group counseling, psychiatry, substance abuse*
5030 Georgia Bell Court, St B
Norcross GA 30093
678-209-2745
[https://myviewpointhealth.org/](https://myviewpointhealth.org/)
*Payment: Medicaid, medicare, sliding scale for uninsured, some private insurers*

Athens and Jefferson

Psychiatrists and therapists

Suzanne McLean, LCSW
Counseling Associates for Well-being
1 Huntington Road, Suite 703
Athens, GA 30606
706-425-8900
suzanne@ca4wellbeing.com
http://www.ca4wellbeing.com/suzanne_morgan_mclean.html
*Payment: Self-pay, some forms of insurance*
Taylor Grove Yates & Associates
Taylor Yates, LCSW
Tracey Wyatt, LPC
Leslie Schwartz, LPC
Leigh Ellen Magness, LCSW
1 Huntington Road, Suite 105
Athens, GA 30606
(888)307-2780
http://www.taylorgroveyates.com/index.htm
Payment: Self-pay, insurance, Wellcare

Mental Health Centers and Programs with Experience Treating PMADS

Advantage Behavioral Health Services – Jackson County
383 General Jackson Drive
Jefferson, GA 30549
706-367-5258
http://www.advantagebhs.org/
Payment: Medicaid, private insurances and state-contracted funds for low income

Dahlonega and Toccoa

Mental Health Centers and Programs with Experience Treating PMADS

Avita Community Partners - Dahlonega
Specialty: Counseling and Medication services
150-A Johnson Street
Dahlonega GA 30533
706-864-6822
http://www.gamtns.org/
Payment: Medicaid, Blue Cross Blue Shield, sliding scale for uninsured

Avita Community Partners - Toccoa
Specialty: Individual counseling and psychiatry
1763 Fernside Dr
Toccoa GA 30577
706-282-4542
http://www.gamtns.org/
Payment: Medicaid, Tricare, Peachcare, sliding fee scale

Updated 2/29/2016
Dalton

Mental Health Centers and Programs with Experience Treating PMADS

Westcott Behavioral Health Services-Outreach
1109 Burleyson Rd.
Ste: 201
Dalton, GA 30720
706-272-6560
http://www.hamiltonhealth.com/behavioral-outpatient

Georgia Hope
1414 Dug Gap Rd.
Dalton, GA 30720
706-279-0405
http://gahope.org

Douglasville and Cedartown

Psychiatrists and therapists

Chrishina Scott, LPC, BCC
Elite Journey, LLC
4040 Chapel Hill Road, Suite Q
Douglasville GA, 30135
404-975-2816
Payment: Aetna, Blue Cross Blue Shield, Cameron & Associates, Humana, self-pay

Mental Health Centers and Programs with Experience Treating PMADS

Highland Rivers Service Board – Polk County
180 Wateroak Drive
Cedartown GA. 30125
770-748-2225
http://highlandrivershealth.com
Payment: Medicaid, Medicare, private insurance, state-contracted funds for low-income

Updated 2/29/2016
Covington, Stockbridge, Fayetteville, College Park, Peachtree City, Griffin and Greenville

Psychiatrists and therapists

Omi Dobbins, LPC, NCC, NCSC
159 Burke St, Suite 205
Stockbridge, GA 30281
678-960-9355
dobbins@georgiawell.com
http://www.georgiawaterwell.com

Vicki Leopold, LCSW
170 Broadmoor Drive
Fayetteville, GA 30215
770-461-0284

Mental Health Centers and Programs with a Specialty in PMAD

Progressive Consumer Counseling Services
Specialty: Individual and family counseling
5536 Old National Highway #100
College Park GA 30349
404-209-1209
http://www.progressivecounseling.org/
Payment: Medicaid, all private insurance and self-pay

Underdue Social Services
Specialty: Individual and group counseling, in community and in office, psychiatrist and psychologist, addiction and drug therapy
165 Burke St
Stockbridge GA 30281
770-389-9886
http://underduesocialservices.com/wp/
Payment: Medicaid, CMOs, Bluecross, Aetna, and other private options
Mental Health Centers and Programs with Experience Treating PMADS

Achieving Skills for Change Outreach Therapeutic Counseling
*Specialty: Individual and family counseling, in home counseling*
4146 Highway 278,
Covington GA 30014
770-787-3788
http://www.asfcoutreach.com/about.html
*Payment: Medicaid, Peachstate, Wellcare, Blue Cross, Tri-Care, sliding scale for uninsured*

Grace Harbour
23 Eastbrook Bend
Peachtree City GA 30269
770-716-1444
http://www.graceharbour.net/

Pathways Center - Meriwether County
756 Woodbury Road
Greenville GA, 30222
706-672-1118
http://www.pathwayscsb.org/
*Payment: Medicaid, Wellcare, sliding scale for uninsured*

