

TEMECULA VALLEY PERINATAL COLLECTIVE

Resource Directory June 2025

This directory is an inclusive list of perinatal health and education providers located in the Temecula Valley. If you would like a digital version of this directory, please visit our website at www.temeculavalleyperinatal.com. The directory will be updated bi-annually.

Please note that the providers listed in the resource directory do not constitute an endorsement or recommendation by Temecula Valley Perinatal Collective.

Temecula Valley Perinatal Collective was created by Ashlyn Acikalin, AMFT, APCC, and Jenneca Andrew, PT, DPT, WCS, CAPP-Pelvic, PCES. Their information and specialties are listed on page 3.

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Temecula Valley Perinatal Collective Creators

Name	Contact Info	Locations	Support Groups and Workshops	Language/ Insurance	Focus
Ashlyn Acikalin Therapy	Ashlyn Acikalin, AMFT, APCC therapy@ashlynacikalin.com 415-580-0149 www.ashlynacikalin.com	Telehealth	Postpartum workshop	English Private Pay, Sliding Scale Aetna, Anthem/Blue Cross, Blue Shield of California/Magellan, Cigna/Evernorth, MHN/Health Net, Optum/United, Sharp Health Plan, Tricare, TriWest	I provide mental health services for those navigating pregnancy, postpartum, birth trauma, pregnancy loss, postpartum depression and anxiety, and new parenthood.
Centered Pelvic Health and Wellness	Jenneca Andrew, PT, DPT, WCS, CAPP-Pelvic, PCES Jenneca@centeredpelvicpt.com 951-291-1889 www.centeredpelvicpt.com	Mobile provider	Birth Prep Workshops Postpartum Workshop	English Private Pay, Out of Network	I provide pelvic floor physical therapy services.

Acupuncture and Natural Medicine

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Access Acupuncture	Dawn Chatigny, LAc, DACM 951-698-0102 info@accessacupuncture.com	Murrieta		English Accepts most insurance plans	Infertility, pregnancy, postpartum

Chiropractic Care and Bodywork

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Movement Chiropractic	Danielle Osbon, D.C. help@mvmntchiropractic.com 951-249-3369	Murrieta		English Aetna, Anthem, Blue Shield, Cigna, Health Net, Kaiser, Loma Linda, Risk Management	Pregnancy, postpartum, pediatrics

Trailhead Family Chiropractic	Chris Boman, DC, DACCP c@drchrisboman.com 951-470-2645	Murrieta	Monthly Wellness workshops	Provider-English Reception-Spanish Private Pay	Pregnancy, postpartum, pediatrics
Settling in with Baby	Sheri Brodie, RN, CCE, CD(DONA), BRMpro settlinginwithbaby@gmail.com 951-331-1555	Murrieta	Bump Buddies Facebook Group Murrieta & Temecula New Moms Facebook Group Childbirth Classes at Rancho Springs Hospital	English Private Pay	Pregnancy, birth, and postpartum

Classes and Workshops

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Be Your Best Physical Therapy	Christine Strader, PT, DPT, OCS, PCES beyourbestphysicaltherapyinc@gmail.com 951-202-7684	Temecula	Prenatal and Postpartum classes for mom, support partners, and surrogates	English Private Pay	Fertility, pregnancy, postpartum, pregnancy loss, pelvic floor physical therapy

JA Lactation Support	Julie Alexander, BA, IBCLC julie@jalactation.com 951-526-6870	Murrieta	Infant Feeding Support Group (Tuesdays 9-10am) Breastfeeding classes	English Aetna, Cigna	Prenatal and postpartum consultations focusing on infant feeding
Courtney Whetstone	Courtney Whetstone, LMFT volcomxangel87@yahoo.com 951-543-7204	Murrieta	Pregnancy and infant loss support group (8 weeks) Infidelity Support (8 weeks)	English Aetna, Blue Shield, Cigna, Kaiser nor Cal, Magellan, Optum, United	Pregnancy, infant loss, infertility
Michelle Brown Therapy	Michelle Brown, LMFT info@michellebrownlmft.com 805-551-5963	Temecula	BRCA and Fertility Support Group Preparing for Postpartum Workshop	English Private Pay, Out of Network	Pregnancy, postpartum, pregnancy loss, infertility, parenthood
Settling in with Baby	Sheri Brodie, RN, CCE, CD(DONA), BRMpro settlinginwithbaby@gmail.com 951-331-1555	Murrieta	Bump Buddies Facebook Group Murrieta & Temecula New Moms Facebook Group Childbirth Classes at Rancho Springs Hospital	English Out of Pocket	Pregnancy, birth, and postpartum

