

Perinatal Mood Disorder Prevention Programs:



Child Parent Institute:

Our Perinatal Mood and Anxiety Disorder (PMAD) Program is designed to support you through the issues that arise during and after pregnancy, as well as the early years of your child's life. Services are provided by mental health therapists and parent educators in both English and Spanish. Individual sessions and support groups are offered currently via tele-health.

<https://calparents.org/what-we-do/children-counseling-services/pregnancy-related-depression-anxiety.html>



Postpartum Support Center:

Mom to Mom Peer Support. PPSC Peers are trained to provide emotional support to mothers. We provide a safe space and will listen to and understand your struggles, without judgement of shame.

<https://www.postpartumsc.org/peer-counseling>



The ROSE Program:

An evidence-based postpartum depression program that has been shown to reduce the risk of depression in low income women by half! The program teaches pregnant women to recognize the signs of depression and how to reduce stress.

<https://www.postpartumsc.org/rose>