



12 Weeks of Therapy.

FREE. *For you.*

Talk to a licensed therapist who looks like you, listens to you, and gets what you're carrying. The BGMH Foundation covers every session. You just show up.

YOU MAY QUALIFY IF YOU ARE:

- ✓ A Black woman or Black birthing individual
- ✓ Pregnant or within 12 months postpartum
- ✓ Experiencing anxiety or emotional distress
- ✓ Face financial barriers to accessing care

Because moms need someone in their corner too.

Living in these counties:

- **Los Angeles County**
- **Riverside County**
- **Orange County**
- **San Bernardino County**

LIMITED SPOTS AVAILABLE!

Check your eligibility today!

www.bgmhfoundation.org/freetherapy