

Our Perinatal Mental Health Services Program provides:

- Individual therapy and counseling services for perinatal depression & anxiety.
- Support groups for pregnancy and early parenthood.
- 1:1 video-based coaching to encourage positive parenting behaviors.
- Trauma-focused therapy to help families heal and grow.



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Perinatal Mental Health Services

Center for Family Development provides mental health and support services for pregnant individuals and new parents navigating the perinatal period.





POSITIVE PARENTING GROUP

This 10-week group is for parents of babies and toddlers ages 8 months - 3 years.

- Connect with other parents
- Receive guidance on your child's temperament and development
- Learn strategies for managing challenging behavior
- Help your child learn through play

MENTAL HEALTH SERVICES

Center for Family Development offers individual therapy and family counseling services focused on the perinatal period.

TREATMENT FOR PERINATAL DEPRESSION & ANXIETY

Pregnant individuals and new parents can receive individual counseling to support perinatal depression, anxiety, and other mental health concerns that arise during the perinatal period.

CHILD-PARENT PSYCHOTHERAPY

CPP is a family therapy model designed to support young children and their caregivers after stressful or painful experiences. CPP may help when children have experienced separation, loss, abuse, or violence and is focused on healing through play and strengthening supportive relationships.

VIDEO-FEEDBACK & COACHING

New parents can receive individualized coaching to build positive parenting practices and promote stronger attachment relationships with their infants and toddlers.

PREGNANCY GROUP

This 6-week group focuses on taking care of your emotional well-being and reducing stress during pregnancy.

- Support healthy communication
- Learn stress management techniques
- Gain information about pregnancy and infant development
- Learn strategies for paying attention to your mood
- Support healthy bonding with your baby

