

Emotional Wellbeing After Baby



Created by Karen Sherman and Molly McElroy for The Postpartum Stress Center
postpartumstress.com

Creating hope
and connections
for women
struggling with
the adjustment
to motherhood,
anxiety, or
depression in
the postpartum
year

Open to mothers
from any town

- ◆ Free, ongoing, nonjudgmental support group
- ◆ You do not need to be diagnosed with PPD to attend
- ◆ Facilitated by Heather O'Brien, LICSW, Certificate in Infant-Parent Mental Health
- ◆ RSVP's requested before attending for the first time
- ◆ Coffee & tea provided
- ◆ Babies welcome
- ◆ Childcare available for older siblings with advance notice

Thursdays
10-11:30 a.m.
Held at First
Connections
179 Great Road
Acton
978-429-8284
hobrien@jri.org
with questions
or to attend for the
first time

first
connections

Women of every culture, age, income level and race can develop perinatal mood and anxiety disorders. One in every 7 mothers experience treatable depression or anxiety disorders within the first year after baby's birth.