



We Care's

PATH: Perinatal & Attachment

Therapy

Pregnancy is a time of tremendous changes, whether it's your first time becoming a parent or you're expanding your family.

From the excitement of new beginnings to the challenges of adapting—how a baby might affect your relationships, your older children, your career, or your lifestyle—it's natural to experience a mixture of emotions.

At We Care, we tailor our approach to support you wherever you are on this path.

We provide free counseling for moms and their partners in Central Contra Costa County, from pregnancy through six weeks postpartum. If you simply want guidance through the emotional ups and downs of pregnancy, or you're navigating anxiety, depression, or trauma, our compassionate and experienced team is here for you.

During weekly therapy sessions (either in your home or at our offices in Concord), you and one of our trained clinicians will explore your hopes and worries—and co-create strategies to help you feel more confident and prepared for this next phase of life.

Our Perinatal Mental Health Program can help you:

- **Strengthen Your Bond with Your Baby:** Learn ways to feel more connected to your baby during pregnancy and after birth.
- **Find Balance and Wellness:** Get help with self-care, managing stress, and dealing with a range of mental health challenges.
- **Manage Postpartum Recovery:** We support moms during pregnancy and up to six weeks postpartum, helping you and your infant recover and thrive.
- **Embrace Life Changes:** Get help navigating the many adjustments that come with a new child—whether it's shifts in relationships, career, lifestyle, or how becoming a mother (or a mother again) shapes your identity.

No matter what you're going through, early support can enhance both your and your baby's well-being.

No insurance required. Services are available in English and Spanish, with additional languages supported through translation services. **To learn more, please scan the QR code, call (925) 671-0777 ext. 117, or email ksoto@wecarechildren.org.**



Supporting the emotional well-being of moms (and their partners) through pregnancy and postpartum.

We Care's PATH

Program offers free services to expectant mothers and their partners in Central Contra Costa County, supporting you through the challenges of pregnancy and beyond to help ensure a healthy, happy future for you and your baby.