Pathways Center - Spalding County Griffin Office
*Specialty: Individual and group counseling, substance abuse and anger management, psychiatry and medication management*
244 Odell Road, Suite 6
Griffin GA 30204
770-229-3407
http://www.pathwayscsb.org/
*Payment Medicaid, Amerigroup, Peachcare, private insurance out of network, sliding scale*

**Macon, Warner Robbins, Milledgeville, and Dublin**

**Mental Health Centers and Programs with a Specialty in PMAD**

Family Counseling Center
Masters level licensed therapists
Warner Robbins: 106-B Olympia Drive
478-745-2811 (Macon)
478-918-0663 (Warner Robbins)
http://www.fcccg.org/index.php
*Payment: Self-pay using sliding scale; employee assistance program; no cost for victims of crimes with police report; no cost for people on public assistance in Macon and Warner*
Mental Health Centers and Programs with Experience Treating PMADS

Oconee Center  
*Specialty: Individual, group, and family counseling*  
430 North Jefferson Street  
Milledgeville GA 31061  
478-445-4721  
*Payment: Medicaid or sliding fee scale, no private insurance*

Phoenix Center Behavioral Health Services  
*Specialty: Individual counseling, psychiatry*  
940 GA State Highway 96  
Warner Robins GA 31088  
478-988-1222  
*Payment: Medicaid and Tricare*

Community Service Board of Middle Georgia  
Community Mental Health Center  
600 N. Jefferson St  
Dublin, GA 31021  
478-272-1190  
[http://www.csbg.us/](http://www.csbg.us/)  
*Payment: Medicaid, Blue Cross Blue Shield, United and other private insurance*

Columbus

Psychiatrists and therapists

Kevin McPherson, MD  
Psychiatrist  
Columbus Psychological Associates  
2325 Brookstone Centre Parkway  
Columbus, GA  
706-653-6841  
[www.columbuspsychological.com](http://www.columbuspsychological.com)  
*Payment: Self pay, most insurance carriers, Medicare, Medicaid (Peachstate & Wellcare), BCBS, Tricare, QHP, Aetna, PHCS, Coventry, and Caring For The Mind*
Mental Health Centers and Programs with a Specialty in PMADs

Columbus Psychological Associates
Psychiatrist Practice
2325 Brookstone Centre Parkway
Columbus, GA
706-653-6841
cpa3238@aol.com
www.columbuspsychological.com
Payment: Self pay, most insurance carriers, Medicare, Medicaid (Peachstate & Wellcare)Tricare, Blue Cross Blue Shield and (most private Insurance)

Augusta and Waynesboro

Mental Health Centers and Programs with a Specialty in PMADs

Augusta Center for Psychological Services
3643 Walton Way Extension
Augusta, GA 30909
706-729-9595
http://www.augustapsychologicalservices.com/
Payment: We accept Medicaid, Medicare, Tricare, and one provider accepts Blue Cross. We also accept self-pay and will bill all insurance companies.

Ogeechee Behavioral Health Services
Burke County: 292 West Fourth Street, Waynesboro, GA 30830, (706) 437-6863
Emanuel County: 223 N. Anderson Drive, Swainsboro, GA 30401, (478) 289-2530
http://www.obhs-ga.org/home.html
Payment: Self pay, some insurance carriers, Medicare, Medicaid, sliding scale available

Mental Health Centers and Programs with Experience Treating PMADS

Transitional Family Services
Specialty: Individual and family counseling
3463 Walton Way Extension #4
Augusta GA 30909
706-364-1404
http://www.tfs-ga.org/
Payment: Medicaid, United Healthcare, CMOs, self-pay full fee

Updated 2/29/2016
Savannah, Metter, Hinesville, Jesup

Psychiatrists and therapists

Michelle Aycock, M.ED., LPC
115 Oglethorpe Professional Court, Suite 3,
Savannah, Georgia 31406
912-233-4294
www.coastaltherapist.com

Fran McAleer, LCSW
Medical College of Georgia Dept of Psychiatry and Health Behavior
Savannah, GA
706-721-CARE | 912-350-7673
mcalefr1@memorialhealth.com

Mental Health Centers and Programs with a Specialty in PMADs

Malinda Graham & Associates
Specialty: Individual and Family Counseling
1458 Airport Rd
Hinesville GA 31313
912-877-7928
http://www.mgacommunityservices.com/
Payment: Medicaid, Amerigroup, Wellgroup, Tricare, Etna, Blue Cross Blue Shield, Humana

Mental Health Centers and Programs with Experience Treating PMADS

Pineland Community Service Board - Toombs Counseling
Specialty: Individual, group, and family counseling
737 S. Lewis Street
Metter GA 30439
912-685-3317
http://www.pinelandcsb.org/
Payment: Medicaid, Wellcare, Amerigroup, Peachstate, self-pay
Pineland Community Service Board - Wayne Counseling Center
Specialty: Individual and family counseling
244 Peachtree Street
Jesup GA 31545
912-427-9338
http://www.pinelandcsb.org/
Payment: Medicaid, self-pay on a sliding fee scale, accept all private insurance

