

How can we support your health and well-being?

Our hope is to partner with you in having a happy, healthy, and supported pregnancy. Having your basic needs met, and the “Stress Busters,” or pillars of wellbeing, can be part of this.

Below are some areas where we may be able to help.

Please mark an “X” next to any areas you would like support.

We can address them with you or help connect you to additional resources.



A) Basic needs (e.g. food, housing, safety, legal or work challenges)— having a stable environment for you and your family provides balance, especially for your newborn baby:

I would like some support with this

B) Mental health (e.g. therapy, emotional support)— feeling at your best benefits your connection with your baby:

I would like some support with this

C) Relationships with other adults (e.g. partner and friends)— having connection and feeling supported is important:

I would like some support with this

D) Support for your partner or loved ones— taking care of your baby is a community effort:

I would like some support with this

E) Being a parent to more than one child— nurturing current relationships is important during times of transition:

I would like some support with this

F) Stress relief (e.g. mindfulness practices)— being able to build a mind and body connection creates healthy practices for you and your child/ren:

I would like some support with this

G) Overall well-being (e.g. sleep, nutrition, being outside, physical activity)— things to help us feel good, stay healthy, and help our bodies cope with stress:

I would like some support with this

H) Preparation for labor and delivery (e.g., birth classes, birth plan, or doula)— feeling empowered and being supported through the journey of giving birth:

I would like some support with this