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
healthyexpectations@childrenscolorado.org
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