



MomCHAT



MomCHAT provides support to mothers at critical points during pregnancy and postpartum in an effort to reduce or eliminate mental health challenges from occurring or becoming severe.

Your wellness team will include a Peer Navigator and Private Practice Therapist who will provide you with:

- Service coordination
- Linkage to resources
- Individual therapy
- Group Therapy
- Education
- Skill building
- Goal setting
- Mentoring
- Advocacy

ELIGIBILITY

Amador County residents who are 0-28 weeks pregnant

REFERRAL INFORMATION

Stephanie Hess
MHSA Program Coordinator
(209) 223-6308
momchat@amadorgov.org

Jessica Cobb
Peer Navigator
(209) 223-1956
jcobb@calvoices.org

A PARTNERSHIP BETWEEN CAL VOICES AND AMADOR COUNTY BEHAVIORAL HEALTH

