



MAHMEE CLINIC

Physical & Mental Health Assessment

Acting as a liaison between you and your doctor, we provide a comprehensive Physical and Mental Health Assessment before your 6-week postpartum follow-up, to proactively address concerning signs and symptoms in a timely manner.

MAHMEE MUSCLE

Yoga and Low-Impact Exercise Classes

Cardiomyopathy and other cardiac conditions are leading causes of maternal mortality. These classes are meant to strengthen the heart muscle and body for overall better health.



OTHER MAHMEE SERVICES

MAHMEE MILK – Lactation support

MAHMEE EDUCATION LAB – Family planning classes, nutrition classes, urgent maternal warning signs, and CPR training for parents and legal guardians

MAHMEE SPEAKS – Hosting speakers from all healthcare disciplines

MAHMEE SHOWERS – A celebration for moms-to-be and rentable space for baby showers

MAHMEE MOOD ROOMS – Rentable space for healthcare workers

MAHMEE MOBILE – Transportation services

MAHMEE VILLAGE – Partnerships with childcare providers, healthcare facilities, community organizations, schools, individuals, businesses, and other non-profits



The 4th Trimester
MAHMEE

Maternal Advocates Helping Magnify Education & Empowerment

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WHAT WE DO

We provide maternity-care services, including advocacy, counseling, and education.

WHO WE SERVE

We serve all – pregnant, postpartum, and those who have experienced pregnancy or infant loss – with a concentration on the postpartum period.

WHY WE SERVE

Because everyone deserves individualized care, – not only before giving birth, but after, too – to ensure their level of optimal health.



The 4th Trimester MAHMEE

OUR MISSION

To educate, empower, and be a voice for women. To advocate for positive and optimal health outcomes during and after pregnancy, and after experiencing pregnancy or infant loss. Through research, programs, and direct support, we will elevate the awareness of complications impacting historically-vulnerable communities and work to change the narrative and ensure the best care possible for all women and their families.

OUR VISION

Through continuous education, advocacy, and care, no mother will die from preventable causes related to pregnancy and childbirth.

OUR VALUES

Our programming and care are all centered on our core values of **L-I-S-T-E-N.**

- L**earn
- I**nquire
- S**ymptoms
- T**reatment
- E**valuation
- N**eeds

OUR SERVICES

Our full range of services are meant to focus on not only healthcare, but mom care. >>>



MAHMEE MILIEU

Child Loss Support Groups

Express grief in a safe and supportive environment. Every year in the U.S., one million women experience loss. Most report that their grief is not adequately recognized by family and friends, leaving a feeling of emotional abandonment.

MAHMEE MOOD ROOMS

Relaxation, Rest, Rejuvenation

Although the 4th Trimester is a very exciting time, it is also an exhausting time, when parents don't often get enough rest, sleep, or personal time, as they and their babies are adjusting to their new life.



MAHMEE MASSAGE

Therapeutic Maternal Massage

Gestational Hypertension and Preeclampsia are leading causes of pregnancy and postpartum health problems and mortality. This therapeutic antepartum and postpartum massage increases circulation and aids in blood pressure regulation, stress reduction, and muscle relaxation.



MAHMEE MENTALITY

One-on-One Mental Health Support

Studies note that 1 in 7 women (600,000 per year) will suffer from Postpartum Depression.



Mental Health problems, substance use disorder, and intimate-partner violence are preceding circumstances to pregnancy-associated suicide and homicide.

Suicide and Crisis Lifeline:

Call or Text 988 or Click the Chat Button at [988lifeline.org](https://www.988lifeline.org)

Maternal Mental Health Hotline:

1 (833) TLC-MAMA (852-6262)