

Sharing community wisdom for  
your journey through parenthood.

**1-888-823-SANA**

1-888-823-7262 | [sana@maternalmentalhealthnow.org](mailto:sana@maternalmentalhealthnow.org)



**CALL, TEXT OR EMAIL**  
MONDAY - FRIDAY  
9 AM - 5 PM PST

**AVAILABLE IN**  
SPANISH & ENGLISH

For additional information visit  
[www.sanasana.support](http://www.sanasana.support) or email  
[sana@maternalmentalhealthnow.org](mailto:sana@maternalmentalhealthnow.org)

Welcoming a baby to the family can create mental health challenges for the parents. **We are here to help!** An empathetic and supportive ear from a peer who has been there!

- Gender affirming
- Culturally congruent support
- Connections to local resources
- Access to free support groups
- Weekly follow up
- Co-created care plan

This service is available to all expectant and new parents in Los Angeles County, including:

- Mothers
- Fathers
- Partners
- Adoptive Parents
- Birth parents who choose adoption
- Black, Indigenous and Birthing People of Color
- Queer & gender expansive people
- Those who have lost a pregnancy
- Those suffering from infertility
- Those who have lost an infant
- Those who have terminated a pregnancy



This program is offered by Maternal Mental Health NOW. The mission of Maternal Mental Health NOW is to remove barriers to the prevention, identification and treatment of perinatal mood and anxiety disorders in Los Angeles County. This program is supported by the Conrad N. Hilton Foundation.

**Sana sana colita de rana.**  
**Si no sanas hoy, sanarás mañana**

is a popular nursery rhyme in the Spanish language. It's sung when a child bumps their elbow or otherwise hurts themselves. Its literal translation is "Heal heal little frog's tail. If you don't heal today, you will heal tomorrow." We decided to call the Perinatal Peer Support program Sana Sana because new and expectant parents often need healing too.