

Out of the Blue

Perinatal and Maternal Support Group



You're not alone

Feeling anxious, depressed, sad, fearful, nervous, obsessive, irritable, not yourself, cabin fever? Having scary or unhelpful thoughts? Not sleeping?

As many as 1 in 5 women experience Perinatal Mood and Anxiety Disorders within the first year or so of finding out they are having a baby or after the birth of the baby. Whether you're a new mother or an experienced mother this group is for **you**.

This group is to offer emotional support, resources, self-care techniques, coping skills, and education.

When: 4th Thursday of the month
From: 7pm-8pm
Online/Virtual
Free Support Group

This is an open group, no registration required, and you may attend as often or as little as you like



CONTACT WITH ANY QUESTIONS:
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For Link Please Visit: <https://www.facebook.com/groups/298929830959565/> or email:
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