

EMPATHRA Opens Founding 100 Enrollment for Postpartum MENTAL Wellness Circle

The first 100 women to enroll receive 30 days of complimentary access to an educational community that supports maternal mental wellness.

DALLAS, TX, UNITED STATES,
September 13, 2026 /

EINPresswire.com/ -- EMPATHRA Mental Health & Wellness Clinic LLC has opened enrollment for the Founding 100 of its [Postpartum MENTAL Wellness Circle](#), an educational and supportive membership community created for mothers seeking practical information, guided resources, and meaningful conversations about maternal mental wellness.



Blessing Dan-Dukor, APRN, PMHNP-BC, founder of EMPATHRA Mental Health & Wellness Clinic

“

Everyone may be checking on the baby, but someone also needs to check on the mother.”

*Blessing Dan-Dukor, APRN,
PMHNP-BC*

The first 100 women who complete enrollment will receive their first 30 days of membership free of charge.

The Postpartum MENTAL Wellness Circle was developed to address an experience many mothers face after childbirth: significant attention is placed on the baby's health and development, while the mother's emotional needs may receive less attention.

“Everyone may be checking on the baby, but someone also needs to check on the mother,” said Blessing Dan-Dukor, APRN, PMHNP-BC, founder of EMPATHRA Mental Health & Wellness Clinic LLC. “Mothers deserve a supportive environment where they can learn, reflect, ask questions, and better understand what they may be experiencing.”

A SUPPORTIVE SPACE FOR MATERNAL MENTAL WELLNESS

The Postpartum MENTAL Wellness Circle provides educational tools and community-based

support to help women become more aware of their emotional wellness, identify areas where they may need additional support, and take informed steps to care for themselves.

Membership resources are expected to include:

- Maternal mental-wellness education
- Guided workbooks and worksheets
- Supportive group conversations
- Educational webinars
- Partner and family support guides
- Maternal-wellness resources
- Practical tools based on EMPATHRA's MENTAL Framework



Blessing Dan-Dukor, APRN, PMHNP-BC, provides mental-health education and supportive resources through EMPATHRA.

Women who enroll will also receive information about the first Postpartum MENTAL Wellness Circle webinar.

THE MENTAL FRAMEWORK

The membership experience is structured around EMPATHRA's six-part MENTAL Framework:

Make Space — Create room to acknowledge personal emotions and experiences.

Examine Your Feelings — Take time to recognize emotional changes without immediately dismissing them.

Name What You Need — Identify the type of information, assistance, or support that may be helpful.

Take One Healthy Step — Select a manageable action that supports personal wellness.

Ask for Support — Communicate with trusted people and appropriate professionals when additional help is needed.

Live With Intention — Continue making choices that support emotional awareness and maternal wellness.

The framework is designed to give mothers clear language to think about their emotional needs and identify their next appropriate step.

“The goal is not to tell mothers that they should have everything figured out,” Dan-Dukor said. “The goal is to help each woman recognize that her mental wellness matters and that asking for support can be one of the healthiest steps she takes for herself and her family.”

FOUNDING 100 ENROLLMENT

Founding enrollment is limited to the first 100 women who complete the registration process. Those women will receive 30-day complimentary access to the Postpartum MENTAL Wellness Circle and become part of a growing community centered on maternal mental-wellness education and support.

Women interested in participating may [enroll in the Founding 100](https://form.jotform.com/262303236547050) at <https://form.jotform.com/262303236547050>.

The Postpartum MENTAL Wellness Circle is an educational and supportive membership program. It does not provide or replace psychiatric evaluations, psychotherapy, diagnosis, medication management, prescriptions, personalized medical advice, or emergency services.

Anyone experiencing a mental-health emergency should call 911, visit the nearest emergency room, or call or text 988 to reach the Suicide & Crisis Lifeline.

ABOUT BLESSING DAN-DUKOR

Blessing Dan-Dukor, APRN, PMHNP-BC, is a psychiatric mental health nurse practitioner and the founder of EMPATHRA Mental Health & Wellness Clinic LLC. Her work focuses on expanding access to mental health education, strengthening referral relationships, and helping individuals and families better understand when and how to seek appropriate support.

ABOUT EMPATHRA MENTAL HEALTH & WELLNESS CLINIC LLC

EMPATHRA Mental Health & Wellness Clinic LLC is a Texas-based mental health and wellness organization committed to helping individuals, families, healthcare professionals, and community partners navigate mental health needs with greater clarity. Through education, supportive resources, and professional mental health services, EMPATHRA works to create stronger pathways connecting people with appropriate information and care.

For more information about EMPATHRA Mental Health & Wellness Clinic LLC, visit <https://empathramental.com>.

Kevin D Williams
TEAM VISION LLC
+1 501-952-4331
support@teamvisionmedia.com

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/941845708>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.