



POST-PARTUM MOTHER-BABY SUPPORT GROUP

Groups will be led by a staff
Psychotherapist with special guests
that will include our Lactation
Consultant, Dietitian, and
Pediatricians.



Topics to INCLUDE:

- ✓ Sleep
- ✓ Feeding and care for mother and baby
- ✓ Bonding and attachment
- ✓ Identity and self-care
- ✓ Navigating changing relationships
- ✓ And so much more...

What you WILL GAIN:

- ✓ Build lasting relationships with other new mothers
- ✓ Professional and relatable support
- ✓ Education on the most common concerns and struggles
- ✓ Encouragement!

***Group sessions will be billed to your insurance and are subject to copays, deductibles, co-insurance as per your policy.**