

What is
**Maternal
Wellness?**

In addition to addressing stressors and problems that result from and/or negatively impact motherhood, (such as: miscarriage, infertility, Postpartum Depression, Adjustment Disorder, Major Depression with or without postpartum onset, Postpartum PTSD, attachment, parenting, divorce, co-parenting, Postpartum Psychosis, Generalized Anxiety Disorder, relational or marital stress) maternal wellness, involves adapting to ever changing roles, redefining one's sense of self and reclaiming joy and peace amid the chaos.



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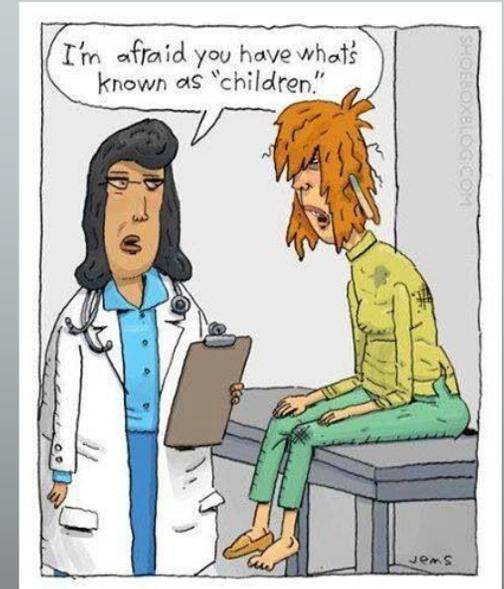
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**Sometimes,
Motherhood
doesn't feel good...**



There is hope...

Treatment of maternal depression, anxiety, and adjustment can improve your mood, your child's outcomes, and your ability to be the mother you deserve to be.

**Middle Way Health &
Mommy Mood**

What is normal?

In psychotherapy, rather than focusing on what is “normal,” we emphasize what the client would like their life to be. While there is significant research regarding the best outcomes for children, particularly around maternal depression and its impact on child development, a well-adjusted mother is always going to be the best mother she can be. There are infinite possibilities for what that means for each mother.



There is **nothing normal** about **motherhood**.

No matter how prepared you may be for motherhood, it is always a major adjustment, including major physical trauma, surging and plummeting hormones, relationship and lifestyle changes, sleepless nights, loss of income, momentous loss, increased responsibility and physical pain. These are all *normal parts* of motherhood. *Motherhood can be an overwhelming paradox of joy and burden.*

While approximately 40% of depressed mothers report the postpartum period as the onset of their symptoms, mothers of any age are up to five times more likely than their childless counterparts to develop a mood or anxiety disorder. And mothers are not the only ones who suffer. Children of depressed mothers are more likely to develop problems of their own, from developmental delay, behavior problems and mood disorders.

When a woman endures the pain of disconnection from her baby, fails to meet the expectations she feels are dictated by society, or can't face her own reflection in the mirror because she has lost her sense of who she is—it's hard for her to know where to turn.

Every child deserves a healthy mom. Each woman, family, and mother-child relationship is different. At *Middle Way Health*, we approach each person individually and tailor treatments specific to each client.



I am a single mother of Three remarkable children, who share my aversion to normalcy. I have worked with a wide-variety of devoted mothers in the Sacramento area since early 2000. My current

office is located in East Sacramento neighboring McKinley Park.