

M.E.S.H.™

Moms Engage to Stay Healthy™

Support and information to guide you through this transitional time



M.E.S.H.™ is an 8-week support and psychoeducational program developed by The Postpartum Stress Center, LLC for new and expectant moms.

- Each week focuses on a topical issue.
- Information will be presented and practical methods of coping are demonstrated and discussed.
- The opportunity to express one's feelings and concerns is provided in a comfortable and compassionate environment.

For more information
please call Hilary 610.525.7527 ext.8



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