

YOUR MENTAL HEALTH MATTERS!

It is common to experience overwhelming emotions after you have a baby



JOIN OUR WEEKLY GROUP

For support from professionals and other moms



Postpartum Counseling Group

Wednesdays 4:00 - 5:00 PM via ZOOM

Develop coping skills
Keep you and your baby healthy
Learn strategies to manage stress and emotions

Talk to your provider about how to join

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