Albany, Pelham, Moultrie

Mental Health Centers and Programs with a Specialty in PMADs

Georgia Pines Community Service Board - Colquitt County Mental Health Center
Specialty: Individual and family counseling, community-based services, psychiatry
615 North Main Street
Moultrie GA 31768
229-891-7160
Payment: Medicaid, Tricare, ChampVA, self-pay on sliding scale for low-income

Phoebe Putney Memorial Hospital
Psychiatrists on staff
417 Third Avenue, Albany, Georgia 31701
877-312-1167
Payment: Self-pay, Medicare, Medicaid, commercial insurance

Mental Health Centers and Programs with Experience Treating PMADs

Georgia Pines Community Services Board - Mitchell County Mental Health Center
Specialty: Individual and group counseling, case management
339 Pride Street
Pelham GA 31779
229-294-6509
Payment: Medicaid, sliding scale for low-income, Tricare, ChampVA, no private insurance

Updated 2/29/2016
Nahunta, Folkston, Brunswick

Mental Health Centers and Programs with Experience Treating PMADS

Gateway Behavioral Health Services
*Specialty: Individual and family counseling*
600 Coastal Village Drive
Brunswick GA 31520
912-554-8500
*Payment: Medicaid, all private insurance, sliding scale for uninsured*

Unison Behavioral Health - Brantly County
*Specialty: Individual and family counseling, community-based services*
434 Bryan Street
Nahunta GA 31553
912-462-5849
*Payment: Medicaid, private insurances, sliding fee scale based on income*

Unison Behavioral Health - Charlton Behavioral Health Services
*Specialty: Individual and family counseling, community-based services*
3010 Homeland Park Road
Folkston GA 31537
912-496-7460
*Payment: Medicaid, private insurances, sliding fee scale based on income*
Other healthcare providers

Patricia McAfee, RN, BSN
Women and Infant Services
Henry Medical Center
1133 Eagle’s Landing Parkway
Stockbridge, GA 30281
678-604-5455
pmcafee@hmc-ga.org

Stephanie Mobley, MSW
Community Outreach Coordinator
First Steps-Parents of Newborns Program
St. Joseph’s/Candler Health System
Savannah, GA 31405
912-819-6911

Joanne Patterson, RN, MSN
Georgia State Co-Coordinator, Postpartum Support International
404-849-5466
joannemcdougal@msn.com

Kaprice Welsh, CNM
Northside Women’s Specialists
980 Johnson Ferry Rd NE, Suite 620
Atlanta, GA 30342
404-255-2057

Sara Rossi
Health Coach
Specialty: Fertility and Pregnancy Holistic Nutrition, Hypnobirthing, HypnoMothering (online and in person)
672 Cumberland Rd, Atlanta
406-600-1994
sarayoga3@yahoo.com
www.rossisara.com
Payment: Self pay
Balance Atlanta Family Chiropractic
360 Pharr Rd.
Lower Level 101
Atlanta, GA 30305
404-261-4848
http://balanceatlanta.com/
Payment: Self pay, some insurance coverage

Buckhead Acupuncture & Herbal Center
Buckhead: 2964 Peachtree Road NW, Suite 350, Atlanta, GA 30305
Marietta: 1640 Powers Ferry Road, Building 9, Suite 350, Marietta GA 30067
678-549-7848
http://atlanta-acupuncture.net/
Payment: Self pay, some insurance coverage

Metro Acupuncture
6255 Barfield Road, Suite 175
Atlanta, Georgia 30328
(404) 255-8388
http://www.metroacupuncture.com/
Payment: Self pay

Atlanta Center for Holistic and Integrative Medicine
1401 Dresden Drive, Atlanta, GA 30319
404-814-9808
http://atlantaholisticmedicine.com/

H & Z Acupuncture
57 Executive Park South, Suite 100
Atlanta, GA 30329
404-778-7216
http://www.atlanta-acupuncture.com/

Highland Acupuncture
675 Seminole Ave NE STE B-02
Atlanta, GA 30307
404-428-7899
http://www.highland-acupuncture.com/
Northside Acupuncture
3442 Francis Road, Suite 130
Alpharetta, GA 30004
404-849-8805
http://www.northsideacupuncture.com/

The Wellpath Center
Prenatal chiropractic care
3590 Cherokee Street, Suite 401
Kennesaw, GA 30144
770-218-1166
http://www.wellpath.net/prenatal-care
Payment: Self pay, BCBS, Cigna, United Healthcare

Georgia Association of Community Service Boards (GACSB)
Community Service Boards (CSBs) are the safety net for mental health, developmental disability and substance use disorder services management and delivery. CSBs are community-based behavioral health and developmental disabilities services organizations that provide mental health, substance abuse, and developmental disabilities services.
Member organizations: http://www.gacsb.org/pages.html?page=112

Intown Midwifery
Midwifery services and a New Parent Group, free for patients, meets every Friday from 11am-12pm
285 Boulevard, Suite 110
Atlanta, GA 30312
404-622-9810
http://www.intownmidwifery.com
Payment: Self-pay, most major insurance carriers
Outlets for self-care

A list of support groups, fitness facilities, and other organizations in Georgia that promote self-care and support among pregnant and/or postpartum women.

