

Emotional Wellbeing After Baby



Group currently meets virtually via zoom on Thursdays.

- Overwhelmed by feelings of sadness, anxiety, anger, or inadequacy with a new baby at home?
- Join this free, nonjudgmental group!
- Share challenges, coping strategies & resources
- You do not need to be diagnosed with PPD to attend
- Facilitated by Heather O'Brien, LICSW

For Parents with babies 0-12 months

Thursdays 9:30am-11:00am

Ongoing [Register here](#)

Or email Hobrien@JRI.org

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.

2022 funding for this program is provided by the Emerson Hospital Determination of Needs Community Health Initiative and the Nordblum Family Foundation. EWAB follows the Group Peer Support model. First Connections is a program of Justice Resource Institute and is funded by the Mass. Dept. of Early Education & Care CFCE grant and local grants and donations. Visit www.FirstConnections.org

