

TEMECULA VALLEY PERINATAL COLLECTIVE

Resource Directory January 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	Language/ Insurance	Focus
Ashlyn Acikalin Therapy	Ashlyn Acikalin Associate MFT #129142 Associate PCC #10675 <i>Supervised by Ali Vogt, LMFT #47693</i> therapy@ashlynacikalin.com 415-580-0149 www.ashlynacikalin.com	Telehealth	English Private Pay, Out of Network, Sliding Scale	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 jennecaandrewdpt@gmail.com 951-291-1897 www.centeredpelvicpt.com	Mobile provider	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, DACCPC 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
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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

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, AWWWS gemofthevalleydoula@gmail.com 951-249-3710	Mobile provider		English Private Pay	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

Exercise and Fitness

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Fit Functional Motherhood	Sarah Russler, CPT fitfunctionalmama@gmail.com 951-202-7684	Temecula		English Private Pay	Pregnancy, postpartum

Centered Pelvic Health and Wellness	Jenneca Andrew, PT, DPT, WCS, CAPP-Pelvic, PCES jennecaandrewdpt@gmail.com 951-291-1897 www.centeredpelvicpt.com	Mobile provider		English Private Pay, Out of Network	Pregnancy, postpartum, fertility, pelvic floor physical therapy
Malama Physical Therapy	Cyan Agena, PT, DPT, PHSC malamaphysicaltherapy@gmail.com 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

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@brainwavesped.com 951-290-8762	Mobile provider	Workshops at sensory gym- pediatric feeding/swallowing	English Aetna, Anthem, Blue Shield, Cigna, HealthNet, Kaiser, Loma Linda, Risk Management	Pediatric feeding, swallowing, special needs, and therapeutic bottle feeding (specifically transitioning from breast to bottle)

Parent Coaching

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
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
Mindful Mental Wellness	Alexandra Taylor, LMFT ataylor.mft@gmail.com 951-821-8609	Temecula		English Aetna, Cigna, Optum/ United Healthcare	Pregnancy, postpartum, birth trauma

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 jennecaandrewdpt@gmail.com 951-291-1897	Mobile provider		English, some Spanish Private Pay, Out of Network	Fertility, pregnancy, postpartum, pelvic floor physical therapy
Empowered Women's Health	Jamie O'Fallon, PT, DPT, PCES jamieofallon@empoweredwh.com 951-595-7102	Temecula, Mobile provider		English Private Pay, Out of Network	Pregnancy, postpartum, pelvic floor physical therapy
Malama Physical Therapy	Cyan Agena, PT, DPT, PHSC malamaphysicaltherapy@gmail.com 808-428-0200	Mobile provider		English Private Pay, Out of Network	Perinatal, perimenopause

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
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Psychotherapy Services

Name	Contact Info	Location	Support Groups and Workshops	Language/ Insurance	Focus
Ashlyn Acikalin Therapy	Ashlyn Acikalin Associate MFT #129142 Associate PCC #10675 <i>Supervised by Ali Vogt, LMFT #47693</i> therapy@ashlynacikalin.com 415-580-0149 www.ashlynacikalin.com	Telehealth		English Private Pay, Out of Network, Sliding Scale	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 Psychotherapy	Kelsey Camp, LMFT, PsyD drkaseycampmft@gmail.com 951-216-3392	Menifee		English Private Pay, Out of Network, TriCare (pending)	Pregnancy, postpartum
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
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 Counselling	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

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
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