

Restoring Wellness: A Prenatal Mood and Anxiety Group

Group Information:

Depression and anxiety during pregnancy is common and 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 and parents-to-be can learn how to cope with discomfort and uncertainty and engage in meaningful life activities more fully. Topics that will be covered include:

- Understanding mood and anxiety during pregnancy
- Relaxation and mindfulness skills
- Evaluating thoughts and increasing cognitive flexibility
- Distress tolerance and emotion regulation

Who is this group for?

Pregnant individuals who have concerns with their mood and anxiety.

When and Where:

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

Meets weekly for 6 weeks on Thursdays from 11:30 am - 1:00 pm.

New groups begin every 2-3 months.

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