** Do you run a support group for mothers? Do you have specialized training and/or experience in perinatal mood and anxiety disorders? Do you think you or your organization should be added to this list of resources? If so, please contact Sarah Yoss at 678-904-1968 or at sarahy@mhageorgia.org**

Peer support
(in-person, telephone, online, etc.)

Atlanta Postpartum Support Group (Atlanta, GA)
Meet with other moms who have recovered from or are currently experiencing a challenging pregnancy or postpartum period. Experience the benefits of peer support. Learn about postpartum depression and related disorders and discuss resources such as therapists, doctors, opportunities to meet other moms/children, and ways to improve your health and mood.
914-261-8182
http://www.meetup.com/PPDAatlanta/

Cassie Owens, LPC
Postpartum wellness group for moms of babies 0-24 months
Meets every other Wednesday
www.postpartumatlanta.com

Elizabeth O’Brien, LPC
New Moms group for mom of babies 0-6 months
Meets every other Thursday
http://www.elizabethobrienlpc.com

Happy Mama I: For Expectant Moms
Meeting on a weekday evening or weekend (depending on the needs of the group)
Donation up to $40 for the 12 week group is requested
http://www.happymamaconsulting.com/group.html

Happy Mama II (Monday Morning Moms): For New Moms
Meeting every other Monday at 9:30
SUMMER SESSION DATES: June 8 & 22, July 6 & 20, Aug 3 & 17
The Solarium in Oakhurst (321 W. Hill Street, Decatur GA 30030)
http://www.happymamaconsulting.com/group.html

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Sarah Hightower, MA, LAPC
New moms support group
Meets every Wednesday from 10 to 11am
BirthSource Georgia
Located in the Ressmeyer Wellness Center
1329 Wynnton Road
Columbus, GA 31906
http://sarahhightower.com/counseling-services/new-moms-support-group/

Parent to Parent of Georgia (throughout Georgia)
Peer support, resources, referrals, and training for parents of children with disabilities or special health care needs.
1-800-229-2038
http://www.p2pga.org/

Regroup Therapy
Online video support group for women who are struggling with issues related to maternal mental health. Every group is moderated by a licensed and experienced therapist. There are no more than 10 participants in each group, and each session lasts an hour and 15 minutes. Women can register for just one session without making an ongoing commitment to the program or can register for multiple sessions.
http://regrouptherapy.com/

DeKalb Medical Support
Contact people: Gail Winston; Email: gail.winston@dekalbmedical.org
Sarah Dailey, LCSW; Email: sarahdailey@lcswaol.com
Meetings are held each Thursday 10am to noon in the Women’s Center at DeKalb Medical’s North Decatur Rd. location, Classroom 4000A. Mothers and partners are encouraged to attend this meeting.

Compassionate Friends (throughout Georgia)
Compassionate Friends offers peer support to families grieving the loss of a child of any age. They offer online support through their website or support through local chapters.
http://www.compassionatefriends.org/home.aspx
http://www.compassionatefriends.org/Find_Support/Chapters/Chapter_Locator.aspx

The Postpartum Support Community
24/7 support for new moms from other new moms.
http://postpartumstress.com/about/support-groups/the-postpartum-stress-center-support-community/

Updated 2/29/2016
Other online and telephone-based resources

Georgia Crisis and Access Line
A hotline staffed with professional social workers and counselors 24/7 who assist callers with urgent and emergency needs in areas of mental health, developmental disability, or addictive disease. Those callers who need more routine services are directly connected with the agency of their choice and given a scheduled appointment.
1-800-715-4225
http://bhlweb.com/tabform/

Postpartum Support International – Georgia Resources (throughout Georgia)

Postpartum Support International’s Chat with the Expert
Postpartum Support International hosts free, live phone sessions every week, including Wednesday chats for moms and Monday chats for dads. During these sessions you can talk with a PSI expert about resources, symptoms, options and general information about perinatal mood and anxiety disorders from the privacy of your own phone. There is no need to pre-register or give your name. These sessions, facilitated by licensed mental health professionals, are informational only and open to anyone with questions and concerns.
Instructions and schedule:

