

BOLD Mothers



Periods of transition and increased emotions can bring higher levels of anxiety, and many women struggle with anxiety specifically during pregnancy and postpartum. Anxiety can manifest in physical symptoms such as chest and muscle tension, headaches, nausea, heartburn, insomnia, dizziness and feeling “on edge” or jittery. Our brains often turn to excess worrying, planning, controlling, checking or other behaviors to cope with this, leaving us feeling overwhelmed and unable to cope as well as before.

At BOLD Health, we are proud to offer a unique group that will teach skills to:

- regulate anxiety
- reduce the frequency and intensity of worrying and other anxious thought patterns
- improve women’s abilities to connect with their child and loved ones

What: BOLD Mothers

Who: Women who are pregnant or have infants (or young children) and suffer from anxiety

When: Thursdays, 11am-1pm

Where: BOLD Health, 561 Saxony Place, Suite 101, Encinitas, 92024

Cost: \$75 per class (6 class commitment)

Contact: Katie Hirst, MD (760) 840-3717 or k.hirst@boldhealthinc.com

Register: email k.hirst@boldhealthinc.com



Katie Hirst, MD, trained in Psychiatry and Family Medicine after graduating from UC San Diego School of Medicine. Dr. Hirst has been a leader in Maternal Mental Health since establishing the UC San Diego Maternal Mental Health Clinic in 2006. She is proud to practice psychiatry and psychotherapy, and teach mindfulness meditation, at BOLD Health.



Thomas Paulus, PsyD, is a psychologist with specialties in anxiety, depression and addiction. Dr. Paulus believes that psychotherapy is most effective when it affirms the person’s dignity, engages their will, and compassionately helps them face what they’ve learned to avoid—without wasting time. Dr. Paulus is also the proud father of three young daughters.