

# Motherhood Circle Online Perinatal Support Group



Good mental health during pregnancy is extremely important for the health and wellbeing of mothers and their unborn children, as well as other family members.

The transition to motherhood is an unpredictable, challenging, and often bewildering journey.

Becoming a mom is a life changing experience. It can be filled with joy and wonder and can also include anxiety and sadness.

The Motherhood Circle is an ongoing online therapy group for pregnant or post-partum women (up to one year post-delivery) who are experiencing depression, anxiety, anger, and or irritability. This is a structured therapy group teaching mindfulness, cognitive behavioral therapy, and using culture as a pathway to healing.

Let us support you in facing the challenges in a nurturing community of women who understand what you may be going through. We are stronger together.



Facilitated by:

Marcie Sprague MSW, CSW-PIP, LAC  
Clinical Supervisor Native Healing Program  
Cheyenne River Sioux Tribe member

[marcie@nativehealingprogram.com](mailto:marcie@nativehealingprogram.com)

Phone 605-342-8925

Fax 605-718-3022