Postpartum Progress
A blog created by Katherine Stone that offers help and hope from women who’ve been there, providing an unflinching yet hopeful look at getting through postpartum depression, postpartum anxiety, postpartum OCD, postpartum psychosis, and antenatal depression/anxiety. The award-winning Postpartum Progress blog is the most widely read blog on perinatal mood disorders in the US.
http://www.postpartumprogress.com/
Learn about 5 ways to connect with the Postpartum Progress community:
http://www.postpartumprogress.com/5-ways-to-connect-with-the-postpartum-depression-mom-community
Postpartum Progress offers a private peer support forum for moms who do not yet feel comfortable asking questions, commenting, or otherwise talking in public about what they are going through. It is free and open to all:
https://www.smartpatients.com/postpartumprogress
Postpartum Progress also provides Daily Hope, an email service that provides daily support for pregnant and new mothers with perinatal mood and anxiety disorders. For $49 per year or $5 per month, subscribers receive email messages Monday through Friday:
http://hopefulpublishing.org/katherine-stone-daily-hope/
Beyond Postpartum
A blog created by Amber Koter-Puline that offers insight into personal experience dealing with perinatal mood disorders as well as to share research and information related to pregnancy and the postpartum period.
http://www.beyondpostpartumblog.com/

MedEd PPD
A website developed with the support of the National Institute of Mental Health (NIMH) to provide education about postpartum depression (PPD). One part of the site, Mothers and Others, contains information for women with PPD as well as for their friends and families.
http://www.mededppd.org/mothers/
Spanish: http://www.mededppd.org/sp/default.asp

Mental Health America of Georgia
Mental Health America of Georgia (MHA of Georgia) is our state’s leading nonprofit organization dedicated to helping all Georgians live mentally healthier lives through education, outreach, and advocacy. Project Healthy Moms (PHM), an important initiative of MHA of Georgia, strives to increase awareness, identification, treatment, and support of perinatal mood disorders in Georgia, while also reducing the stigma associated with them. PHM hopes to achieve this goal through educational seminars for healthcare providers, students, and the general public, through the distribution of informational provider tool-kits, and through the expansion of Georgia’s perinatal peer support for mothers recovering from perinatal mood and anxiety disorders.
www.mhageorgia.org

Postpartum Support International’s Warmline
A toll-free telephone number anyone can call to get basic information and resources. Dial extension 1 for Spanish and extension 2 for English. The PSI Warmline is answered Monday-Friday, 8am-4:30pm (PST). The PSI Warmline is not a crisis hotline and does not handle emergencies.
1-800-944-4PPD (4773)
http://www.postpartum.net/

PEP: Postpartum Education for Parents
A free 24 hour telephone service provides confidential one-on-one support from trained volunteers, parents just like you. From basic infant care to breast or bottle feeding issues to postpartum adjustment, the Warmline can be a great source of general parenting information and support.
1-805-564-3888
http://www.sbpep.org/

PowerLine (Healthy Mothers, Healthy Babies)
A phone number that anyone can call to receive referrals for healthcare, prenatal care, child health and development, breastfeeding support, and other health-related concerns. Spanish-speaking staff members are available and telephone interpreters in 170+ languages.
1-800-300-9003

Updated 2/29/2016
text4baby
Women can sign up to receive free text messages throughout their pregnancy and their baby’s first year. Women receive critical health and safety tips timed to their baby’s age.
Text the word "BABY" to the number 511411
To receive messages in Spanish, text "BEBE" to 511411
http://text4baby.org/

SAMHSA - Depression in Mothers: Toolkit for Providers
This online guide provides information and advice for Family Service Providers in how to screen and refer pregnant women and mothers suffering from depression.
http://store.samhsa.gov/shin/content//SMA14-4878/SMA14-4878.pdf

MotherToBaby Georgia
A telephone service where pregnant women may call a toll-free line and request information on a number of topics related to pregnancy, including: medications, vaccines, smoking, alcohol, diseases, beauty products, household cleaning products, and herbal supplements. Information is available in English and Spanish.
Toll-free: (866) 626-6847
Monday-Friday: 9:00 AM-3:00 PM
www.MotherToBaby.org
mothertobaby@emory.edu

Books about PMADs and Parenthood

The following books can all be found on Amazon.com:

- Beck, Cheryl and Jeanne Driscoll: Postpartum Mood and Anxiety Disorder
- Beck, Cheryl and Jeanne Driscoll: Traumatic Childbirth
- Bennett, Shoshana: Children of the Depressed
- Bennett, Shoshana: Pregnant on Prozac
- Bennett, Shoshana: Postpartum Depression for Dummies
- Bennett, Shoshana: Beyond the Blues
- Dunnewold, Ann and Diana Sanford: Life Will Never Be the Same
- Feingold, Susan: Happy Endings, New Beginnings
- Gerdes, Sharon: Back in Six Weeks
- Hibbert, Christina: *This is How We Grow*
- Hibbert, Christina: *Who Am I Without You?*
- Honikman, Jane: *I’m Listening*
- Honikman, Jane: *Community Support for New Families*
- Honikman, Jane: *My Diary*
- Honikman, Jane: *Postpartum Action Manual*
- Kaarra, Walker: *Transformed by Postpartum Depression*
- Kendall-Tackett, Kathleen: *Depression in New Mothers*
- Kleiman, Karen: *What Am I Thinking?*
- Kleiman, Karen: *The Postpartum Husband*
- Kleiman, Karen: *This Isn’t What I Expected*
- Kleiman, Karen: *Dropping the Baby and Other Scary Thoughts*
- Kleiman, Karen: *Tokens of Affection: Reclaiming Your Marriage after Postpartum Depression*
- Kleiman, Karen: *Therapy and the Postpartum Woman*
- Moyer, Jennifer: *A Mother’s Climb Out of Darkness*
- Shields, Brooke: *Down Came the Rain*
- Rouds, Anna Clare: *Dancing on the Edge of Sanity*
- Taylor, Elly: *Becoming Us: 8 Steps to Grow a Family that Thrives*
- Twomey, Teresa: *Understanding Postpartum Psychosis*
- Venis, Joyce: *Postpartum Depression Demystified*
- Weigartz, Pamela: *Pregnancy and Postpartum Anxiety Workbook*
Fitness facilities targeted to perinatal women

