

ARROW Project Maternal Mental Health Program

Augusta Resources for Resilience, Opportunity, and Wellness



Keeping the
mental health of
new and expecting
mothers at the
forefront.

Would you like to be a part
of this program? Do you
know someone that would
like to be a part of this
program?

Program Options

Individual Counseling

12 sessions, in-person or via
telehealth.

Weekly virtual therapeutic support group

perinatal clients
postpartum clients

Bi-weekly peer support groups

perinatal
postpartum

Referral Options

You can self-refer or you can be
referred by your provider!

Self-referral Form

You can self-refer to any of our
programs by simply registering
here!



Provider Referral Form

Providers can also refer to the
program using the referral form!



Learn more about our **Maternal Mental Health Program**: <https://arrow-project.org/current-programs>