

You are not alone.

Up to 20% of new mothers will experience mood or anxiety challenges during pregnancy or after birth.

These feelings are more common than many people realize and can be influenced by a mix of physical changes, emotional factors, and life stresses. Postpartum depression and anxiety are considered common complications of childbirth.

Symptoms can appear at any time, and without support, they can affect both you and your baby, as well as your family.

You don't have to go through it alone—we're here to help.

Contact us to learn more.

For more information, please contact:

Intake Office: (626) 397-2329

Email: Lillian.Abt@huntingtonhealth.org



— An Affiliate of —



Virtual Maternal Wellness Program



100 W. California Blvd., Pasadena, CA 91105

Call (626) 397-2329

huntingtonhealth.org/postpartum

*We're here to support you
through this time of
rebirth.*

Signs and symptoms of postpartum depression or anxiety may include:

- Anxiety, panic or excessive worry
- Change in appetite
- Difficulty concentrating or making decisions
- Difficulty doing daily tasks
- Difficulty sleeping or sleeping too much
- Extreme fatigue
- Fear of being alone or leaving the house
- Feelings of regret for having a baby
- Feelings of guilt or inadequacy
- Hopelessness or persistent sadness
- Intrusive thoughts related to the baby
- Isolating from family or friends
- Unexplained anger or irritability
- Thoughts of suicide or death



Huntington Hospital Virtual Maternal Wellness Program

Helping mothers and babies grow and thrive.

From the comfort of your own home, our virtual program offers treatment for women who have depression or anxiety in the postpartum period.

We are a mother/baby program, and we highly encourage mothers to include their baby in treatment.

We provide individualized services, keeping you and your baby's wellness in mind.

What you can expect:

- Sessions held online (3 days per week)
- Evidence-based approach
- Individual and family education
- Creative arts therapy
- Mindfulness, relaxation, yoga practice
- Referrals to outpatient providers and community services

Most insurance plans are accepted. A physician referral is not needed.



Our multidisciplinary, compassionate team is here to support your well-being in motherhood.

Meet our care team:

- Dr. Azad P. Kurkjian, MD, medical director
- Camille Medina, MSN, PMHNP-BC, nurse practitioner
- Lillian Abt, LCSW, lead clinical therapist
- Natalie Morales, LCSW, program therapist
- Daniela Sarmina, LCSW, program therapist
- Maria Ninos, BC-DMT, creative arts therapist

Call us at (626) 397-2329 to learn more.