

# Perinatal Mental Health Counseling

***For new or expectant parents. You don't have to do this alone.***

Pregnancy, postpartum, and parenting brings many changes. For many people, these changes include anxiety, depression, overwhelm, relationship strain, or other stressors. Our team offers specialized counseling to support you during this critical time.

## How Support Can Help You During & After Pregnancy

- Help you feel seen, heard, and more like yourself
- Get tools to manage stress and intense emotions
- Support connection and bonding with your baby
- Help you feel more confident as a parent

In partnership with



It Takes a Village



## In-Person or Virtual Counseling

Register for Help Today!