Decatur Yoga and Pilates
431 West Ponce de Leon Ave.
Decatur, GA 30030
404-377-4899
http://decaturhotyoga.com/

Elizabeth Holland at Perfect Health Wellness Center
855 Mt. Vernon Highway NE #100
Atlanta, GA 30328
404-246-6910
http://elizabeth-holland.com/pre-post-natal.shtml

Oh Baby! Fitness
Various locations in metro Atlanta
678-528-1390
http://www.ohbabyfitness.com/

The Little Gym
Locations in Smyrna and Lawrenceville
http://www.thelittlegym.com/Pages/default.aspx

Peachtree Yoga Center
6050 Sandy Springs Circle
Atlanta, Georgia 30328
404-847-9642
http://peachtreeyoga.com/

Stroller Strides
Locations in Atlanta, Kennesaw, and Woodstock
1-866-FIT-4MOM (1-866-348-4666)
info@strollerstrides.com
http://www.strollerstrides.com/

Baby Belly Yoga
393 North Finley Street
Athens, GA, 30601

Baby Boot Camp
Various locations in Georgia
https://babybootcamp.com/

Fit4Mom
Various locations in Georgia
http://fit4mom.com/
Space Yoga Studio
1403 Monte Sano Avenue
Augusta, GA 30904
http://www.spaceyogastudio.com/

Discipline Pilates
584 Arlington Place
Macon, GA 31201
http://www.maconpilates.com/pregnancy.htm

Savannah Yoga Center
1319 Bull St.
Savannah, GA 31401
http://savannahyoga.com/

Housing Organizations

MSM Economic Development
Mental health housing in the metro Atlanta area
Must be a single man or woman and receive Medicaid, Disability, SSI, or Veteran’s benefits
Contact person: Khari Jaxon, 404-437-5828

Nicholas House
Mental health housing in the metro Atlanta area
404-622-0793
http://nicholashouse.org/

Other organizations
(Doulas, pregnancy massage, organizations that serve teenage moms, low-income moms, etc.)

List of free or low-cost childcare options, as compiled by Katherine Stone
http://postpartumprogress.com/child-care-services-for-moms-with-postpartum-depression-and-few-resources

Baby Steps, Inc.
Childbirth classes in the metro Atlanta area
770-778-4886
http://www.babystepsonline.net/

Catholic Charities
Locations in Atlanta, Chamblee, Lilburn, and Athens
Client intake line: (404) 733-3527
http://www.catholiccharitiesatlanta.org/services/clinical-services/

Updated 2/29/2016
CenterPoint Prenatal Massage  
3050 S. Atlanta Rd.  
Smyrna, Georgia  30080  
404-867-5543  
http://www.centerpointprenatalmassage.com

Care: Childcare  
http://www.care.com/

COMIZIA Care Inc.  
For young, single mothers  
2183 Sara Ashley Way  
Lithonia, GA 30058  
404-428-1472  
http://www.comiziacare.org/about.html

Happy Baby Solutions  
Baby nurses and nannies  
404-592-2858  
http://happybabysolutions.com/

La Leche League of GA  
Breastfeeding support  
404-681-6342  
https://lllofga.org/

Labor of Love Doula and Childbirth Services, Inc.  
Serving the metro area of Atlanta and Athens  
770-241-2078  
http://www.alaboroflove.org/  
Lumina Birth  
Doula support in Atlanta and Athens  
http://www.luminabirth.com/

Pregnancy Massage Center  
1164 N. Highland Ave.  
Atlanta, GA 30306  
678-462-2173  
http://www.pregnancymassage.com/

Ready Birth  
Childbirth preparation class  
2412 Coosawattee Drive NE  
Atlanta, GA 30319  
404-812-0774  
http://readybirth.com/info/welcome.html
Sweet Dreams, LLC
Doula services
2605 Little John Circle
Cumming, GA 30040
770-780-2997
jhangels@gmail.com
http://www.sweetdreamsdoulas.com/index.php

TLC Sitters of Atlanta
Nannies/childcare in Atlanta
770-410-4774
tlcatl@bellsouth.net
http://www.tlcsittersofatlanta.com/

Zipmilk
Website providing listings for breastfeeding support by zip code
http://zipmilk.org/
Statewide programs
For pregnant women, new moms, and children

In addition to the statewide peer support programs like the Project Healthy Moms Warmline and online and telephone-based resources like text4baby, there are other statewide programs in Georgia that support pregnant women, new moms, and children.

