

# Emotional Wellbeing



Created by Karen Kleiman and Molly McInyre 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**

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.



*This group supports all new parents who identify as mothers. Whether you are breastfeeding, bottle feeding, parenting solo, partnered or married, adoptive or biological, have one baby or more, you are welcome here. Sharing our range of experiences shows us how many ways there are to be a family. First Connections is a Mass. Dept. of Early Education & Care grant program. Additional funding for this group was received from Acton-Boxborough United Way, Concord-Carlisle Community Chest and Postpartum Support International.*