

Group Therapy
New Mothers

with Dr. Prapti Mehta

Join Dr. Prapti Mehta, women's mental health expert, in exploring the ups and downs of the early phases of motherhood.

In this group, you will do the following:

- **Learn** about the emotional and hormonal changes that occur following childbirth
- **Gain** beneficial coping skills and tools to keep your sanity
- **Understand** the importance of practicing self-care and relaxation
- **Connect** with other new mothers experiencing both the anxieties and joys of this new experience

PRICE: \$90 per session, \$350 for package of 4

DURATION: Ongoing, 4-week minimum commitment after first session

GROUP SIZE: 4-6 people

[Book Now](#)



meet **Prapti Mehta MD**

Prapti Mehta, MD is a psychiatrist passionate about psychotherapy and holistic healing. At Mindworx, she specializes in reproductive psychiatry, complex developmental trauma, PTSD, trauma, eating disorders and gender transition. Her treatment modalities include Psychodynamic psychotherapy, Holistic Therapy, CBT, Prolonged Exposure Therapy for Trauma and Psychopharmacology.

