



MotherWise

Empowering Women and their Families to Thrive

Empoderando a Mujeres y a sus Familias a Prosperar



Thriving Families

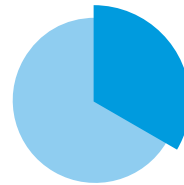
For many, pregnancy is a time of joy and excitement, but research shows that it can also be a period of heightened stress, relationship problems, and family instability. Thriving Families offers programs dedicated to reducing these risks, empowering women and their families to thrive during pregnancy and postpartum.

MotherWise is the flagship program and first step for participants. In group-based workshops, mothers consider ways to communicate effectively in close relationships, solve problems, manage conflict in their families, and exit unhealthy relationships safely. They also learn about caring for and connecting with a newborn. In addition to the workshops, each client has a dedicated family support coach who works one-on-one with her to apply new skills in her own life and connect her with other community resources such as food assistance, housing, and employment services. Meals, on-site childcare, and transportation are provided to support attendance. Studies show that MotherWise improves perinatal and infant health as well as long-term family outcomes.

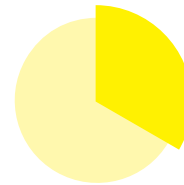
Enrollment

Many community organizations, agencies, and clinics across the Denver-metro and surrounding areas refer women to MotherWise. We welcome all people who are pregnant or recently gave birth, regardless of whether they identify as a woman or as a mother. The MotherWise program is becoming recognized as an essential part of the local perinatal care community.

Who We Serve



35%
First-time mothers



31%
Monolingual Spanish speakers



92%
Below 200% of poverty level

80%

Attendance for services at MotherWise is high. More than 80% who start MotherWise graduate.

MotherWiseColorado
 @MotherWiseColorado
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MotherWise



“I felt like this was my best opportunity to learn how to be a better mom.”

“I am very great full to be a part of this program it has taught me life-long skills and I enjoyed coming here and always felt welcomed and respected.”

“When I feel stressed out, I remember things I learned from the class. It really helps me manage.”

“I think this program is a great resource to help families with communication. I’m really happy I attended MotherWise, it helped me grow so much as a person as well as with my relationships with my son and partner.”

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Additional Services

Once enrolled in MotherWise, parents are eligible for several other services at Thriving Families, all available in both English and Spanish.

WiseWellness Therapy Services: Trauma-informed behavioral health and counseling for individuals, couples, and families

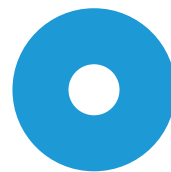
La Luz:

to reduce postpartum depression

The Incredible Years®: Evidence-based parent training program for parents with 3 to 6 year-olds

MotherWise: Evidence-based Program

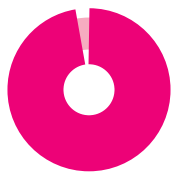
Four published academic papers and two reports from a large randomized controlled trial of MotherWise demonstrate the program’s effectiveness. MotherWise reduces preterm birth by 55% and increases baby’s birth weight (Rhoades et al., 2022). Particularly among African-American or Black women, the program prevents postpartum depression (Allen et al., 2023). MotherWise also makes it more likely a mother attends her six-week postpartum checkup and that she is on a long-acting contraceptive by then (Mazzoni et al., 2023). Further, those assigned to MotherWise were less likely to have an unintended pregnancy in the year following enrollment (Patnaik & Wood, 2021). Long-term, the program reduces conflict with the baby’s father, mothers’ ratings of whether they think violence is acceptable in relationships, and the number of relationship transitions (family instability) a baby experiences before age 3 (Paitnak et al., 2022).



100% agree

“I feel more confident that I have the skills necessary to be an effective parent.”

55% reduction in preterm birth.



99% agree

“I know how to handle conflict with my partner/spouse better.”

Donate to Thriving Families at thrivingfamiliescolorado.org/give-now



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