

UNFILTERED THERAPY

PRENATAL SUPPORT AND POSTPARTUM PLANNING

WHAT TO LOOK OUT FOR

According to PSI, 15-20% of women experience postpartum anxiety or depression. Our clinicians have specialized training in anxiety, depression, panic attacks, phobias, bipolar disorder, trauma, and OCD. In addition, you will identify factors that may contribute to struggles during postpartum and address these risk factors to help improve the postpartum experience.



HOW CAN WE HELP?

An 8 week virtual group for expectant mothers. We will help prepare you for the transition into motherhood and provide tips and strategies to create a postpartum plan. We will cover topics related to mental health and wellness, changes in relationships, feeding choices, sleep hygiene, self-care, and establishing a support system.