

Supporting Women's Journeys

Women most commonly have the responsibility of caring for themselves, their families, and their dependents. A tall order at best, necessitating resources to help effectively manage it all, while still prioritizing one's own physical, psychological and emotional health.

Women and Family Division



School-Age

Young Adulthood

Adulthood

Motherhood

Caregiving




Aging

The Women and Family Division offers a complete range of programs to meet the unique needs of women and families at every life stage—from school-age through aging. All programs leverage expertise in personalized engagement, utilizing evidence-based scientific principles and cognitive and behavioral neuroscience to enhance physical, emotional, and psychological well-being.

How Does Brain Health Fit In?

Recognizing the critical role of brain health in overall well-being, programs place a special emphasis on cognitive function as it relates to multitasking, emotional regulation, and social connectivity. We understand that a healthy mind is foundational to managing the often stressful demands of daily life for women.

Programs Provide:

-  Comprehensive support through all stages, from young adult through menopause.
-  Specialized care for chronic conditions and mental health.
-  A focus on preventive care and overall wellness.

Learn more about how to bring these programs to women and families.



Specializing in Preventive Health Programs for all Women and Families

Autism:

Specialized care and resources for families, caregivers and individuals managing autism, focusing on early detection and continuous support.

Brain Health:

Enhances cognitive function through programs targeting multitasking abilities and social connectivity.

Chronic Condition Management:

Personalized care management plans for various chronic conditions to enhance quality of life and reduce healthcare complications.

Cognitive Impairment and Memory Loss:

Supports individuals and families managing cognitive impairments, with resources to improve memory and daily functioning.

Family Preservation:

Strengthens family bonds and promotes healthy home environments through targeted interventions and support systems.

Menopause:

Guidance for managing perimenopause, menopause, and post-menopause symptoms, including personalized care plans, lifestyle adjustments, and emotional wellness tools.

Mental Health:

Surveys help to identify and address issues such as anxiety, stress, and depression that often cycle with life's events; includes in-the-moment escalations to notify teams to avoid adverse events.

Postpartum:

Targeted support systems to help new mothers manage the physical and emotional challenges after childbirth.

Perinatal Care:

Holistic support for expectant and new mothers, focusing on health education, mental wellness, and physical recovery to ensure healthy perinatal experiences.

Prevention and Wellbeing:

Promotes a proactive approach to health with programs designed to prevent illness and foster overall physical and mental well-being.

Substance/Opioid Use Disorder:

Comprehensive support for individuals and their loved ones, focusing on recovery and relapse prevention.

Women's Cancers:

Prevention, early detection, and management of cancers predominantly affecting women, including breast and ovarian cancer.