



PERINATAL & POSTARTUM PROGRAM

Services to Support Growing Families

institute for *girls'* development[®]

The parenthood journey can be beautiful, frustrating, exciting, and exhausting. We're here to help.

Our compassionate therapists offer unique support and resources to assist women and couples in gently finding their way through the many stages of starting or growing a family.

Our specialties:

- Perinatal and Postpartum Depression and Anxiety
- Attachment
- Pregnancy Loss
- Pregnancy after a Loss
- Perinatal Trauma

Services include:

- Individual Therapy
- Dyadic (Mother and Child) Therapy
- Couple Therapy
- Family Therapy
- Mindfulness and Skills-Based Group Therapy
- Parent Coaching and Consultations

Call 626-585-8075 ext. 108 to learn more or talk to our Intake Coordinator.

Empowering girls & women for life * 626-585-8075 ext. 108 * InstituteForGirlsDevelopment.com

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