

GET CONNECTED TODAY

**CALL 303-724-1646
OR**

EMAIL WBHW@CUANSCHUTZ.EDU

**WOMEN'S BEHAVIORAL HEALTH
AND WELLNESS**



Healthy Expectations PIPER

**Parent Infant Program for
Emotional Resilience
A Perinatal IOP**

Learn more:



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

Women's Behavioral Health and Wellness

The Parent Infant Program for Emotional Resilience (PIPER)

If you're navigating the challenges of pregnancy or new parenthood while experiencing a perinatal mental health condition, PIPER is here to support you.

PIPER (Parent Infant Program for Emotional Resilience) is Colorado's first and only comprehensive mental health care program designed specifically for the perinatal period. It offers structured, multidisciplinary, and evidence-based care for individuals who need more frequent and sustained support than traditional outpatient therapy throughout pregnancy and the first postpartum year.

The program helps participants gain momentum in their treatment and build a strong foundation for long-term wellness.

Babies are welcome. Parents are encouraged to bring their infants to in-person sessions, with access to an adjacent playroom to support bonding and comfort.

A Perinatal IOP

**Offered virtually and in-person
Mon, Wed, Fri from 9am to 12pm
Up to 10-weeks, 9 hours per week
New patients begin every Monday**

WHAT TO EXPECT

- Strengthen your bond with your baby
- Improve relationships with loved ones
- Learn practical skills to manage anxiety, depression, and stress
- Build confidence in your parenting
- Connect with a supportive, understanding community
- Enhance your overall wellbeing



The welcoming space where our in-person group meets on the CU Anschutz campus.

Contact us today!



You're Not Alone – We're Here to Help

Call 303-724-1646 | **Email** wbhwa@cuanschutz.edu

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