

Postpartum Depression Support:

1 hour session's by appointment. After birth our bodies and minds can go through so many quick changes. If they feel empty, having problems with emotions or lack of emotions, feelings of sadness for more than 2 weeks at a time, If they feel like they don't love or care for your baby, stressed out, having a hard time adjusting to parenting, Baby Blues, anxiety, these are just a few of the signs of postpartum depression.

Maybe they don't even understand or know what it is or how to handle these feelings or emotions in a healthy manner. It's not their fault, reach out for some help, it is helpful to talk about and work through some of these issues with someone who understands and has been trained to support, encourage and suggest helpful things to do throughout this season.