MM Women's Wellness	Kristen Rud mmwomenswellness@gmail.com 951-218-0093 www.mmwomenswellness.org	Temecula	Women from all rites of passages can gather at MM Experiences for a somatic healing experience that involves yoga, dance, meditation, breathwork and community connection	English	I offer pop up and individualized childbirth education, prenatal yoga, and occasionally take doula clients
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Doulas

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Blossoming Babies	Amanda Matthews, CBD amanda@blossomingbabies.org 951-457-2414	Canyon Lake		English Private Pay	Birth doula services
Emily Bradley Doula Services	Emily Bradley, CD(DONA) emilybradleydoula@gmail.com 951-972-2508	Winchester		English, minimal ASL Private Pay	Birth doula/early postpartum

Gem of the Valley Doula Services	Katherine Wingert, CBD, AWW gemofthevalleydoula@gmail.com 951-249-3710	Murrieta	Postpartum support groups	English Private Pay, Medi-Cal, IEHP, Molina	Pregnancy and birth
The Serene Mother	Rochelle Kusicki, Birth Doula theserenemother@gmail.com 949-813-4146	Murrieta		English Private Pay	Pregnancy and birth, early postpartum
Settling in with Baby	Sheri Brodie, RN, CCE, CD(DONA), BRMpro settlinginwithbaby@gmail.com 951-331-1555	Murrieta	Bump Buddies Facebook Group Murrieta & Temecula New Moms Facebook Group Childbirth Classes at Rancho Springs Hospital	English Private Pay	Pregnancy, birth, and postpartum
Trusted Instincts Birth Services	Cherie Halterman, CD(DONA), Certified Doula trustedinstinctsbirthservices@gmail.com 951-234-9768	Mobile provider		English Carrot, Private Pay, Tricare	Pregnancy and birth

Cherished Bonds Doula Services	Tonia Rivera, DONA Certified birth and postpartum doula tonia@cherishedbonds.org 951-449-0540	Hemet	Pregnancy & Postpartum Support Group, Parents of Children with special needs, Independent Surrogacy Journey workshop, New mom newborn care classes, and Labor and delivery prep classes	English IEHP, Molina, Kaiser, Carrot, Tri-Care (BCBS and Anthem in progress)	Prenatal, birth, and postpartum support. Loss including infertility, abortion, and miscarriage
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Exercise and Fitness

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Fit Functional Motherhood	Sarah Russler, CPT fitfunctional mama@gmail.com 951-202-7684	Temecula		English Private Pay	Pregnancy, postpartum
Centered Pelvic Health and Wellness	Jenneca Andrew, PT, DPT, WCS, CAPP-Pelvic, PCES Jenneca@centeredpelvicpt.com 951-291-1889 www.centeredpelvicpt.com	Mobile provider	Birth Prep Workshops Postpartum Workshop	English Private Pay, Out of Network	Pregnancy, postpartum, fertility, pelvic floor physical therapy
Malama Physical Therapy	Cyan Agena, PT, DPT, PHSC malamaphysicaltherapy@gmail.com m 808-428-0200	Mobile provider		English Private Pay, Out of Network	Perinatal, perimenopause

