

The Mom Reset Program Overview

A one-page reference for press, partners, and recipients. Quick-look details about the program.

At a glance

Program name	The Mom Reset
Presenting practice	Foresight Wellness Center
Location	Gilbert, Arizona (East Valley, Phoenix metro)
Cohort size	10 community-nominated moms
Program length	6 months (June 1 – November 30, 2026)
Sessions per recipient	Up to 26 total
Per-recipient value	~\$2,500 of clinical care
Total program value	~\$25,000
Eligibility	Moms with at least one child age 5 or under, residing in the East Valley
Selection process	Community nomination only

Key dates

- **Sunday, May 10, 2026** — Mother's Day. Campaign launches publicly. Nominations open.
 - **Sunday, May 24, 2026** — Nominations close.
 - **Thursday, May 28, 2026** — 10 recipients revealed.
 - **Monday, June 1, 2026** — Program officially begins.
 - **Sunday, November 30, 2026** — Program concludes.
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What each recipient receives

The full Foresight nervous system reset stack:

- **Up to 26 weekly BEMER + BrainTap sessions** (combined modality session, ~30-40 minutes)
- **6 LLLT sessions** (one per month for the program duration)
- **Personalized check-ins** with the Foresight clinical team

Total program value per recipient: approximately \$2,500.

Selection criteria

Selection is internal to Foresight Wellness Center. Recipients are chosen based on:

1. Demonstrated nervous system load (caregiving demands, life circumstances, postpartum context)
2. Likelihood of engagement (ability for weekly attendance)
3. Story authenticity (specific personal context vs. generic descriptions)
4. Cohort diversity (working moms, stay-at-home moms, single moms, partnered moms, moms of multiples, geographic spread across the East Valley)

The cohort is intentionally small, designed for depth rather than volume.

Calendar context

The Mom Reset launches at a deliberate calendar convergence:

- **Mental Health Awareness Month** — observed throughout May
- **Maternal Mental Health Awareness Week** — May 4-10, 2026
- **World Maternal Mental Health Day** — May 6, 2026
- **Mother's Day** — May 10, 2026

The program is positioned as a substantive response to the chronic nervous system load on caregivers, not a Mother's Day promotion.

Program partners

To be announced May 10th

How to nominate

Community members can nominate moms in their lives [here](#) (<https://www.foresightchiropractic.com/mom>) from May 10 through May 24, 2026. Nominations require:

- Nominee's name and contact information
 - Nominator's name and contact information (so they can be notified if their nominee is selected)
 - A short narrative about the nominee's circumstances and why this program would matter for her
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After the program: The Reset Membership

For East Valley residents who want access to nervous system reset care year-round, Foresight is launching **The Reset Membership**, an ongoing modality-based wellness program available to anyone in the community. Details at www.foresightchiropractic.com

For graduating Mom Reset recipients, a special graduate-rate offer is available to continue care after the program ends.

Contact

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