

ARE YOU PREGNANT OR HAVE YOUNG CHILDREN?



Are you interested in mental health skills training?



Ask your primary care provider if one of these MSP-funded, doctor-led virtual courses could be suitable for you! All courses take place in a supportive, classroom-like environment, online or in-person, with many options to suit your schedule.

Class options include:

CBT Skills Foundations (8-weeks):

Build mental health self-management skills helpful for day-to-day life including life transitions, stress, depression and anxiety. You can select a general group, or join one specifically for pregnant people or new parents.

Raising Resilient Kids (8-weeks):

Be supported with other parents to develop a mindful parenting approach, informed by attachment science.

Other courses, including CBT for insomnia and mindfulness training, are also available upon referral. A \$65 deposit is required and refunded with attendance.



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