

## MATERNAL MENTAL HEALTH RESOURCE DIRECTORY

### Provider Profile

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#### **Perinatal Mental Health Care**

28328 Agoura Road, Suite 201 Agoura Hills , CA 91301

818-280-4445

<http://www.perinatalmentalhealthcare.com/>

Languages:	English
Age Group Served:	adults
Services:	Individual Therapy, Group Support, Couples Therapy, and Home-Based Mental Health Support
Evidence-Based Practices:	Motivational Interviewing, Exposure Response Prevention, CBT (Cognitive Behavioral Therapy), CBT, Online Psychotherapy, Perinatal and postpartum mental health, Postpartum Support Groups, Pregnancy Support Groups, Short-term Psychotherapy, and Strength Based
Appointment Required?	Yes
Insurance Accepted:	not specified
Resource Type:	private practice
Intake Requirements:	none
Intake Requirements:	none
Hours:	please contact provider for hours