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Perinatal Wellness Center

Current offerings: individual, couples, and family therapy, no cost social support group for moms. Expanded services coming Fall of 2019.

Program Overview

To provide specialized services to the pregnant and parenting families around their mental health needs as impacted by pregnancy and parenting. Services provided by certified and trained Perinatal Mental Health Provides



Management classes/ resources

For Clients

Currently Available:

- ❖ Direct service provision to clients through individual, couples, and family therapy
- ❖ Free weekly social support group for moms

Expanding in the Fall of 2019:

- Fee for service psycho-educational pregnancy group
- Monthly dads/family event to correspond with the free moms group
- Fee for service psycho-therapy post-partum group.
- Fee for service psychotherapy group for women healing from pregnancy loss and infertility
- Monthly fee for service and free workshops, yoga classes, and other stress



For Community professionals

- ❖ Ability to provide in-house (medical facility) assessment by contracting with local birth providers.
- ❖ We provide Consultation to Non- behavioral health professionals including, help with behavioral health and social work resources and referrals (no charge)>
- ❖ We provide program development for Medical providers re: client care related to behavioral health, program evaluation and recommendations (how to assess your patients for postpartum MD's, how to have those conversations, provide good expectations for care and decision-making).
- ❖ Provide therapeutic support to staff and providers of medical groups to address their own experience of secondary trauma around perinatal work.
- ❖ Provide individual and group supervision to other in-house and community clinicians.
\$100/hr individual and \$20 for group
- ❖ Monthly fee for service and free workshops, yoga classes, and other stress management classes/ resources