



Community Hospital
of the Monterey Peninsula
Montage Health



Community resources for new families

SUPPORT AND RESOURCES FOR FAMILIES

Parents Place

Parents Place in Pacific Grove is a parent education program for parents and their children — ages birth through 3. Parents Place offers workshops to parents, parent-child age-related groups, hands-on music, movement, a library, outdoor play spaces, and sensory classes for parents and their children. Call or see website for information on costs.

1025 Lighthouse Avenue, Pacific Grove | (831) 646-6623

Facebook @parentsplace.pg

pgadulted.com/parent-education

First 5 Monterey County

An organization focused on making a difference in the lives of young children and their families. Their Early Childhood Collaboratives help connect families to resources by providing child development screenings, parenting information, parenting classes, parent-child playgroups, and services to children prenatal through age 5 and their families. They also help families with referrals and assist with coordination of services. Services vary by location, and locations serve Alisal Union School District area, South County, Salinas, Castroville, and Watsonville. For complete information regarding each location, please visit their website or call the number below.

(831) 444-8549

Facebook @First5MontereyCounty

first5monterey.org

Stroller Strong Moms

Mothers' group focused on community and fitness. The group offers fitness classes, group activities, and opportunities for mothers to come together and build connections. See website for more information about classes and pricing.

Facebook @Strollerstrongmomsmonterey

strollerstrongmoms.com/monterey/

info@strollerstrongmoms.com

La Leche League Monterey

This group's purpose is to connect local breastfeeding moms so they can participate and receive mother-to-mother breastfeeding support.

4 Harris Court, Suite A, Monterey | (831) 373-0555

The Parent Center, Salinas Adult School

The Parent Center offers parents and caregivers support pre- and postpartum. Offering parent education, parent and child activity classes (aka mommy and me), an outdoor children's garden, and a preschool.

20 Sherwood Place, Salinas | (831) 796-6900 ext. 1366

theparentcenter.org

Monterey Birth and Wellness Center

The Monterey Birth and Wellness Center provides evidenced-based midwifery. The center offers some free community classes, workshops, and new parent groups.

4 Harris Court, Suite A, Monterey | (831) 717-4723

montereybirthcenter.com/events-new

MATERNAL MENTAL HEALTH SUPPORT GROUPS AND WARMLINES

Monterey County Maternal Mental Health Warmline

Free, confidential bilingual facilitators will return your call, listen to your concerns, offer a postpartum screening, and help you connect with the right local resources.

(831) 783-5933

Postpartum Support International Warmline

Free, confidential bilingual facilitators will return your call, listen to your concerns, offer a postpartum screening, and help you connect with the right local resources. Also offers free online weekly and monthly support group meetings for moms and dads, and weekly confidential chat with an expert.

Call or text (800) 944-4773 | postpartum.net

Parenting Connection of Monterey County Pregnancy and Postpartum Support Groups

Free and confidential support groups for mothers to find comfort, validation, and resources from peers and an experienced facilitator. Spanish-speaking facilitators are available.

parentingconnectionmc.org | hello@parentingconnectionmc.org

Bereavement support for pregnancy, infant, and child loss

Papillon Loss & Transition Compassionate Services are now located at Coastal Kids Home Care. Contact for more information regarding groups and other services.

427 Pajaro Street, Suites 1-3, Salinas, CA | (800) 214-5439
coastalkidshomecare.org/counseling

If you are hearing voices, feeling suicidal, or having thoughts of hurting yourself or your baby, call 911 or go to the emergency room at the nearest hospital.

MATERNAL MENTAL HEALTH RESOURCES FOR INDIVIDUALS WITH PRIVATE INSURANCE

The providers in this list have maternal mental health training/experience. Please call your insurance for a list of providers that are covered by your policy, and check with the provider regarding billing practices. A referral from your OB might be needed.

*Indicates ability to prescribe medication

Community Hospital of the Monterey Peninsula Behavioral Health Services

Accepts insurances

576 Hartnell Street, Suite 30, Monterey | (831) 625-4600

Montage Medical Group — Ryan Ranch

***Dr. Samantha Williams, Psychiatrist**

Accepts insurances

2 Upper Ragsdale Road, Building A, Monterey | (831) 333-3040

Montage Medical Group — Carmel

***Dr. Murtuza Gunja, Psychiatrist**

Accepts insurances

275 Crossroads Boulevard, Suite A, Carmel | (831) 718-9701

***Dr. Romeo Mariano, Psychiatrist**

No insurance accepted, private pay

El Dorado Street, #100, Monterey | (831) 375-6655

***Donna Hepburn, RN, Psychiatric Nurse Practitioner**

No insurance accepted, private pay, Medi-Cal for selected cases

500 Laurel Avenue, Pacific Grove | (203) 942-0606

***Kathryn Johnson, RN, Psychiatric Nurse Practitioner**

No insurance accepted, private pay

412 Cedar St, Suite C, Santa Cruz | (831) 425-3337

Dr. Catherine McGovern, RN, PsyD

No insurance accepted, private pay

199 17th Street, Suite H, Pacific Grove | (831) 238-8612

Dr. Carolyn Boyle, Ph.D.

