



POSTPARTUM SUPPORT GROUP FOR MOMS OF COLOR

UP TO 1 IN 5 WOMEN SUFFER FROM POSTPARTUM DEPRESSION AND ANXIETY



IF YOU'RE A NEW MOM EXPERIENCING:

- ✓ ANXIETY
- ✓ DEPRESSION
- ✓ HOPELESSNESS
- ✓ GUILT
- ✓ DIFFICULTY BONDING
- ✓ LONELINESS
- ✓ LOSS OF IDENTITY



YOU DON'T HAVE TO GO THROUGH THIS ALONE!



JOIN US ONLINE EVERY THURSDAY AT 6:30
GROUP LED BY KELLY WEBSTER, LCSW
PLEASE CALL FOR FEES AND DETAILS. SOME INSURANCE ACCEPTED.
516-442-1116
WWW.HHP.THERAPY.COM