

# Perinatal Therapy Groups

## ADJUSTMENT TO PARENTHOOD

Tuesdays 10-11:30 AM  
4 weeks  
Ongoing Enrollment

- Designed for first-time parents seeking support to address common thoughts and concerns when adjusting to parenthood.
- Prioritizes teaching coping strategies and skills to navigate challenges.
- Maximum 8 participants, identifying as parents

## POSTPARTUM MOOD AND ANXIETY DISORDERS

Tuesdays 2-3:30 PM  
4 weeks  
Ongoing Enrollment

- Support for the 1/7 women managing postpartum mood and anxiety disorders.
- Utilizes cognitive behavioral therapy strategies and skills to help mothers manage anxious and depressive thoughts interfering with enjoyment of new baby.
- Maximum 8 participants, identifying as mothers

## WELCOMING A SECOND BABY WITH A TODDLER

Wednesdays, 1-2:30 PM  
4 weeks  
Ongoing Enrollment

- Created for pregnant mothers as they prepare for life after baby two, including balancing the competing demands of pregnancy/infancy and toddlerhood.
- Developmental guidance to support your toddler in becoming a sibling
- Maximum 8 participants, identifying as mothers

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