

Perinatal Therapy Groups

ADJUSTMENT TO PARENTHOOD

4 weeks
Ongoing Enrollment

- Designed for first-time parents seeking support to address common thoughts and concerns when adjusting to parenthood.
- Prioritizes teaching coping strategies and skills to navigate challenges.
- Maximum 8 participants, identifying as parents

POSTPARTUM MOOD AND ANXIETY DISORDERS

4 weeks
Ongoing Enrollment

- Support for the 1/7 women managing postpartum mood and anxiety disorders.
- Utilizes cognitive behavioral therapy strategies and skills to help mothers manage anxious and depressive thoughts interfering with enjoyment of new baby.
- Maximum 8 participants, identifying as mothers

WELCOMING A SECOND BABY WITH A TODDLER

4 weeks
Ongoing Enrollment

- Created for pregnant mothers as they prepare for life after baby two, including balancing the competing demands of pregnancy/infancy and toddlerhood.
- Developmental guidance to support your toddler in becoming a sibling
- Maximum 8 participants, identifying as mothers

Contact: Maggie Mieras,
LMSW, PMH-C

phone: 734-436-1005
mmieras@arborphsychology.org
www.arborphsychology.org

