



YOUR VILLAGE

a perinatal resource guide for katy & houston

It takes a village to raise a child. It also takes a village to raise a mother.

The adjustment to parenthood is drastic, and many women are doing it far from the people who would otherwise be holding them up. This is the list we hand our own clients – the practitioners across Katy and greater Houston we send people to for the parts of this that aren't therapy.

No one on this list pays to be here, and no one pays us for sending you. It isn't medical advice or an endorsement for your particular situation – it's a starting point, so you don't have to build a village from scratch at the hardest possible moment.

MEDICAL CARE

Dr. Bethany A. Peterson, MD

Obstetrics & Gynecology

Comprehensive prenatal, postpartum, and gynecologic care.

21700 Kingsland Blvd., Suite 202, Katy, TX 77450

(281) 398-8639 · mctkaty.com

Dr. Joey A. England, MD

Maternal-Fetal Medicine

Consultation and management for high-risk pregnancy.

929 Gessner Rd., Suite 1390, Houston, TX 77024

(713) 486-6670 · utphysicians.com

Spiral Path Midwifery

Midwifery – Melissa Nealy, CPM, IBCLC, CFT, LM

Midwifery care and lactation support.

1108 Soldiers Field Dr., Suite 140, Sugar Land, TX 77479

(346) 222-1734 · spiralpathmidwifery.com

PERINATAL MENTAL HEALTH & PSYCHIATRY

Dr. Elisabeth Netherton, MD, PMH-C

Reproductive Psychiatry

Pregnancy, postpartum, lactation, PMDD, and perimenopause.

8901 Gaylord Dr., Suite 201, Houston, TX 77024

(832) 390-1878 · elisabethnethertonmd.com

Texas Children's Reproductive Psychiatry Program

The Women's Place

Psychiatric evaluation, therapy, and medication management for pregnancy, postpartum, infertility, pregnancy loss, and perimenopause.

(832) 826-5281 · texaschildrens.org/departments/reproductive-psychiatry

PHYSICAL RECOVERY

West Pelvic Wellness

Pelvic Floor Physical Therapy

Pregnancy and postpartum pelvic floor therapy, birth preparation, diastasis recti, and pelvic pain. In-person and virtual.

24530 Kingsland Blvd., Suite B, Katy, TX 77494

(346) 246-3823 · westpelvicwellness.com

Hartland Chiropractic & Wellness

Chiropractic – Dr. Kimberlee Barnhart, DC

Webster-certified care for pregnancy, postpartum, infants, and families.

5811 2nd St., Katy, TX 77493

(832) 913-6530 · hartlandchirowellness.com

The VINE Chiropractic + Acupuncture

Chiropractic – Dr. Tiffany Poole, DC

Chiropractic and acupuncture for pregnancy, postpartum, pediatric, and family wellness.

vinechiropractic.com

Haven Family Chiropractic

Chiropractic

Serving Katy, Fulshear, and Cinco Ranch.

(346) 474-5213 · havenfamilychiro.com

Integrated Chiropractic and Wellness

Chiropractic

29818 FM 1093, Suite 205, Fulshear, TX 77441

(281) 346-8023 · fulshearkatychiro.com

FEEDING & NUTRITION

Bayou City Breastfeeding – Katy

Lactation Support

Prenatal consultations, breastfeeding support, pumping, bottle feeding, and weaning.

(281) 305-0411 · bayoucitybreastfeeding.com

Liquid Gold Lactation, LLC

Lactation Support

Home, office, and virtual lactation support.

(281) 626-8241 · liquidgoldlactationtx.com

La Leche League

Peer Support

Free mother-to-mother breastfeeding support groups.

lilli.org

Savorli Nutrition

Nutrition – Lucia Harmeling, RD

Pregnancy and postpartum nutrition and intuitive eating. Virtual.

savorli.co

SLEEP & DOULA SUPPORT

Taking Cara Babies

Infant Sleep

Online newborn and infant sleep classes from a neonatal nurse.

takingcarababies.com

Brave Beautiful Beginnings

Postpartum Doula Care

Postpartum doula support and overnight newborn care.

(832) 766-5740 · bravebeautifulbeginnings.com

COMMUNITY & FAMILY

New Mom School – Katy

Groups & Community

Education, support groups, and community for new mothers.

23108 Seven Meadows Pkwy., Suite 250, Katy, TX 77494

(346) 570-1779 · newmomschool.com/katy-tx

Lifetime of Clicks Photography

Maternity, Newborn & Family Photography – Kelly Richman

24530 Kingsland Blvd., Katy, TX

(346) 568-6764 · lifetimeofclicksphotography.com

WHEN TO REACH OUT SOONER

Perinatal mood and anxiety disorders are the most common complication of childbirth, and they are treatable. Reach out if any of this sounds like your weeks rather than your bad days:

- Anxiety or worry that won't switch off, or a racing mind at night even when the baby sleeps
- Intrusive, unwanted thoughts – frightening ones, about harm coming to the baby
- Rage or irritability that feels out of proportion and lands on the people closest to you
- Numbness, or a flatness where you expected to feel love
- Feeling like your family would be better off without you

That last one is worth a call today, not next week. The **National Maternal Mental Health Hotline** is free, confidential, and staffed around the clock in English and Spanish: **1-833-TLC-MAMA (1-833-852-6262)**. For an urgent mental health crisis, call or text **988**. In an emergency, call 911.

AND WHEN YOU NEED THERAPY

Perinatal mental health counseling is what we do. If pregnancy or postpartum has brought something heavier than you expected – anxiety that won't settle, intrusive thoughts, rage, grief, or a flatness where joy was supposed to be – you are not failing at this, and you don't have to wait until it gets worse.

HERECOMESTHESUNCOUNSELING.COM

832.278.2549

Here Comes The Sun Counseling · Katy, Texas · Reviewed August 2026