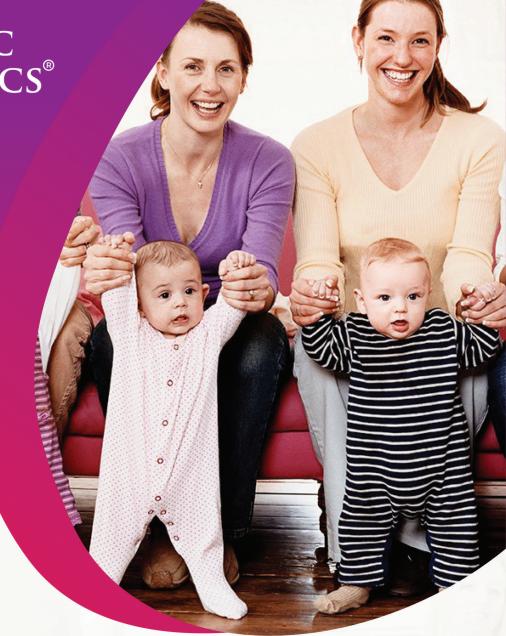


POST-PARTUM
MOTHER-BABY
SUPPORT GROUP

Groups will be led by a staff
Psychotherapist with special guests
that will include our Lactation
Consultant, Dietitian, and
Pediatricians.



Topics to INCLUDE:

- ✓ Sleep
- Feeding and care for mother and baby
- Bonding and attachment
- ✓ Identity and self-care
- Navigating changing relationships
- And so much more...

What you WILL GAIN:

- Build lasting relationships with other new mothers
- Professional and relatable support
- Education on the most common concerns and struggles
- Encouragement!

*Group sessions will be billed to your insurance and are subject to copays, deductibles, co-insurance as per your policy.