

HEALTHY EXPECTATIONS PERINATAL MENTAL HEALTH PROGRAM
AT CHILDREN'S HOSPITAL COLORADO HIGHLANDS RANCH THERAPY CARE LOCATION!

MAMAS Connect

(Mothers Aligning through Mood and Anxiety Support)

A group where women struggling with depression or anxiety issues during the first year after delivery come together to connect, learn and find support as they navigate motherhood.



One in seven women will experience a postpartum mood or anxiety disorder.

Ask for help. Don't go it alone.

Please contact the Healthy Expectations Program for additional information:

(303) 864-5252

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www.childrenscolorado.org/healthyexpectations