

HEALTHY EXPECTATIONS PERINATAL MENTAL HEALTH PROGRAM

AT THE CENTER FOR WOMEN'S BEHAVIORAL HEALTH AND WELLNESS – ANSCHUTZ CAMPUS

Bearing Hope

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



Pregnancy is often idealized as a purely joyful period in a person's life, yet 50-80% experience sadness, irritability, anxiety, worry, fear, and hopelessness.

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

Currently offered virtually.

Please contact the Healthy Expectations Program for additional information:

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Department of Psychiatry

SCHOOL OF MEDICINE

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Children's Hospital Colorado
Pediatric Mental Health Institute