

Perinatal Wellness Group Therapy

The Burlington Family Health Team Psychotherapy Clinic is now offering Perinatal Wellness Group Therapy.

Group, In Person, Weekly, 2 hour sessions

Duration: 9 weeks

There is no cost & a physician referral is not required.

This program is designed for women age 18 and older who are either pregnant or have given birth within the past year, and who are experiencing symptoms of depression or anxiety related to the challenges of motherhood.

The program uses Cognitive Behavioural Therapy (CBT) to help manage mood fluctuations and stress during the perinatal period.

Individuals who have participated in this program have reported improvements in mood and anxiety, increased social support, and enhanced well-being

If you've had a new baby in the past year and are feeling overwhelmed or think you could benefit from additional support, we encourage you to reach out to us.

Our team of qualified psychotherapists will meet with you to determine if this program is right for you.

For more information, call us at 289-861-5611 or visit www.burlingtonfht.com