



# **Empower Mothers Fighting Postpartum Depression to Regain Their Confidence and Resilience**

## **Project Plan**

**VERSION 1**

**Date: 07/05/2023**

**Title: Empower Mothers Fighting Postpartum Depression to Regain Their Confidence and Resilience**

**Team Name: beFitMamas**

**Authors: Rene Dobgima, Jerry Nyumah, Ali Odeh, Trayshawn Seamster, and Banesa Segovia**