

Postpartum Depression Support Group

We are with you all the way



Feel more confident about parenting.

► **Postpartum Support Group – Meets Monthly** *Third Wednesday of every month from noon – 1:30pm.*

For new mothers experiencing the baby blues, or are having difficulty adjusting to motherhood, this support group is facilitated by a Licensed Clinical Social Worker (LCSW). Babies and support persons welcomed!

Topics:

- Teaching positive coping skills
- Providing support and education
- Understanding the risk factors and symptoms of postpartum depression
- Strategies for successfully overcoming the new challenges of motherhood
- Q & A

Postpartum classes & support groups are complimentary.
No registration is required.

For questions, call **(805) 434-4965**.
Visit www.twincitieshospital.com for additional class
and support group information.



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