Children 1st
Children 1st identifies children who are at risk for poor health and developmental outcomes, so that needed interventions can be made to ensure the optimal health and development of the child. Participation is voluntary and there are no financial requirements for enrollment into the program. Children 1st is currently implemented in all 159 counties in the state.  
http://health.state.ga.us/programs/childrenfirst/
Other Department of Public Health maternal and child health programs:  
http://health.state.ga.us/programs/family/index.asp  
(404) 656-6679

Great Start Georgia
Great Start Georgia is a statewide effort, sponsored by the Governor’s Office for Children and Families. Great Start Georgia wants to be sure every child in our state gets a “great start” in life. Great Start Georgia is designed to create a community culture of care, encouragement, and support for all families before and after the birth of a child. Across hundreds of Georgia communities, services are available to ensure that these important early years are rich with opportunities for children to be educated, safe, and healthy. A free Information & Referral Center offers connections to relevant local resources and information. Evidence-based Home Visiting Programs for children ages 0-5 include: Early Head Start - Home Based Option (EHS-HBO), Healthy Families Georgia (HFG), Nurse-Family Partnership (NFP) and Parents as Teachers (PAT).  
http://www.greatstartgeorgia.org/  
Toll-free: 1-855-707-8277

Wellcare of Georgia: Planning for Healthy Babies (P4HB)
The goal of P4HB is to help moms be healthy and have healthy babies. Women 18–44 years of age can join if they do not have health insurance and their family income is below a certain level. Interpregnancy care includes mental health and substance abuse services.  
https://georgia.wellcare.com/member/p4hb  
1-866-231-1821

Updated 2/29/2016
Resources for fathers

**PSI Chat with an Expert – for Dads**
The first Monday of every month, Postpartum Support International hosts a free call-in forum for fathers to speak with an expert about resources, symptoms, options and general information about perinatal mood and anxiety disorders. All sessions are facilitated by licensed mental health professionals.
1-800-944-8766

**PostpartumDads.org**
This site intends to help dads and families by providing firsthand information and guidance through the experience of postpartum depression. The site also provides resources that can be used by professionals to assist families dealing with postpartum depression.

**PostpartumMen Online Forum**
An online community for men with concerns about depression, anxiety or other mood disruptions after the birth of a child.

**Postpartum Progress**
While this site may seem to be mainly geared towards women, it has featured dad stories as well. This is a blog run by an Atlanta woman who has survived postpartum OCD, depression, and anxiety, and there is amazing information on the site that can help destigmatize postpartum mood issues. Here is an article geared towards dads:

**Becoming Dad**
This is an online community to engage, educate, mentor and support expectant and new fathers in the role of fatherhood.

**Boot Camp for New Dads**
Boot Camp for New Dads is a father-to-father, community-based workshop to help new dads to engage with their infants, support their partners, and navigate their transformation into dads.

**Men’s Health Magazine**
Here is a great article from Men’s Health Magazine that may help your husband feel that he is not alone: [http://blogs.menshealth.com/health-headlines/can-men-get-post-partum-depression/2011/03/27](http://blogs.menshealth.com/health-headlines/can-men-get-post-partum-depression/2011/03/27)
Recursos en español (Resources in Spanish)

Apoyo por teléfono (Telephone support)

Apoyo de PSI por teléfono para las familias hispano parlantes
Llame al número de teléfono gratuito para obtener recursos, apoyo e información gratuita.
Deje un mensaje y un voluntario de Postpartum Support International le devolverá la llamada.
1-800-944-4773, #1

PowerLine (Healthy Mothers, Healthy Babies) – se habla español
Powerline es una forma rápida de encontrar el cuidado que usted necesita. Una llamada le pone en contacto con referencias de médicos, apoyo para la lactancia, y más.
1-800-300-9003

Sitios web (Websites)

MedEd PPD – en español
Este sitio informa sobre la depresión posparto (PPD, siglas del inglés “postpartum depression”). La sección “Mamás y los demás” contiene información para las mujeres con depresión posparto, sus familiares y amigos.
http://www.mededppd.org/sp/default.asp

text4baby – en español
Mensajes gratuitos para mujeres, con consejos para su embarazo y el cuidado de su bebé.
Envíe la palabra “BEBE” al número 511411
http://text4baby.org/index.php/en-espanol

La Liga de la Leche
Educación, información, apoyo y motivación para las mujeres que desean amamantar a sus bebés.
https://lllofga.org/En_Espanol.html

Terapeutas (Therapists)

Beth Brock, LCSW
9876 Main Street, Suite 100
Woodstock, GA 30188
770-516-1050
beth@focuscounseling.org
Pago: Amerigroup, Peach State, WellCare, Cenpatico Behavioral Health

Updated 2/29/2016
CETPA, Inc
6020 Dawson Blvd, Suite I
Norcross, GA 30022
770-662-0249
www.cetpa.org
Ofrece servicios de salud mental y del comportamiento para Latinos/as.

