



MATERNITY SUPPORT PROGRAM (MSP)

A unique opportunity for you to support your employees during this special phase and ease the transition of coming back to work post pregnancy!



Pregnancy and Parenthood

Parenthood is an important stage in our lives causing a monumental shift. While the anticipation of a child's birth often elicits positive emotions, it can also cause a parent to be to feel ambivalent. They may worry about the impact parenthood can have on the marriage, finances, friendships and career.

80% of expecting mothers report anxiety or depression during pregnancy and many women undergo post-partum depression which may start during pregnancy or up to a year from the birth of the child.

Our services

Silver Oak Health's comprehensive Maternity Services Program (MSP) includes:

- Outbound counselling calls for expectant mothers
- Webinars for couples
- Counsellor assisted online CBT
- Mindfulness programs

Benefit for Employees

- › Build coping mechanisms to manage the pregnancy and parenting stress
- › Returning to work after pregnancy feeling more supported and confident
- › Identify ways to better manage two transitions – maternity leave and back to work

Benefit for Organization

- › Employees stay connected to the company during and post pregnancy
- › Retain mothers who may leave work post pregnancy due to feeling overwhelmed
- › Create a safe and inclusive environment for new parents



Our Approach

The cornerstone of our Maternity Support program is Cognitive Behavioural Therapy (CBT) and Mindfulness which are effective tools for stress and anxiety disorders. Our 8-week counsellor assisted Stress Control Online program will help pregnant mothers overcome Stress, Anxiety and Depression and help them go through these life changing events more enjoyable!



Service offering



Outbound
Counselling call



Peer Support
Group



Webinars for
both parents



Online CBT and
Mindfulness



Dietician
support



Managerial
sessions



Maternity Stages and Support we offer at each stage

First Trimester

Counselling sessions along with relaxation and breathing exercises

STAGE

01



STAGE

02



Second Trimester

Counselling sessions to help alleviate many of the fears and misconceptions

Third trimester

Counselling sessions along with Mindfulness meditations address sleep and anxiety

STAGE

03



STAGE

04



Becoming a parent

Counselling sessions to discuss changes post pregnancy and the arrival of the baby

Postpartum Depression

Counselling sessions with Cognitive Behavior Therapy based approach

STAGE

05



STAGE

06



Returning to work

Counselling sessions to discuss strategies and tips for returning to work

SILVER OAK HEALTH

Silver Oak Health (www.silveroakhealth.com) is a highly innovative company that is being chosen by many companies in India as the preferred partner for EAP, POSH and DEI services. The company is also seen as one of the most innovative in this field with a wide range of digital interventions and training programs. We assist companies of all sizes with DEI services. Silver Oak Health was established in Bangalore in 2015 and has PAN India presence. The company has full-time DEI experts that will assist corporate clients establish policies and programs that are inclusive of the modern workplace. We are an ISO 27001: 2013 certified company.

CONTACT US FOR PRICES

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