

HEALTHY EXPECTATIONS PERINATAL MENTAL HEALTH PROGRAM

CHILDREN'S HOSPITAL COLORADO PEDIATRIC MENTAL HEALTH INSTITUTE – ANSCHUTZ CAMPUS

Bearing Hope

A group where pregnant women can connect, learn and find support as they navigate the sometimes complex path toward motherhood.



Pregnancy is often idealized as a purely joyful period in a woman's life, yet 50% to 80% of women experience sadness, irritability, anxiety, worry, fear or hopelessness during or following pregnancy.

Join us as we bear hope for a brighter beginning to motherhood.

Please Contact the Healthy Expectations Program for additional information:

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