



COLORADO WOMEN'S BEHAVIORAL HEALTH AND WELLNESS

GET CONNECTED TODAY

CALL 303-724-1646

EMAIL WBHW@CUANSCHUTZ.EDU
OR FILL OUT A CONTACT FORM



HEALTHY EXPECTATIONS

PERINATAL MENTAL HEALTH PROGRAM

Learn more:



Department of Psychiatry
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS
Women's Behavioral Health and Wellness



Healthy Expectations Perinatal Mental Health Program

No matter where you are in your pregnancy or postpartum journey, we want you to know that **you're not alone** and your emotional well-being matters. You deserve care that meets this moment with **expertise, compassion, and respect.**

With a full continuum of care, we are here to support in any capacity.

- **Individual Therapy (in-person and virtual)**
- **Medication Management (in-person and virtual)**
- **Moms and Moods Support Group (virtual)**
Peer-to-peer support for individuals in the postpartum period experiencing symptoms of perinatal mood and anxiety disorders (free group)
- **Black Mamas Circle Support Group (in-person and virtual)**
Peer-to-peer support group for Black identifying pregnant people and caregivers (free group)
- **Bearing Hope Therapy Group (virtual)**
12-week group therapy for pregnant individuals experiencing symptoms of perinatal mood and anxiety disorders
- **MAMAs Connect Therapy Group (in-person and virtual)**
12-week group therapy for individuals in the postpartum period experiencing symptoms of perinatal mood and anxiety disorders (can bring babies)
- **PIPER: Parent Infant Program for Emotional Resilience (in-person and virtual)**
A perinatal IOP that includes comprehensive care with groups, individual therapy, and medication management. Help build confidence in parenting, connect with a community, and learn skills to improve mental health. Up to 10-week program, runs Mon/Wed/Fri from 9am to 12pm (babies encouraged to attend)

You're Not Alone – We're Here to Help

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Our care coordinators work with each patient to determine eligibility and answer any questions.