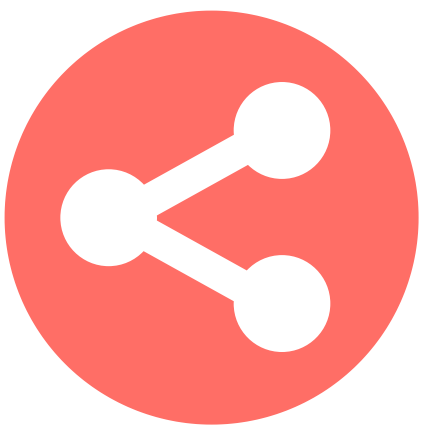


Why support groups are so beneficial

How support for you can support your baby

Support groups have been shown to be effective for a variety of communities. Pregnancy and postpartum can be isolating for many, especially for those with mood and anxiety disorders, and the compounding effects may result in worsening depressive and anxious symptoms. Perinatal support groups provide new moms the opportunity to connect with peers and receive consistent, ongoing care. By receiving support and taking time to heal, moms are better able to nurture their new baby.



BUILD SOCIAL CONNECTIVITY.

Pregnancy, postpartum, and mental health can be especially isolating. Support groups build social connectivity between members.

A SAFE AND NON-JUDGMENTAL ENVIRONMENT.

Suffering in silence from postpartum depression is common. Support groups help break the stigma and offer validation for feelings, thoughts and emotions in a non-judgmental space.



LEARN SKILLS.

Support groups can offer practical tools and skills to help you outside of group, whether it is for healthy coping, postpartum care, or parenting.

REGULAR, ONGOING TREATMENT.

Our group meets weekly on Thursdays. Consistent, ongoing therapy can help provide stability and routine. Additionally, our group is free for all patients so affordability is never an obstacle for care.

