

Support for Parents

Postpartum Support DC

Postpartum Support DC is dedicated to helping new mothers in the Washington, DC area who are suffering from postpartum mood and anxiety disorders like postpartum depression.
202-643-7290
www.postpartumdc.org
info@postpartumdc.org

Post Partum Support Group

Wednesday evenings, 7:30pm-9pm
Wisconsin Avenue Baptist Church, 3920 Alton Place, NW Washington, DC 20016
Contact: Lynne McIntyre, 202-744-3639, lynne@lynnemcintyre.com

Post Partum Support Group

1st and 3rd Sunday of each month, 6pm-7:30pm
Holy Cross Resource Center, 9805 Cameron Drive, Silver Spring, MD 20901
Contact: 240-432-4497, or email MDPostPartum@gmail.com
<http://www.holycrosshealth.org/postpartum-depression-support-group>

New Parents Support Group

1st and 3rd Wednesday of the month September-May at 10:30 am (except for Holiday weeks)
1701 Women and Infant Health Lobby Classroom
https://www.virginiahospitalcenter.com/medical/women/mother_and_baby_support_groups.aspx

Therapists and Counselors

Merjean Berry, PhD, LICSW

(240) 423-8765
1660 L Street, NW
Suite 503
Washington, DC 20036

Jennifer Grosman, PhD

(202) 363-8200
4545 Connecticut Ave NW # 417
Washington, DC 20008

Kim Gentin, PsyD

2233 Wisconsin Ave NW # 305, Washington, DC 20007
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Jennifer Kogan, LICSW

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Julie Bindeman, PsyD

301-801-6775
5818B Hubbard Drive,
Rockville, MD 20852
www.greaterwashingtontherapy.com/ITGW/About_Us.html

Annie Shellswick, LCSW

240.678.2722
7910 Woodmont Avenue
Suite 460
Bethesda, MD 20814
<http://annieshellswick.com>

Benta Sims, LPC

703-244-9232
105 N. Virginia Ave.
Suite 309
Falls Church, VA 22046
<http://www.bentasimslpc.com>

Websites

www.postpartum.net

www.postpartumprogress.org

www.sbpep.org

www.postpartumva.org