

## Mother Baby Support Group

This program is for pregnant or postpartum women who are having mental health symptoms and would like more support than weekly individual therapy. This program helps develop coping skills, mindfulness, attachment, and support.

### Program Details

- ▶ Offered Virtually
- ▶ Meets once a week for 60 minutes.

### Who is eligible?

- ▶ Women ages 18+
- ▶ Women, who as a result of pregnancy or during postpartum, experience mood and/or anxiety symptoms.
- ▶ Individuals who have previous mental health concerns that have worsened with pregnancy or after pregnancy
- ▶ Most health insurance plans, including Medical Assistance & pre-paid Medical Assistance plans provide coverage

### What can I expect?

- ▶ You will be given information on how to connect virtually from the Mother Baby Registration Team.
- ▶ You will be emailed a Mother Baby workbook to follow along for skill building.
- ▶ You will attend 1 group sessions a week, for 60 min each.
- ▶ If you already have an individual therapist, you can continue to work with that person or can establish care with someone at Nystrom & Associates.

### What should I bring?

- ▶ We strongly encourage that each group member bring their baby with them to the group, however it is not required. Some of our programming will include activities to help promote bonding with baby. Babies can join the group up until the age of one year old or until the baby is mobile. However, seeing as our focus is on improving the mental health and functioning of mom, we want to reduce the distractions that can happen with mobile babies and toddlers.
- ▶ Bring any supplies you may need for your baby, including diapers, wipes, and prepared bottles.
- ▶ Feel free to bring a pen and paper to take notes with.

Please call our Lakeville clinic at 952-214-8959 for more information or to schedule an appointment.