

Emotional Wellbeing After Baby



Created by Karen Steinman and Molly McZyffra for The Postpartum Stress Center
postpartumstress.com

Creating hope and connections for new parents struggling with the adjustment to parenthood, anxiety, or depression. Open to residents of any town in MA.

- ◆ Free, ongoing, nonjudgmental support group
- ◆ You do not need to be diagnosed with PPD to attend
- ◆ Facilitated by Heather O'Brien, LICSW, Certificate in Infant-Parent Mental Health; Group Peer Support-trained
- ◆ RSVP's requested before attending for the first time by emailing Heather, hobrien@jri.org
- ◆ Babis 0-12 months welcome

All group meetings are held virtually via zoom on Thursdays.

Please join us by emailing hobrien@jri.org.

Parents of every culture, age, income level, gender identity, race, and ability can develop perinatal mood and anxiety disorders. You are welcome in our support groups whether you are parenting solo, partnered or married, breastfeeding or bottle-feeding, an adoptive or biological parent, have one baby or more.



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