

## PERINATAL INTENSIVE OUTPATIENT PROGRAM

For Mothers and Babies Together.

**Special Announcement: By popular demand now four days a week!**

### 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

Hope, healing, and empowerment in Motherhood can be yours from the comfort of your own living room via Tele-Medicine, (children welcome)!

**This program includes:**

- Programming is now four days per week
- Program runs 6 to 8 weeks
- Two groups per day: Group Talk-Therapy and Education/Skill Building
- Therapist check ins bi-weekly
- Weekly individual psychiatric care
- Individual, couples, and/or family available to add-on
- Flexibility and rolling admission

#### TREATMENT TEAM



Lisa Cross, LMFT



Sogand Ghassemi, MD



Rena Sugarbaker, MD



Katie Fleuriet, LGSW



Chelsea Elker,  
Peer Support

Call our clinic today at 612-274-7494 to meet with a team member and decide if our program is the right fit for you! Admissions can occur within a week.

**“Going to PrairieCare’s Perinatal IOP feels like going to a spa for my mind.”**

— Anonymous

**“I came to PrairieCare to get help for my depression, I ended up learning so much more than I expected.”**

— Anonymous