

Postpartum Passages

Support Group for Moms

- Is caring for an infant much harder than you expected?
- Are you feeling anxious or overwhelmingly sad?
- Are you experiencing panic attacks?
- Is there a personal or family history of depression?
- Do you not feel like your regular self?

New moms are invited to talk or just listen as we discuss the emotional and psychological issues that can arise during pregnancy and postpartum. The group will be facilitated by trained specialists who understand the enormous changes and challenges that this transition can bring.

Every Wednesday

11:30 a.m.

Human Resources Building Conference Room
on the Henry Mayo Hospital campus.
23871 McBean Parkway, Valencia, CA 91355

Cost: Free

To register call 253-8607

Postpartum Resource Line (661) 200-BABY(2229)

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