

# Clinical Care Consultants



## Perinatal Counseling Services

We understand and feel compassion and empathy for a woman's journey through conception, pregnancy, childbirth and child rearing. These phases of life can be filled with joy, but for many this is a time consumed with worry, isolation, confusion, anger and sadness. These are major life transitions and parents need significant support when the challenges seem insurmountable.

There can be feelings of shame and guilt revolving around infertility, miscarriage, and postpartum moods, such as anxiety and depression. Moreover, many expectant and new parents struggle with feelings of inadequacy and regret. Often times, many parents find themselves hiding their true emotions.

CCC's Perinatal Counselors have specialized training to provide you a safe harbor where you can openly share your story, thoughts, and feelings. We will provide a supportive place where you can nurture yourself back into balance and strength.



Ana Stefaniuk MA, LCPC



Inverness and Arlington Heights Offices

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