

Menninger Moms: new for moms in Texas



Women juggle many responsibilities, frequently disproportionately so, with demanding work schedules, caring for little ones, volunteering and navigating household responsibilities. Often there's with little time for self-care. In these stay-at-home times, these challenges have been magnified.

A new supportive solution is available for moms in Texas. The Menninger Moms Program provides a supportive community with a focus on wellness. This virtual program unites mothers with professionals who provide assistance to improve well-being, balance and opportunities to learn new skills specific to challenges brought about by the pandemic.

The program offers an eight-week care package, as well as additional services that provide flexibility to renew a healthy balance of parenting, family, work and wellness.



The care package offers:

- A solution-focused educational group using several evidence-based therapeutic approaches (DBT, CBT and ACT) to address crisis survival, improve communication with partners, ask the doc and manage guilt. This group provides practical tactics to use right away and to teach your family, too.
- One-on-one support in individual therapy
- Daily check-ins with staff to share self-care activities

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- A support group: Whether you are trying to adapt to having a newborn, to corral a 2-year-old while you work from home or anxiously assisting your middle schooler with math, this group offers a space for moms to come together, share stories and receive support.

Add-on and a la carte services allow each mom to customize the support – spouse/partner counseling, nutrition and exercise consultations, substance use counseling, medication consultation and spiritual counseling.

The eight-week care package cost is \$415 per week. If participating only in the virtual support group, there is no charge. Professional fees can be submitted to insurance for reimbursement. Services are provided during business hours, though some flexibility is available.



Netherton



Rohr

Menninger Moms Program has been developed by two mothers, Elisabeth Netherton, MD, a psychiatrist/physician, and Jessica Rohr, PhD, a psychologist, who are also both faculty members of Baylor College of Medicine.

Sign up today by calling 713-275-5400.

Or visit www.MenningerClinic.org.



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