

The HOPE Group

Hold On, Postpartum Ends

Many new moms feel overwhelmed for several weeks and months following the arrival of their baby. They may feel anxious, tired, guilty, or sadness. New moms may also experience insomnia, social withdrawal, poor concentration, intrusive thoughts, and forgetfulness. These feelings and experiences are best dealt with in a safe atmosphere of recognition and support.

IN-PERSON AND VIRTUAL SESSIONS

Held on the second and fourth Mondays of each month from 6 to 7:30 p.m.

Join us Monday evenings for our postpartum adjustment support group. This group is facilitated by caring maternal health nurses, and a peer who has personally experienced perinatal mood and anxiety disorder.

For our expecting mothers—we encourage you to join us if you have had a stressful recent life event or if you currently have (or have had in the past) depression, anxiety, or Obsessive Compulsive Disorder.

UPMC Carlisle
Womens Center Conference Room
361 Alexander Spring Road
Carlisle, PA 17015

For questions and meeting information, please call UPMC Magee-Womens at **717-988-9438**, email maternalwellness@upmc.edu, or visit UPMC.com/CentralPaPostpartum.