

Emotional Wellbeing After Baby



Created by Karen Meiman and Molly McInyre for The Postpartum Stress Center
postpartumstress.com

- ◆ 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 0-12 months welcome
- ◆ Childcare may be available for older siblings while meeting with social worker one-to-one

Women of every culture, age, income level and race can develop perinatal mood and anxiety disorders. 16% of new mothers experience treatable depression or anxiety disorders within the first year after baby's birth. 10% of dads may also become depressed in the postpartum year. If one partner is experiencing postpartum emotional or mental health difficulties, it's more likely that the other is too.



This group supports all new parents who identify as mothers or fathers. Whether you are breastfeeding, bottle feeding, parenting solo, partnered or married, an adoptive or biological parent, 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, Postpartum Support International, and Emerson Hospital Pediatric Intervention Team.

Creating hope and connections for moms and dads struggling with the adjustment to parenthood, anxiety, or depression in the postpartum year. Open to residents of any town

During COVID-19 emergency this group is not meeting in person.

**Check in with the facilitator, Heather O'Brien
(hobrien@jri.org) or
978-429-8284 x219,
to attend the Zoom group on Thursdays**