

# Perinatal Emotional Support Group



Pregnancy, Birth and Caring for a Newborn takes a lot of hard work and can often come with a wide range of challenging emotions.

Do you find yourself experiencing any of the following?

- Difficulty sleeping
- Anxiety/Irritability
- Loss of appetite
- Loss of interest in things that once brought you joy/fulfillment
- Feelings of being overwhelmed or scared about caring for baby

If you do find yourself experiencing any of the above listed symptoms, **YOU ARE NOT ALONE**. Kalamazoo's Perinatal Mood Disorders Coalition offers a support group for pregnant or post-partum women that are experiencing unexpected and challenging mood changes and emotions during this time. A healthcare professional trained in perinatal support will facilitate the meetings in a safe, caring and non-judgmental environment. No registration is necessary and support persons/babies are welcome to attend with you.

Where and When:

Every Second and Fourth Wednesday of the month from 6:30-8:00 pm

First United Methodist Church

212 S Park Street, Kalamazoo, MI 49007 (free parking on site)

For more information, call 269-345-6197 ext 270

Fee: No charge

**For schedule changes around major holidays or during inclement weather, please call 269-345-6197 ext 270**