



# Maternal Wellness Program

• EMPOWERING WOMEN AND THEIR FAMILIES •

Maternal Wellness was developed to work specifically with pregnant and post-partum women at risk of experiencing maternal depression and anxiety. Our staff consists of a Care Navigator, and Maternal Behavioral Health Professional who work together with the woman and her family to develop a comprehensive care plan so that she can feel better and return to wellness.

Through weekly one-on-one visits, the care coordinator will administer

- linkage to resources & counseling
- emotional support
- health education
- help with appointment tracking
- goal setting

**Call us for more information!**

**FRESNO  
COUNTY**



**Contact: Alexandra Addo-Boateng**

**[Fresnowellness@healthcollaborative.org](mailto:Fresnowellness@healthcollaborative.org)**

**Phone: 559- 801-1598**

