

GROWING MOTHERS

Did you know?

Currently 1 in 5 mothers, if not more, struggle with a postpartum mood and anxiety disorder (PMAD).



Women who are not adequately supported biologically, emotionally, and socially may struggle with symptoms of depression and anxiety. By reducing risk factors, we can work to prevent early maternal and family mental health crises.

An alternative.

The Postpartum Wellness Center offers a model of preventative support for mothers.

A cohort of 6-8 women will come together and travel through 4 months of community, education, and support around their health and wellness.



Here to help.

PWC's Multi-disciplinary Support Program details*:

- **Who:** Expecting mommas with due dates ranging from late November to early January at the start of support
- **What:** Multi-disciplinary support group including therapists, naturopath, lactation consultant, sleep specialist, pediatric OT, pelvic floor PT, and acupuncturist
- **When:** This cohort will meet for 2 hours every 2 weeks beginning in 3rd trimester of pregnancy and ending after 3 months postpartum.
- **Why:** Prevention, prevention, prevention! Plus, mothers will join a community of women to support them through their motherhood journey.
- **Cost:** \$450 for 4 months of multi-disciplinary support

For questions and to register,
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