

New Moms Support Group

*The Postpartum Stress Center
offers a monthly support group for new and expectant
moms.*

One out of every seven childbearing women will experience a mood disorder related to pregnancy and giving birth. Research has shown that social support is a key factor in recovering and staying well. This group is structured to facilitate such a support network.

We hope you will join us.

The group's focus is on sharing the practical and emotional concerns of navigating new motherhood while dealing with postpartum stress, depression and/or anxiety. Joining other women who experience similar challenges can decrease anxiety and provide immense comfort and support.

- Meets regularly once per month
 - Free of charge
 - Babies are welcome

Please call Trish at The Postpartum Stress Center at
610.525.7527 ext.7 for more information.

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