



Specialized Support for Pregnancy & Postpartum Mental Health

Trauma-informed care. Real connection. Skills you can use right away.

The **Perinatal Intensive Outpatient Program (IOP)** and **Perinatal Connections Program** at Minnesota Mental Health Clinics are trauma-informed, attachment-based intensive group therapy programs designed to support perinatal clients experiencing mood, anxiety, trauma, or adjustment challenges.

These programs integrate evidence-based psychotherapy, somatic regulation, and peer connection to **support healing during pregnancy, postpartum, and early parenting transitions.**

Each group will support with therapeutic processing and experiential skill-building to **help you feel more supported, grounded, and connected to yourself and your baby.**

Why MMHC for Perinatal Support?



Facilitator: Sandra Maurer
MA, LPCC, PMH-C
Director, Center for
Reproductive Mental Health



Perinatal IOP
Small group, Virtual
Length: 6 Weeks
Days: Tue, Wed, Thu
Time: 9 AM–12 PM



Connections Group
Small group, Virtual
Length: 6-12 Weeks
Days: Monday Only
Time: 11:30 AM–1PM



Covered by most major insurance, including:
Aetna BCBS, UHG,
HealthPartners, Cigna,
Medicare & Medicaid



Ready to Get Started?



 651-615-2641
 contactus@mnmentalhealth.com
 mnmentalhealth.com

More about MMHC's Perinatal IOP



Program Goals

- Reduce symptoms of anxiety and depression
- Strengthen parent-child bonding and attachment
- Improve interpersonal and partner relationships
- Support embodied healing and body awareness
- Build resilience, stability, and emotional regulation skills



Yoga & Mindfulness Integration

Participants in the Perinatal IOP receive **one hour of trauma-informed yoga and mindfulness each week**, supporting nervous system regulation, body reconnection, and emotional grounding that is accessible for all bodies.

Led by: Sarah Zuber, E-RYT 500, YACEP, RSME
Trauma-Informed Yoga & Mindfulness Specialist

Focus areas include:

- Embodied healing and body awareness
- Resilience and trust-building
- Creating space for rest, release, and restoration

What We Cover



Emotional & Cognitive Skills

- Cognitive and emotional regulation
- Managing anxiety, depression, and overwhelm



Relationships & Attachment

- Attachment in parenting and early relationships
- Partners, support systems, and mental load
- Mindful bonding: connection with self and baby



Trauma & Healing

- Maternal rage, grief, and trauma
- Learning to feel safely and at your own pace



Body-Based & Somatic Work

- Anchoring to the felt sense
- Grounding, breath, orienting, and centering
- Interoceptive awareness and nervous system regulation

You Don't Have to Navigate This Alone

MMHC offers specialized, compassionate support for clients who are pregnant, postpartum, or navigating reproductive mental health challenges.

 651-615-2641

 **Minnesota**
Mental Health Clinics

 mnmentalhealth.com