



POSTPARTUM STRESS SUPPORT GROUP

During the first year after childbirth many women experience:

Anxiety • Excessive Worries • Depression • Sadness
Overwhelm • Fearfulness • Guilt • Shame
Difficulty Sleeping (even when your baby is asleep)

**YOU ARE NOT ALONE
YOU CAN GET HELP**

Women are more at risk of experiencing emotional difficulties following the birth of a baby than at any other time in their lives.

Postpartum distress can impact up to 20% of new mothers and can occur any time during the first year after having a baby.

This group will provide a safe and supportive environment for sharing feelings and concerns. You will learn to better understand what is happening to you as you gain skills to help you cope and feel better.

**Group meets every other Saturday in North Berkeley
Time: 9:30-11:00am • Cost: \$45/group**

***For Dates and Information Call Lee Safran, MFT
510.496.6096 • www.leesafran.com***



*Group leader, Lee Safran, MFT • Licensed Marriage and Family Therapist
Lee specializes in working with individuals, couples and groups around prenatal, postpartum & parenting issues. She is bilingual in Spanish and English.
As a mother of two, Lee brings a compassionate perspective to the dilemmas of contemporary parenting.*