

THE STRONG MOM PROGRAM

NEW MOM? FEEL SAD, WORRIED, AFRAID, OR TROUBLE MAKING DECISIONS?

Having a baby is hard. Many new moms have trouble finding energy to care for themselves, their infants, and their families. If this describes you, remember this: it is not your fault. You are not alone. And we are here to help.

Our STRONG program is for mothers of babies 12 months and younger; it doesn't have to be your first child to enroll in STRONG. Participate in three, 60-minute meetings—in-person or via phone—to help become a STRONG mom and raise healthy, happy kids.

S

Screening for depression to stay strong

T

Get tips to manage stress & relationships.

R

Reach out for help when needed.

O

Overcome barriers to raising healthy, happy kids.

N

Navigate the challenges and isolation of early motherhood.

G

Grow into a self-confident mother!



WANT TO ENROLL?

CONTACT:

PHONE:

EMAIL:

WEBSITE:

www.ideas4kidsmentalhealth.org/strong-mom-brochure.html

The STRONG program was developed by The IDEAS Center at New York University, Department of Child and Adolescent Psychiatry, The Langone Medical Center.

For information: www.ideas4kidsmentalhealth.org.