

# A Postpartum Mental Health Therapy Group

## Group Information:

Postpartum depression and anxiety are the number one complication of pregnancy and childbirth and are often overlooked or suffered in silence. Group therapy has been shown to be effective in helping parents in the perinatal period to overcome and cope with the mood changes and anxious thoughts that so often accompany this life transition. Through the support of group therapists and peers, and the development of life-long tools and strategies, parents can learn how to cope with distress and engage in meaningful life activities more fully. Topics that will be covered include:

- Mindfulness and self-compassion
- Emotion regulation and distress tolerance skills
- Accessing social support and managing relationships
- Attunement to self and baby

## Who is this group for?

Individuals up to one year postpartum who have concerns about their mood and anxiety.

## When and Where:

This is a virtual group and will meet on Microsoft Teams.

Meets weekly for 10 weeks on Mondays from 10:30 am - 12:00 pm.

New groups begin every 5 weeks.

## How to join:

Talk to your health care about a referral to the group.

## Referring Providers:

Send referrals via staff message to P ANW Connection Line Perinatal Mental Health #4002730.