

PERINATAL INTENSIVE OUTPATIENT PROGRAM

For Mothers and Babies Together.

Has the Transition to Motherhood Been Harder than you Expected?

PrairieCare's Perinatal IOP is here to offer hope and healing to women experiencing mental health concerns during pregnancy and postpartum.

PROGRAM DETAILS

(Currently Telehealth Only)

Meets daily 3 days per week

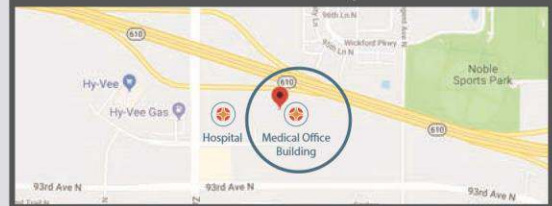
8-10 weeks w/Flexibility and Rolling Admission

Tuesday-Thursday from 10:00-12:30pm

Babies and other children welcome to be present.

- Daily Skill Building Group
- Individual and Family therapy available
- Medication Management and Integrative Psychiatry
 - Health and Wellness for Moms
 - Family Centered Care
 - Trauma Informed Care

5500 94th Avenue North, Brooklyn Park, MN 55443



Conveniently located off 610 in Brooklyn Park
Free Parking Available On Site
Accessible by bus

TREATMENT TEAM



Lisa Cross, LMFT



Sogand Ghassemi, MD



Rena Sugarbaker, MD



Amy Buggert, RN



Katie Fleuriet, LICSW



Chelsea Elker, Peer Support

Call to
schedule an
appointment
612.274.7494

Meet with
a Therapist or
Psychiatrist from
the Perinatal Team

Begin Intensive
Outpatient (IOP) or
pursue referral
recommendation