

HEALTHY EXPECTATIONS PERINATAL MENTAL HEALTH PROGRAM

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

MAMAS Connect

(Mothers Aligning through Mood and Anxiety Support)

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



One in five 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 about our virtual and in-person options:

(303) 724-1646

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Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Women's Behavioral Health and Wellness



Children's Hospital Colorado
Pediatric Mental Health Institute