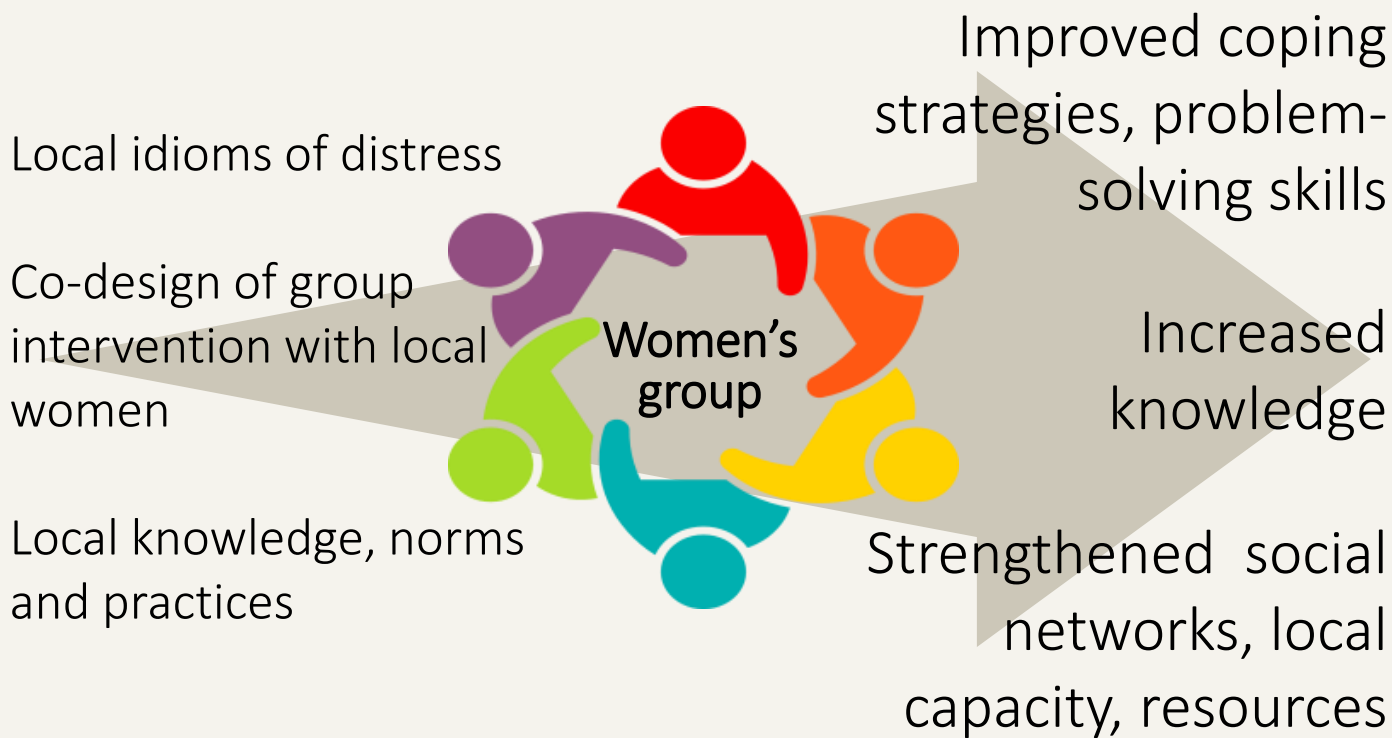


# Women's groups improve mental wellbeing and functioning in vulnerable new mothers

Proyecto Buena Semilla



Implementation of women's groups achieves:



Improved general mental health and wellbeing



Reduced depression symptoms



Improved self-efficiency



Increased infant stimulation activities

Individual and collective empowerment for change