



PrairieCare

## PERINATAL INTENSIVE OUTPATIENT PROGRAM CURRENTLY TELEHEALTH

Our program is designed to offer hope, healing and empowerment to pregnant and new mothers who have depression and anxiety.

PROGRAM DAYS: Monday – Thursday

PROGRAM HOURS: 10:00 am – 1:00 pm  
(with break)

**CALL  
TODAY!**  
612-274-7494

### PROGRAM DETAILS

#### SKILLS

- Identity Development
- Emotion Regulation
- Symptom Management
- Coping Skills
- Medication Management

#### TREATMENT

- Cognitive Behavioral Therapy
- Acceptance & Commitment Therapy
- Attachment Theory
- Trauma Based Care
- Circle of Security/Good Enough Mother

### WHY REFER YOUR PATIENT TO IOP

- IOP can be an effective way to access skills and support in 6-12 weeks that typically would take months to acquire.
- IOP provides immediate access to board certified psychiatrists with weekly psychiatry appointments, daily process group and psycho-education as well as bi-weekly check-ins with our lead therapist.
- IOP can help jumpstart a mom's path to recovery.
- IOP helps mothers learn to care for their mental health while simultaneously caring for their infant.
- IOP offers mothers who are on maternity leave daily structure and support.

*Hope, Healing, and Empowerment*

5500 94th Avenue North, Brooklyn Park, MN 55443 • [perinataliop@prairie-care.com](mailto:perinataliop@prairie-care.com)

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[prairie-care.com](http://prairie-care.com)