



The ROSE Program

Reach Out Stay Strong Essentials
for mothers of newborns

The ROSE Program is an Evidence-based
Intervention to Prevent Postpartum Depression.

What to expect:

- Learn about Postpartum Depression
- Identify support systems
- Obtain resources
- Learn about self-care
- Practice relaxation techniques
- Receive tips to manage stress

This is a 5 session course with 4 weekly virtual prenatal group sessions and 1 in-person, postnatal session (by appointment) with your facilitator.

Participants should be in their 2nd trimester at time of registration.

When moms feel better, they raise healthier and happier children. You are not alone.

To register: Call 715-361-6300
Email: northwoods@childrenswi.org