

Pregnancy can be a stressful time and that doesn't include all the other life stressors that may be happening outside the pregnancy.

There's a lot of things that can come up with pregnancy that aren't necessarily related to specifically the pregnancy.

And worrying that the stress that you experience day to day is going to harm your baby is just going to cause more stress.

If you have concerns about ability to get food or housing, if your home is not safe or you are having major troubles within your family that are just overwhelming or any other stressful situations in your life, it's important that you bring that up with your provider.

There are many community resources that could be available to you and we can help you connect with those so that we can try to eliminate or at least reduce those stresses as much as possible.