



Maternal Wellness Group

Helping mothers understand and cope with mood changes and anxiety

This relationship-focused therapy was created for mothers, their infants and significant others who are (or who have) experienced postpartum mood and/or anxiety related symptoms. The group offers mothers opportunities to understand how mood and anxiety affects them and their relationships with others and to learn new ways of coping in a positive way.

The overall **goals** of this group include:

- decrease mood/anxiety symptoms in the mother
- address individual conflicts of the mother's own experiences being parented
- reduce social isolation
- offer an emotionally responsive environment for the infant that supports their development
- facilitate positive mother-infant interactions
- support improved family functioning

This group has ongoing weekly sessions beginning October 26th. It is open to the community and to Solvista Health enrolled clients on a referral basis.

Event Details

Where:
First Presbyterian Church
7 Poncha Blvd
Salida, CO 81201

When:
Weekly group starting
Wednesday, October
26, 2016

Time:
4:00 pm – 6:00 pm

Contact:
Julie Anderson, LPC
Or
Sarai Trujillo, ECMHS
539-6502