What to Expect:

Low-Intensity Mother Baby Program

This program is for pregnant or postpartum women who are having mental health symptoms and would like more support than weekly individual therapy. This program helps develop coping skills, mindfulness, attachment, and support.

Program Details

▶ Offered Virtually

▶ Meets twice a week for 60 minutes, plus one hour of therapy.

Who is eligible?

▶ Women ages 18+

▶ Women, who as a result of pregnancy or during postpartum, experience mood and/or anxiety symptoms.

▶ Individuals who have previous mental health concerns that have worsened with pregnancy or after pregnancy

▶ Most health insurance plans, including Medical Assistance & pre-paid Medical Assistance plans provide coverage

What can I expect?

▶ You will have a meeting with our intake providers to establish the level of care.

▶ You will be given information on how to connect virtually from the group leader.

▶ You will be mailed a Mother Baby workbook to follow along for skill building.

▶ You will attend 2 group sessions a week, for 60 min each.

▶ You will have one hour of individual therapy a week.

▶ If you already have an individual therapist, you can continue to work with that person or can establish care with someone at Nystrom & Associates.

What should I bring?

▶ We strongly encourage that each group member bring their baby with them to the group, however it is not required. Some of our programming will include activities to help promote bonding with baby. Babies can join the group up until the age of one year old or until the baby is mobile. However, seeing as our focus is on improving the mental health and functioning of mom, we want to reduce the distractions that can happen with mobile babies and toddlers.

▶ Bring any supplies you may need for your baby, including diapers, wipes, and prepared bottles.

Please call our Eden Prairie clinic at 218-829-9307 for more information or to schedule an appointment.

1-844-NYSTROM (697-8766) | www.nystromcounseling.com | 🅕 🅛 🅞 @nystromcounseling