

Emotional Wellbeing After Baby



Created by Karen Sherman and Holly McElroy for the Postpartum Stress Center
postpartumstress.com

All group meetings are held on Thursdays.

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

- 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

Parents with babies 0-12 months

Meet via Zoom on
Thursdays 9:30am-11:00am
Ongoing
[Register here](#)

Meets in Person on the First

Thursday of Each Month thru
March 2, 2023;
Thereafter meets in person on the
3rd Thursday of each month.

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.

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