

# Emotional Wellbeing After Baby



Created by Karen Newman and Holly McZajac for The Postpartum Stress Center  
postpartumstress.com

All group meetings are held on Thursdays.

Please join us by emailing [hobrien@jri.org](mailto:hobrien@jri.org) or registering via the zoom link below.

- Free, ongoing, non-judgmental, confidential support group
- For parents experiencing anxiety, depression, trauma, OCD, or who are feeling overwhelmed in the postpartum year.
- Facilitated by Heather O'Brien, LICSW, Certificate in Infant-Parent Mental Health Group Peer Support-trained

## Parents with babies 0-12 months

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

Meets in Person on the  
third Thursday of each month  
9:30am – 11:00am  
179 Great Road, Suite 104A  
Acton, MA 01720

***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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