

Emotional Wellbeing After Baby



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

Creating hope and connections for new parents struggling with the adjustment to parenthood, anxiety, or depression. Open to residents of any town in MA.

- ◆ 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; Group Peer Support-trained
- ◆ RSVPs suggested before attending for the first time by emailing Heather, hobrien@jri.org

All group meetings are held virtually via zoom on Thursdays.

Please join us by emailing hobrien@jri.org or registering via the zoom links below.

Parents with babies 0-12 months

Thursdays 9:30am-11:00am

Ongoing

[Register here](#)

Parents with babies 12-24 months

Thursdays 1:30pm-3:00pm

8-week session: 9/9/21 - 10/28/21

[Register here](#)

Parents of every culture, age, income level, gender identity, race, and ability can develop perinatal mood and anxiety disorders. You are welcome in our support groups whether you are parenting solo, partnered or married, breastfeeding or bottle-feeding, an adoptive or biological parent, have one baby or more.



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, Sage Therapeutics and The Nordblum Family Foundation. Group Peer Support training was funded by the Mass PPD Fund.