Lactation Specialists

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
JA Lactation Support	Julie Alexander, BA, IBCLC julie@jalactation.com 951-526-6870	Murrieta	Infant Feeding Support Group (Tuesdays 9-10am) Breastfeeding classes	English Aetna, Cigna	Prenatal and postpartum consultations focusing on infant feeding
Sweetmilk Lactation Support	Sheri Rodriguez, IBCLC sheri@sweetmilk lactation.com 951-216-3302 sweetmilk lactation.com	Hemet	In-person breastfeeding support at Hemet WIC, second Tuesday of every month from 10:00-11:30a	English Aetna, The Lactation Network	Lactation

Massage

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Access Acupuncture	Dawn Chatigny, LAc, DACM info@accessacupuncture.com 951-698-0102	Murrieta		English Accepts most insurance plans	Infertility, pregnancy, postpartum

OB/GYNs/Medical Provider

Name	Contact Info	Location	Language/ Insurance	Focus
Tri Valley Urology	Nemi Shah, MD, MAS, FACOG nshah@trivalleyurology.com 951-698-1901	Murrieta	English, Spanish Call for insurances accepted	Pelvic floor health (consultations for pregnancy planning or delivery), pelvic floor disorders (e.g. pelvic organ prolapse, urinary incontinence, pain), postpartum pelvic floor conditions

Occupational Therapy/Pediatric Feeding

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Brainwaves Pediatric Therapy	Erin Monise, OTD, OTR/L, SWC, CASI hello@brainwavespeds.com m 951-290-8762	Mobile provider	Workshops at sensory gym-pediatric feeding/swallowing	English Aetna, Anthem, Blue Shield, Cigna, HealthNet, Kaiser, Loma Linda, Risk Management	Pregnancy, postpartum, pregnancy loss, infertility, parenthood

Parent Coaching

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Michelle Brown Therapy	Michelle Brown, LMFT info@michellebrownlmft.com m 805-551-5963	Temecula	BRCA and Fertility Support Group Preparing for Postpartum Workshop	English Private Pay, Out of Network	Pregnancy, postpartum, pregnancy loss, infertility, parenthood

Mindful Mental Wellness	Alexandra Taylor, LMFT ataylor.mft@gmail.com 951-821-8609	Temecula		English Aetna, Cigna, Optum/ United Healthcare	Pregnancy, postpartum, birth trauma
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Physical Therapy

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Be Your Best Physical Therapy	Christine Strader, PT, DPT, OCS, PCES beyourbestphysicaltherapyinc@gmail.com 951-202-7684	Temecula	Prenatal and Postpartum classes for mom, support partners, and surrogates	English Private Pay	Fertility, pregnancy, postpartum, pregnancy loss, pelvic floor physical therapy
Centered Pelvic Health and Wellness	Jenneca Andrew, PT, DPT, WCS, CAPP Pelvic, PCES Jenneca@centeredpelvicpt.com 951-291-1889 www.centeredpelvicpt.com	Mobile provider	Birth Prep Workshops Postpartum Workshop	English, some Spanish Private Pay, Out of Network	Fertility, pregnancy, postpartum, pelvic floor physical therapy
Empowered Pelvic Health	Jamie O'Fallon, PT, DPT, PCES jamieofallon@empoweredwh.com 951-595-7102	Mobile provider		English Private Pay, Out of Network	Pregnancy, postpartum, pelvic floor physical therapy

Malama Physical Therapy	Cyan Avena, PT, DPT, PHSC malamaphysicaltherapy@gmail.com 808-428-0200	Mobile provider		English Private Pay, Out of Network	Perinatal, perimenopause
Illume Pelvic Health Physical Therapy and Wellness	Desiree Pabin PT, DPT, WCS, PRPC, CAPP-Pelvic, PCES admin@desireepabinpt.com 951-290-2806 illumepelvichealth.com	Murrieta		English Out of Network, FSA, HSA	Pelvic pain, fertility, pelvic organ prolapse, bowel/bladder dysfunction, men, pregnancy and post partum rehab, labor and delivery prep, return to sport
Redhawk Physical Therapy	Julie Scira, PT, MPT julie@redhawkphysicaltherapy.com 951-514-0728	Temecula		English, Russian, Spanish Blue Shield PPO, Cigna PPO, Kaiser (pending), TriCare, Private Pay	Pregnancy, postpartum, fertility, pelvic floor physical therapy

