

Emotional Wellbeing After Baby



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

Creating hope and connections for parents struggling with the adjustment to parenthood, anxiety, or depression in the postpartum year.

Open to parents 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
- ◆ During COVID, this group is meeting via Zoom

This group meets every Thursday, 10-11:30am

[REGISTER HERE](#) for our online group held via ZOOM

Please email Heather O'Brien at hobrien@jri.org with any questions

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. 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.