



NEW MOTHERS' SUPPORT GROUP

FREE weekly support group for new mothers

Mondays, 10:30-11:30 am

Led by two TWI therapists, the group will meet each Monday to support women as they navigate the changes in life following the birth of their children. Open to all women, whether they have had their first baby or their fifth, and of course babies are always welcome. **Group is free to all.**

This drop-in support group is for postpartum women who are experiencing stress, depression, anxiety or simply trying to navigate their new role as a mother. The group focuses on giving support, learning skills for coping, managing the stress related to the transition to motherhood. Having social support from a group of other mothers has been shown to help in the recovery of pregnancy and postpartum mood changes.

bend Yoga

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