



## ***Postpartum Blues Support Group***

Many women find themselves holding a new baby surrounded by love and congratulations and suddenly feel distant, fatigued, tearful and emotional. These range of emotions and behaviors describe the postpartum blues, a frequent hormonal reaction to giving birth. Learning, sharing, and experiencing in a group, can help you through this transition time to:

- Understand how your hormones are affecting your body as it readjusts and returns you to your pre pregnant self.
- Explore the pendulum of emotions and behaviors that you are experiencing
- Learn new skills and strategies for coping with the new stress of motherhood
- Share stories of your experiences, your changing self perception and roles, the difficulties and the joys of being a mother in a supportive, welcoming, and nurturing framework.

Postpartum support group will meet on the first and third Thursday of each month.

Time: 9:30-10:30

Cost- \$30.00

PSHDC

220 Commerce Drive

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For information please contact

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