207 16th Street, Suite 314 South, Pacific Grove
(831) 265-3080

Stephanie Cook, LMFT Wellspring Psychological Services, Monterey

(831) 647-8490

Nancy Carnathan-Cribbs, MA, MFT

Accepts insurances

170 17th Street, Suite D, Pacific Grove | (831) 747-4383

Aline Bendeck MS, LMFT

No insurance/sliding scale. Evening appointments are available from 6-8 p.m.

26465 Carmel Rancho Blvd Suite 3, Carmel | (415) 694-3948

Jennifer Golden, LCSW

Accepts insurances

26485 Carmel Rancho Boulevard, #6, Carmel | (831) 905-7798

Meg Grundy, LCSW

No insurance accepted, private pay

26485 Carmel Rancho Boulevard, #6, Carmel | (831) 920-1240

Sandra Guardado, LMFT

Bilingual

9 West Gabilan Street, #9, Salinas | (831) 242-2041

Sheryl Stewart, LMFT

207 16th Street, Suite 315, Pacific Grove | (831) 373-2502

MATERNAL MENTAL HEALTH RESOURCES FOR INDIVIDUALS WITH TRICARE INSURANCE

The providers in this list have Maternal Mental Health training/experience. Please call your insurance for a list of providers that are covered by your policy, and check with the provider regarding billing practices. You may need to obtain a referral from your OB first.

*Indicates ability to prescribe medication

Military and Family Life Counselor (Confidential)
(831) 324-5831

Military Crisis Line (for immediate crisis)
(800) 273-8255 and press 1 to chat on line or
send a text to 838255

Montage Medical Group — Ryan Ranch
***Dr. Samantha Williams, Psychiatrist**
Accepts insurances
2 Upper Ragsdale Road, Building A, Monterey | (831) 333-3040

Montage Medical Group — Carmel
***Dr. Murtuza Gunja, Psychiatrist**
Accepts insurances
275 Crossroads Boulevard, Suite A, Carmel | (831) 718-9701

Stephanie Cook, LMFT
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Dr. Carolyn Boyle, Ph.D.
207 16th Street, Suite 314 South, Pacific Grove
(831) 265-3080

Jennifer Golden, LCSW
Accepts insurances
26485 Carmel Rancho Boulevard, #6, Carmel | (831) 905-7798

MATERNAL MENTAL HEALTH RESOURCES FOR INDIVIDUALS WITH MEDI-CAL/MEDICARE

You may obtain a referral to local providers from your OB or from Monterey County Behavioral Health, ACCESS.

Montage Medical Group — Ryan Ranch
***Dr. Samantha Williams, Psychiatrist**
Accepts insurances
2 Upper Ragsdale Road, Building A, Monterey | (831) 333-3040

Montage Medical Group — Carmel
***Dr. Murtuza Gunja, Psychiatrist**
Accepts insurances
275 Crossroads Boulevard, Suite A, Carmel | (831) 718-9701

Monterey County Behavioral Health, Access to Care
The line is answered between 8 a.m. and 5 p.m., Monday through Friday and provides a brief screening and connection to the appropriate community resources, or an appointment for a mental health assessment.
Clinics are located in Salinas, Marina, Soledad, and King City.
ACCESS: (888) 258-6029

Beacon Health Options
Helps with self-referrals to local therapists. Patients may also call to do a phone screening and for assistance in locating a provider.
(831) 765-9700
beaconhealthoptions.com

Community Hospital of the Monterey Peninsula Behavioral Health Services
576 Hartnell Street, Suite 30, Monterey | (831) 625-4600

Dr. Carolyn Boyle, Ph.D.
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Aline Bendeck MS, LMFT
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CRISIS RESOURCES

If you or someone you love is experiencing a mental health crisis, please call 911 or go to your nearest emergency room.

Natividad Medical Center Crisis Unit

Request to speak to a Crisis Team member
(831) 755-4111

Monterey County Communications

You can request to speak with an officer who is Crisis Intervention Trained (CIT Trained) to handle psychiatric emergencies and crisis.
(831) 755-5100

Suicide Prevention Hotline (Bilingual)

Serving Monterey, Santa Cruz, and San Benito Counties for more than 50 years.
(877) 663-5433 (ONE LIFE)

Domestic Violence Crisis Line (Bilingual)

(831) 372-6300

Family Help Line (Bilingual)

(831) 339-8228

NATIONAL RESOURCES

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.
(800) 273-TALK (8255) OR Live Online Chat
En Español: (888) 628-9454

National Domestic Violence Hotline

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.
(800) 799-SAFE (7233)

National Sexual Assault Hotline

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline. Free help, 24/7.
(800) 656-HOPE (4673)