

Perinatal Mental Wellness

Self-care

Sleep, exercise, nourishment, relaxation and mindfulness



Education and Information

Learning about childbirth, parenting, and perinatal mental health risk and protective factors



Positive relationships

Social, healthcare, and community support networks, healthy relationships and bonds with family and baby



Tangible Resources

Access to childcare, parental leave, worklife balance, financial resources



Emotional Resilience

Accepting internal experiences, using healthy and proactive coping strategies, asking for help when needed





DR. STEPHANIE SNOW

HATCH PSYCHOLOGY INC.

Hatch Psychology Inc. is dedicated to providing interventions for mental health and well-being during pregnancy and the first year postpartum (i.e., perinatal mental health).



Virtual psychological services for pregnancy and postpartum



Registered Psychologist (R1028), Nova Scotia Board of Examiners in Psychology



Evidence-based, compassionate, and collaborative care.



Specialized care for perinatal anxiety, mood, trauma and stress-related concerns



Reach out: drstephaniesnow@gmail.com



Book in: hatchpsychologyinc.janeapp.com

TRAINING



PhD in Clinical Psychology from Dalhousie University in Halifax, Nova Scotia

Completed doctoral residency in Department of Clinical Health Psychology Max Rady College of Medicine in Winnipeg, Manitoba



Supervised practice in perinatal mental health at St. Boniface Hospital in Winnipeg, Manitoba

