



MENTAL HEALTH CARE for Pregnant & Postpartum Virginians



YOU ARE NOT ALONE

Are you pregnant or postpartum and feeling overwhelmed, anxious, sad, lonely, or confused? You're not alone—**1 in 8 mothers in Virginia** face maternal mental health challenges.

At **The Women's Center**, we're here for you. As part of *It Takes a Village*, a new statewide initiative by the **Virginia Health Care Foundation**, made possible with support from the **Commonwealth of Virginia**, we offer compassionate care tailored to your needs.

If you've experienced miscarriage, stillbirth, or infant loss, we also provide gentle, specialized care to help you heal.

What We Offer:



In-person and virtual therapy sessions



Available at little to no cost, sliding scale fees available



Medicaid and most insurances accepted — no referral needed



Services offered in English

Scan to Book
Appointments:



CONTACT US:



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www.thewomenscenter.org