

# Held Mom & Baby IOP

Perinatal Mental Health – Intensive Outpatient Therapy Program



The most *ordinary* thing in the world.  
An *extraordinary* moment in your life.

**Held Mom & Baby IOP** accepts women ages 16 and older and welcomes babies 12 months or younger. If you are pregnant or postpartum and experiencing moderate to high levels of anxiety, intrusive thoughts, symptoms of depression, anger, or trauma – this program was designed with you in mind. You belong here.



Babies Welcome

Group Therapy

Individual Therapy

Coordinated Psych Care

Insurance & Private Pay

**Now Accepting Patients**

In Person on Monday, Tuesday, & Thursday from 10:00 am – 1:00 pm

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480 – 788 – 8466 (call or text)

