

WHO WE SERVE

We support individuals and families across Texas experiencing:

Postpartum depression or anxiety – feelings of sadness, worry, or overwhelm after baby arrives

Pregnancy-related mood changes – emotional distress during pregnancy

Intrusive thoughts or postpartum OCD – unwanted, scary thoughts about baby's safety

Birth trauma or NICU stress – processing difficult birth experiences or medical complications

Bonding difficulties – trouble connecting with baby or adjusting to parenthood
Pregnancy loss, infertility, or reproductive grief – emotional support through loss and uncertainty

PMDD or severe PMS – intense mood changes tied to menstrual cycle

Perimenopause or menopause symptoms – depression, irritability, or emotional changes during hormonal transitions

WHY CHOOSE CPFH?

- ✓ **Specialized Expertise** – Our therapists have advanced perinatal mental health training
- ✓ **Flexible Care Options** – In-person offices in Houston, The Woodlands, and Spring, plus telehealth across Texas
- ✓ **Insurance Accepted** – plus out-of-network assistance
- ✓ **Compassionate, Judgment-Free Support** – We understand the unique challenges of reproductive mental health

713-561-3884

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www.cpfh.org



Locations in The Woodlands,
Spring, & Houston



THE CENTER FOR
POSTPARTUM
FAMILY HEALTH

Specialized mental health support across the reproductive years — from early adulthood through parenting.



WHO WE ARE

The **Center for Postpartum Family Health** (CPFH) is a specialized mental health practice dedicated exclusively to reproductive and perinatal mental health. Our team of licensed therapists has advanced training in supporting individuals and families through the emotional complexities of pregnancy, postpartum, and the reproductive years.

INSURANCE ACCEPTED

- Aetna
- BCBS
- Cigna
- United Healthcare
- Optum
- Ascension (Smarthealth)
- Oscar
- Carelon
- Quest
- OON assistance

WHAT WE DO

We provide evidence-based, trauma-informed therapy for the unique mental health challenges that arise during:

- Pregnancy and postpartum periods
- Fertility struggles and pregnancy loss
- NICU experiences and birth trauma
- Parenting transitions and identity shifts
- Hormonal changes (PMDD, perimenopause, menopause)

Our approach is culturally responsive, family-centered, and designed to address the whole person—not just symptoms.



OUR SERVICES

We offer comprehensive mental health support tailored to your unique needs:

Individual Therapy

One-on-one counseling for pregnancy, postpartum depression/anxiety, birth trauma, grief, and reproductive mental health concerns

Couples Counseling

Support for partners navigating the transition to parenthood, relationship strain, communication challenges, and co-parenting dynamics

Parenting Support

Guidance for bonding difficulties, parenting overwhelm, adjusting to new family dynamics, and building confidence as a parent.

Support Groups

Connection with others facing similar challenge