

San Luis Obispo Community

The Mommy Hour

Emotional Health Support During Pregnancy and Postpartum

Looking for a supportive group to understand the emotional highs and lows of motherhood? The Mommy Hour is a weekly group designed for pregnant women and moms who are experiencing the need for additional support. This casual, welcoming group is here for you whether you are looking for resources, emotional support, struggling with perinatal mood and anxiety challenges or simply needing encouragement. Research shows emotional issues are the most common complication of pregnancy. Group facilitators include a Registered Nurse, Lactation Consultant, Childbirth Educator and an MSW.



Topics include:

- The major life change of having a baby.
- