

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 women struggling with depression or anxiety issues during the first year after delivery come together to connect, learn, and find support as they navigate motherhood.*



**One in seven 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:**

*(303) 864-5252*

[healthyexpectations@childrenscolorado.org](mailto:healthyexpectations@childrenscolorado.org)

1890 N Revere Ct., 5th Floor, Aurora, CO 80045



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



Children's Hospital Colorado