For the Girls
Wellness Fund

Mothers are falling through the gap after birth. Our programs close it.

Maternal care is often fragmented and reactive. For the Girls Wellness Fund's programs provide community-based care that stays with mothers from preconception through postpartum with a focus on proactive care and improving outcomes.

64%

of our applicants were seeking care for at least one physical symptom

Program applicant data 2024–2026

77%

of people requesting care had never seen a physical therapist.

Clinical partner data, 2024–2026

28%

of our applicants wanted proactive postpartum recovery, not just treatment.

FTGWF Impact Report 2024–2026

01 · THE NEED

Maternal Healthcare is Fragmented

Maternal health is often fragmented by stages, rather than seen as a continuum requiring consistent, wraparound care for the best outcomes. This results in symptoms going unnoticed and unnecessary complications.

OUR PROGRAM

Preconception-to-Postpartum PT Program

21 physical therapy visits across three phases, before, during, and after pregnancy, for 35 participants a year. One consistent provider, so problems are caught early and outcomes improve.

02 · THE NEED

Pelvic floor problems are treatable, but care doesn't reach everyone.

Pelvic & perinatal symptoms are extremely common and treatable but are often dismissed as normal. This leaves women dealing with pain, discomfort, and dysfunction when help is available.

OUR PROGRAM

Free Pelvic PT & Wellness Services

Pelvic floor PT for women who would otherwise go without, regardless of insurance or income:

03 · THE NEED

Families don't know pelvic health care exists.

Even though physical therapy is an integral part of the perinatal journey, many families don't know that it exists due to lack of awareness and referrals.

OUR PROGRAM

Doula Education, with Humbled by Parenthood

Training for doulas & community birth workers on how to screen for perinatal and infant symptoms and refer appropriately so families get the help they need when they need it.