



# 1 in 5 Mothers

experience anxiety  
*or* depression  
during pregnancy  
*or* postpartum.

guilt • lack of sleep  
breastfeeding struggles  
relationship challenges

## Don't struggle alone

Crouse Health can help with our  
**Perinatal Support Program.**

Free program available for all families  
regardless of where they deliver!

one-one counseling • peer support group  
complimentary integrative medicine approaches  
exercise, and yoga therapies

Friday mornings

11:30 a.m. – 12:30 p.m.

**315-470-7940**

 Crouse *Spirit of* Women

 **CROUSE**  
Kienzle Family Maternity Center

Not from Syracuse? Contact The Postpartum Resource Center of New York 855-631-0001