



# Perinatal Day Program

## IOP Newsletter



### May is Maternal Mental Health Month!



### WHO WE TREAT

Pregnant and postpartum individuals up to 18 months postpartum experiencing a new or worsening mood or anxiety disorder.



### Mom Wins of the DAY!

- Took a shower without rushing
- Asked for help – and accepted it
- Went on a short walk
- Said “no” to something that felt overwhelming
- Laughed, even briefly – during a chaotic moment
- Celebrated a small milestone (yours or baby’s)
- Reminded yourself: “I’m doing my best.”
- You showed up, even when it was hard
- You kept your baby/kids fed, safe, or comforted
- You left the house... or decided staying home was the win
- You didn’t do everything—and that was okay
- You were gentle with yourself at least once



### Self Care Tips

- Name what *you’re feeling*: “I’m safe, even if this feels overwhelming.”
- Keep one *small* daily routine!
- Step outside for 5 minutes.
- Reach out to someone you trust.
- Rest when you can, without guilt.
- Have a *favorite, familiar* meal if you can.
- Revisit an old *hobby*, even for a few minutes.



### RESOURCES

- [Perinatal Mental Health Training Database](#)
- Postpartum Support International (PSI): [www.postpartum.net](http://www.postpartum.net)
- PSI CT: [psictchapter.com](http://psictchapter.com)
- National Maternal Mental Health Hotline: **1-833-TLC-MAMA (1-833-852-6262)**
- 988 Suicide & Crisis Lifeline: [988lifeline.org](http://988lifeline.org)
- ACOG PMAD Guidelines: [acog.org](http://acog.org)



### QUOTE OF THE MONTH

**“There is no way to be a perfect mother, and a million ways to be a good one.”**

— Jill Churchill



### PROGRAM UPDATES

- [Baby Support Volunteers Needed!](#)
- We are available to join staff huddles or business meetings to share an overview of our program and/or provide brief education on PMADs. Contact us for more information.



### Events this Spring

- **World Maternal Mental Health Day**– May 6<sup>th</sup>
- **Birds of Elizabeth**– Spring bird walk through Elizabeth park – May 3 @ 8am
- **Babytime**– Informal conversation and play at West Hartford Public Library– May 8<sup>th</sup> @ 11am
- **Fleet-Feet**– Runners and walkers of all paces are welcome on our community runs.
- **The Wadsworth Atheneum Museum**– Youth Art Renaissance on May 1<sup>st</sup> –24<sup>th</sup>.
- **Syman Says Farm** (Salem, CT)– Baby Goat Snuggle Sessions: April 4–June 21, 2026
- **Daffodil Festival**– Hubbard Park: May 2–3, 2026
- **Mental Health Awareness Night**– Hartford Yard Goats: May 12



### HOW TO REFER

- Providers or client’s can self-refer.
- Internal referrals submit an **EPIC ORDER Ref222 for INST PSYPERI** and complete redcap [referral form](#). Note referral is for IOP.

[CLICK HERE TO REFER A CLIENT](#)



### CONTACT US

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# Perinatal Day Program

The Perinatal Day Program at the Institute of Living is a group therapy-based Intensive Outpatient Program (IOP). It provides a therapeutic and nurturing environment tailored to mothers and birthing parents who are pregnant or postpartum and struggling with their mental health, bonding with their baby, maintaining relationships, and managing demands of daily life.

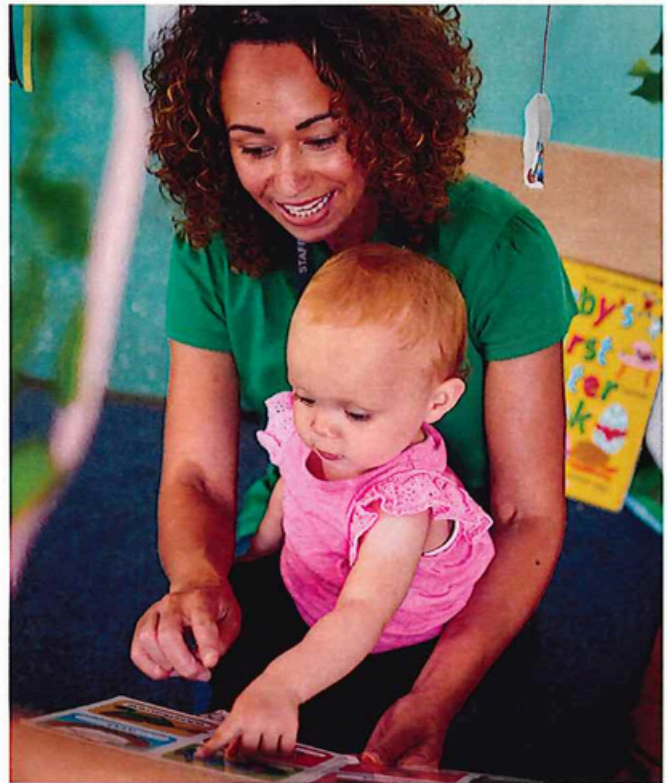
## Overview

- The program operates 3 days per week; each program day includes 3 hours of group therapy
- Patients are encouraged to bring their infants to program
- Treatment is offered in-person only
- On-site parent-baby room for babies up to 1 year old or until mobile

## Our approach

We recognize that the perinatal period is an especially intense and vulnerable time. Our program is designed to support the parent-child relationship by creating a space where caregivers and their babies can be together during treatment.

Our multi-disciplinary team are experts in perinatal mental health and reproductive psychiatry. We work closely with each parent to address current challenges and symptoms — empowering them to attend to their own emotional and physical needs while caring for their babies.



## What we offer

Group therapy that focuses on the perinatal period and its impact, mood and anxiety disorders, relationship changes, and parenting struggles.

- Communication
- Self-care
- Parenting strategies
- Managing intrusive thoughts or worries
- Ways to bond and care for your baby
- Specialized groups, such as infant feeding, sleep and nutrition, consultations with a doula/midwife, and perinatal yoga/pilates

## Additional services include:

- Medication management
- Family or couples sessions
- Care coordination

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[InstituteofLiving.org/programs-services/perinatal-day-program](http://InstituteofLiving.org/programs-services/perinatal-day-program)