Camino a la Recuperación es una práctica psicológica internacional que ofrece servicios profesionales cultural y lingüísticamente competentes en inglés, español y portugués en todo el mundo a través de la telemedicina interactiva. En los Estados Unidos, ofrecen servicios en horarios convenientes para usted en seis clínicas bien ubicadas y con fácil acceso a transporte público en la zona metropolitana y norte del estado de Georgia. Camino a la Recuperación no acepta seguros pero existe la posibilidad de ayuda financiera. Por favor póngase en contacto hoy para una cita confidencial llamando al 770-220-2885 o por correo electrónico a contact@rdtorecovery.com. Si desea mayor información, visite http://www.rdtorecovery.com/Contact.html para direcciones y números de teléfono.

Iréné Celcer, MA, LCSW
2996 Grandview Ave. Suite 206, Atlanta, GA 30035
404-869-8902
icelcer@icelcer.com
www.icelcer.com
La Licenciada Iréné Celcer no pertenece a ningún panel de seguridad sin embargo, en casos necesarios, ajusta su arancel profesional a las necesidades del paciente.

Marissa Coleman, PsyD
1409 North Highland Ave, Suite J
Atlanta, GA 30306
678-871-0122
dmarissaceleman@gmail.com

Alzi Faubion, MA, LPC, RPT, NCC
111 Petrol Point, Suite B6
Peachtree City, GA 30269
678-925-3306
alzirod@yahoo.com

Rosa Fitzhugh, PhD
2801 Buford Hwy Suite 503, Atlanta, GA 30329
404-503-5752
rosafitzhugh@gmail.com
Acepta: Cigna, Aetna, Humana, Tricare, BCBS, Wellcare, Peachstate, Amerigroup
También existe ayuda financiera para consejería.

Updated 2/29/2016
Good Samaritan Health Center
1015 Donald Lee Hollowell Parkway
Atlanta, GA 30318
404-523-6571
www.goodsamatlanta.org
Servicios a bajo costo y personal bilingüe

Grady Memorial Hospital
80 Jesse Hill Jr Drive SE
Atlanta, GA 30303
404-616-6689
www.gradyhealth.org
Servicios en español en el “International Medical Center”
Servicios gratuitos para los que califican

Guía de Servicios de Salud para la Comunidad Latina en Atlanta
Brindado por la Coalición Hispana de la Salud de Georgia, este guía tiene una lista extensiva de terapeutas y organizaciones de salud mental, y además incluye servicios médicos.

Soledad Hammond, Psy. D
3133 Maple Drive, Suite 140
Atlanta, GA 30305
404-994-3618
drsole@gmail.com

Lista del Metro Atlanta Therapists’ Network
Esta lista del terapeutas bilingües tiene datos personales de terapeutas en Atlanta que hablan español.
http://www.matn.info/bilingual-therapists

Mariela Hiscox, LPC, NCC, MAC
2801 Buford Highway NE, Suite 503
Atlanta, GA 30329
404-633-9090
horizon823@yahoo.com

Organizaciones Benéficas Católicas de Atlanta
Varios tipos de terapia y asesoramiento
(404) 733-3527

Oscar Medina
2171 Northlake Parkway, Building 3, Suite 102
Tucker, GA 30084
770-934-9307

Updated 2/29/2016
Lorena Soares, MA, LPC, NCC
120 South Park Square NE, Suite 208
Marietta, GA 30060
770-633-6503
lorenasoares@bellsouth.net
*Pago*: Aetna, American Behavioral, Amerigroup, Blue Cross/Blue Shield, Cameron & Associates, Cenpatico Behavioral Health, Humana, MH Net, Magellan, MultiPlan/PHCS, NovaNet, Peach State, Tricare

Lynn Thompson, LPC, CIRT, CAMS, CPCS
4255 Wade Green Road, Suite 414
Kennesaw, GA 30144
678-213-2194
lynt1325@comcast.net

Training and Counseling Center at St. Lukes
404-876-6266 (ext. 2001)
info@trainingandcounselingcenter.org
http://www.trainingandcounselingcenter.org/#/ayuda-program/c1uof (sitio web en inglés)
El Proyecto Ayuda es un programa que proporciona consejería y terapia para personas hispanohablantes que buscan una terapeuta bilingüe.

**Otros recursos (Other resources)**

Yoga en Español – Peachtree Yoga Center
Peachtree Yoga Center ofrece un curso completamente en español, que también introduce nombres en sánscrito de unas posturas.
6050 Sandy Springs Circle, Atlanta, GA 30328
(404) 847-9642
info@peachtreeyoga.com