



New Mom Support Group

TVP is excited to announce a new support group available to mothers of our patients!

The group will meet virtually ***every other Tuesday from 10-11am beginning February 1st.*** Registration is required but there is no cost. Just call our office at 520-722-2585 to register! The group will be led by Crystal McCown, LCSW and Dr. Alina Boelman. We hope this will be a space for new mothers to connect with each other and work through the difficulties of adjusting to motherhood while also celebrating the joys of becoming a parent.

More about our facilitators

Crystal McCown, LCSW

Crystal McCown is a Licensed Clinical Social Worker. She is licensed in AZ, NJ, TX, and as an LMSW in NY. Crystal received her undergraduate degree in Social Work from Brigham Young University, and her graduate degree from the University of Houston. She has worked in many types of social work, but primary in hospital and private practice therapy settings. Crystal is also a Certified Intuitive Eating Counselor with a niche in eating disorders, cancer prognoses, and therapy with adolescents and young adults.

Her preferred therapy modalities include: Cognitive Behavioral Therapy (including trauma focused), Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, art therapy, play therapy, and narrative therapy.

Her personal interests include: running, hiking, soccer (including coaching the infamous Puppy Tiger Dragons), reading, traveling/ exploring, playing board/ card games with family, throwing parties, watching any and all sports, reading, and playing piano. Crystal and her husband have two daughters: Marielle and Mackenzie. Crystal rarely cooks the same thing twice, enjoys public speaking, never makes the bed, and often has a kitchen table covered in legos, puzzles, or art projects.

Alina Boelman, MD

Dr. Boelman was born and raised in Phoenix and is a graduate of Arizona State University and The University of Arizona School of Medicine. She completed her pediatric residency at Stanford University where she had the opportunity to care for medically complex kids as well as receive additional training in pediatric integrative medicine. She moved back to Tucson in 2018 and worked as an outpatient pediatrician before joining Tanque Verde Pediatrics in 2021.

Dr. Boelman is board certified in Pediatrics and is a fellow of the American Academy of Pediatrics. She is currently studying to become a lactation consultant to better support breastfeeding mothers in her practice.

Dr. Boelman's favorite part of being a pediatrician is getting to know her patients and their families. She loves focusing on preventative medicine during well child visits and encouraging families to make healthy choices together. Since having her first baby in January 2021, she has taken a special interest in helping parents during the first months of new parenthood.

Her husband, Jake, was a decathlete at U of A so they both enjoy cheering on the Wildcats and supporting student athletes. They have a daughter, Tatum, and two dogs, Lulu and Pliny. Her personal interests include running, playing the cello, reading, cooking healthy recipes and exploring new places with her family.