Psychotherapy Services

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Ashlyn Acikalin Therapy	Ashlyn Acikalin, AMFT, APCC therapy@ashlynacikalin.com 415-580-0149 www.ashlynacikalin.com	Telehealth	Postpartum workshop	English Private Pay, Sliding Scale Aetna, Anthem/Blue Cross, Blue Shield of California/Magellan, Cigna/Evernorth, MHN/Health Net, Optum/United, Sharp Health Plan, Tricare, TriWest	Pregnancy, postpartum, birth trauma, pregnancy loss, PMADs, new parents
Compassionate Therapy Psychological Services, Inc	Jean Ghanem-Ybarra, PsyD jean@compassionatetherapy.com 760-443-1355	Temecula		English Medicare, Private Pay, Out of Network, TriCare, TriWest	Pregnancy, postpartum, birth trauma, loss, trauma of perinatal time

Dr. Kasey Camp Camp Psychotherapy	Kelsey Camp, LMFT, PsyD drkaseycampmft@gmail.com 951-216-3392	Menifee		English Private Pay, Out of Network, TriCare (pending)	Pregnancy, postpartum
Michelle Brown Brown Therapy	Michelle Brown, LMFT info@michellebrownlmft.com 805-551-5963	Temecula	BRCA and Fertility Support Group Preparing for Postpartum Workshop	English Private Pay, Out of Network	Pregnancy, postpartum, pregnancy loss, infertility, parenthood
Mindful Mental Wellness	Alexandra Taylor, LMFT ataylor.mft@gmail.com 951-821-8609	Temecula		English Aetna, Cigna, Optum/ United Healthcare	Pregnancy, postpartum, birth trauma
ProActive Counseling	Christina Hoferer, LCSW christina@proactivecounseling.com 951-297-3688	Temecula		English Aetna, Lyra, Modern Health, Tricare, United	Postpartum anxiety and depression, pregnancy loss, supporting couples preparing for baby
Journey to Wellness Counseling	Lisa Franks, LCSW lisafrankslcsw@gmail.com 760-542-8366 journeytowellnesscounseling.net	Temecula		English UHC, Optum	Trauma, anxiety, and depression related to fertility. Pregnancy, birth, postpartum. I am Master Certified, in Accelerated Resolution Therapy (ART)

Embrace Renewal Therapy and Wellness Collective	Reese Morala, LMFT contact@embracerenewaltherapy.com 840-207-2280 embracerenewaltherapy.com	Murrieta	Gottman's Bringing Baby Home	English	Postpartum Anxiety and Depression, Pregnancy Loss, supporting couples preparing for baby
Kelly Parker, LMFT	Kelly Parker, LMFT kelly@kellyparkerlmft.com 619-738-1140	Telehealth		English Anthem, Blue Cross, inquire about others	Infertility, pregnancy, and postpartum

Support Groups

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Courtney Whetstone	Courtney Whetstone, LMFT volcomxangel87@yahoo.com 951-543-7204	Murrieta	Pregnancy and infant loss support group (8 weeks) Infidelity Support (8 weeks)	English Aetna, Blue Shield, Cigna, Kaiser nor Cal, Magellan, Optum, United	Pregnancy, infant loss, infertility
JA Lactation Support	Julie Alexander, BA, IBCLC julie@jalactation.com 951-526-6870	Murrieta	Infant Feeding Support Group (Tuesdays 9-10am) Breastfeeding classes	English Aetna, Cigna	Prenatal and postpartum consultations focusing on infant feeding

Michelle Brown Therapy	Michelle Brown, LMFT info@michellebrownlmft.com 805-551-5963	Temecula	BRCA and Fertility Support Group Preparing for Postpartum Workshop	English Private Pay, Out of Network	Pregnancy, postpartum, pregnancy loss, infertility, parenthood
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