

Our BYU experience has shaped our work as clinical social workers, empowering us to help women during the perinatal stage of life. As three BYU alumni, we now work at Yarrow Therapy, a private practice supporting women through pregnancy, childbirth, and early motherhood. Just as the Yarrow plant is known for its healing properties, we help women navigate emotional and mental challenges, guiding them toward recovery and strength.

At BYU, we developed not only clinical skills but also values of empathy, service, and understanding. These principles guide us as we assist women facing grief, anxiety, and loss, helping them reconnect with their inner strength and light.

The impact of our work extends beyond the women we serve. As they heal, their strength radiates to their families and communities, creating a ripple effect of hope and resilience that spreads across generations.

Our BYU education gave us the foundation to be part of something larger than ourselves—a beacon of light in the world. By supporting women through their darkest moments, we help them rediscover their light, which, in turn, guides others toward healing and strength.