

It Takes a Village:

Postpartum Mood and Anxiety Support Group



Discuss the challenges of being a parent/caregiver in a safe, supportive environment.

This group will help you:

- Understand emotional changes during pregnancy and caring for a baby
- Develop coping skills to deal with stress and the transition to parenthood
- Help you build confidence and connect with other parents/caregivers

Second Wednesday of every month from 1pm-2pm
(9.13.17, 10.11.17, 11.8.17, 12.13.17)

NewYork-Presbyterian Brooklyn Methodist Hospital
Wesley House, 501 Sixth Street, Third Floor - Room 3K

For more information and to register,
contact Helen Reingold, Psy.D., at (718) 780-3771 or Carol John, LMSW (718) 246-8525.

 **NewYork-Presbyterian**
Brooklyn Methodist Hospital