

welcome to

# Your VILLAGE

We've all heard the old saying "it takes a village", and this is never more true than when you're making the transition to life with baby!

At Santosha Wellness, we offer a variety of services for pregnant and postpartum mothers, including our popular postpartum wellness groups.

Break through the isolation, connect with other moms, and find yourself a part of this supportive "village".

We'll talk about these topics and more...

- sleep challenges
- marriage/relationship changes
- returning to work
- self-care
- bonding with your baby
- reconnecting with the "old you"
- feeding challenges
- extended family relationships
- anxiety
- depression
- feeling confident in motherhood
- enjoying life again!

Don't wait another moment to start feeling better!

All groups are facilitated by Kelly Nason, a Licensed Clinical Social Worker with over 15 years experience. Individual, couples', and online counseling also available. Groups meet at Santosha Wellness in downtown Parker.

Visit our website for current dates, times, and pricing.

Call today to reserve your spot!

(720)778-0555  
santosha.llc

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