

Working With Kristina Grace

Strengthening Maternal Mental Health Through Practical, Scalable Solutions

Many mothers fall through the gaps. They don't meet the threshold for specialist services, yet they are struggling — with mental health, transition, identity, and the demands of parenting.

Kristina Grace works with organisations to address this gap through practical, evidence-informed programmes designed to improve outcomes at scale.

Programme Licensing

Structured, evidence-informed programmes designed for organisations to deliver within their own services.

Programmes support mothers through key transitions, including:

- Returning to work after maternity leave
- Parenting neurodivergent children
- Maternal mental health and wellbeing

Each programme is designed to be:

- Practical and easy to implement
- Grounded in real-world needs
- Scalable across services

Programmes

Out of the Fog Programme



A mental health programme designed to support mothers experiencing emotional overwhelm, anxiety, or low mood.

Focus areas:

- Understanding mental health and emotional regulation
- Practical strategies for managing day-to-day challenges
- Building confidence and resilience

Return to Work Programme



Supporting mothers transitioning back into the workforce after maternity leave.

Focus areas:

- Confidence and identity
- Navigating workplace expectations
- Balancing work and family life

Off Script



Supporting parents of neurodivergent children.

Focus areas:

- Understanding dysregulation and behaviour
- Practical strategies for support
- Reducing overwhelm for both parent and child
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Preparing for Parenthood



Supporting parents in the transition into early parenthood.

Focus areas:

- Emotional wellbeing
- Expectations and adjustment
- Strengthening confidence in parenting

Speaking & Workshops

Practical, evidence-informed speaking and workshops for organisations supporting mothers and families.

Topics include:

- Maternal mental health
- Trauma-informed care
- Supporting parents through complex needs
- Bridging gaps in service delivery

Available for:

- Conferences
- Professional development
- Internal training

Consulting

Specialist input to support organisations to strengthen their approach to maternal mental health.

Including:

- Programme development
- Service design
- Trauma-informed practice
- Strategic input and review

Who I Work With

- Health and maternity services
- Community organisations
- Employers supporting working parents
- NGOs and not-for-profits
- Professional groups and networks

Indicative Pricing

- Programme licensing: typically \$5,000 – \$20,000+
- Speaking engagements: typically \$2,000 – \$7,000
- Consulting: from \$180/hour or project-based

Pricing varies depending on scope, delivery format, and organisation size.

Get in Touch

To discuss programme licensing, speaking, or consulting, please get in touch via the enquiry form on the website: www.kristinagrace.co