

# Emotional Support During Pregnancy and Postpartum

Are you looking for a supportive group to understand the emotional highs and lows of motherhood? Moms FIRST! is a biweekly group designed for pregnant and postpartum women who probably have the same struggles and questions as you do. This casual, welcoming group is here for you whether you are looking for resources, seeking emotional support, struggling with anxiety and/or depression, or simply needing encouragement.

Research shows mental health issues are the most common complication of pregnancy, so know that you are not alone. Group facilitators include licensed mental health professionals, postpartum nurses, lactation nurses and childbirth educators.

## **Moms FIRST!**

**A free, virtual support group for pregnant and postpartum women meets the second and fourth Tuesdays each month, 10:00AM to 11:15AM, via telehealth.**

For more information call 805.574.4244. To join the virtual group, please send an email to [jennifer.breska@DignityHealth.org](mailto:jennifer.breska@DignityHealth.org) to obtain the Zoom link for the meeting.

**Hello  
humankindness™**

