



Perinatal Intensive Outpatient Program

For Parents, Parent To-be and their Babies

Monday – Thursday
9 – 12:30 pm

AMITA Health Alexian Brothers
Women & Children's Hospital
1555 Barrington Rd.

Hoffman Estates, IL 60169
(lower level, room location varies but
signs will be posted outside of elevators)

Register

To refer a patient to the
AMITA Health Perinatal IOP,
call 855.383.2224

When pregnancy, postpartum, or the post-adoption periods arrive, along with symptoms of anxiety and depression; it can leave a parent feeling guilty, isolated and inadequate. At the AMITA Health Perinatal IOP, parents can receive treatment that promotes bonding with baby, mental health healing, and positive parenting.

Parents and their partners are welcomed and encouraged to bring their babies with them while they receive treatment for perinatal mood and anxiety disorders. This model has been shown effective in treating anxiety and depression, and in facilitating healthy parenting techniques. Our goal is to help our patients become the parents they want to be, learn effective coping skills, and enjoy the parenting journey with confidence.

For more information about the
Perinatal Intensive Outpatient
Program, please call Lita Simanis
at 847.755.3220

AMITA HEALTH®
BEHAVIORAL MEDICINE INSTITUTE

Perinatal Intensive Outpatient Program

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Unique Program Highlights:

- Parents can bring babies to treatment
- Babies will be monitored by Labor & Delivery nurses
- Parents learn bonding and coping skills
- Groups specially designed for the unique needs of pregnant, postpartum, and post-adoption individuals
- Parents learn from peers to decrease isolation and increase self-confidence
- Evidence-based treatments including CBT and Mindfulness utilized to improve outcomes

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AMITAhealth.org/

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