

Have You Ever  
Said to Yourself...

Our Providers

TERRA'S PLACE

"I wish I knew who to talk to about this. I feel like I'm losing my mind!"

"Maybe I'm just not cut out for this. No matter what I do, it doesn't seem to be enough."

"Am I doing this right? I feel like I'm the worst mom ever!"

"I want to ask for help, but I don't want a diagnosis or pills. I just need more sleep but how can I get that right now?!"

### **You're not alone.**

1 in 7 moms experience perinatal mood and anxiety disorders (PMADs).

It's the most common complication of pregnancy and childbirth.

### **You're not to blame.**

These are temporary and treatable illnesses.

### **With treatment, you will recover!**

Sadly, a lot of moms suffer because they don't know where to turn.

**Terra's Place was created for you!**

### **Terra's place is unique in that we don't treat PMADs like any other depression or anxiety.**

*All of our licensed therapists have completed Postpartum Support International's certificate training in diagnosing and treating Perinatal Mood and Anxiety Disorders (PMADs), and our work focuses on moms and families.*

**Visit our website to learn more about our education, experience, and specialties!**

We also use an integrated model, meaning we work with your other doctors as a team to coordinate and simplify your care.

### **We opened Terra's Place to give moms and families the care they deserve!**

We know you want to get back to feeling like yourself as soon as possible, with the least intrusive treatment.

**At Terra's Place, that is our promise!**



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Support  
When You Need It

Are you...

Call Today

#### WE PROVIDE

- Individual and family counseling and groups
- Telehealth & flexible hours
- Results-driven therapies
- Evidence-based and Trauma-sensitive therapies, including:
  - EMDR
  - Hypnosis
  - Interpersonal Counseling
  - Cognitive-Behavioral Therapy
  - Mindfulness-Based Stress Relief

#### GROUPS & CLASSES

- **Mindful Motherhood Groups** – 8-week introductory mindfulness training for pregnant women and new mothers. Reduces stress, improves mood, and enhances bonding with the baby.
- **Seven Sisters for Seven Days** postpartum planning to nurture mothers and families in the postpartum period and beyond by creating a system to help families get the care they deserve.

#### WHEN IS THE BEST TIME TO SEE US?

- Seeking support early is the best way to get the quickest results.
- If you notice the symptoms of a PMAD or someone encourages you to seek support, we recommend that you contact us for an appointment as soon as possible.

- Feeling overwhelmed or guilty
- Afraid you're a bad mom
- Having trouble bonding with your baby
- Having racing thoughts & restlessness
- Having scary or disturbing thoughts
- Afraid to be alone with your baby
- Feeling the need to constantly check things
- Feeling confused or scared
- Feeling irritated or angry
- Feeling nothing or empty
- Feeling overwhelming sadness
- Feeling hopeless
- Feeling a sense of dread
- Having trouble eating and sleeping
- Having trouble concentrating
- Feeling disconnected
- Thinking that something is wrong
- Thinking of running away
- Thinking of hurting yourself
- Afraid this is your new "forever"
- Afraid to reach out because someone will judge you



**Everyone is welcome at Terra's Place.**

We want you to know that **you are welcome** at Terra's Place no matter your nationality or heritage, whomever you choose to love, however your family is formed, whatever your politics, and however you arrived here.

*We specialize in helping **momms and dadds** get their lives back!*

**We know all about that.  
Let us help you get back to feeling like  
YOU again!**

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**terrasplaceaz.com**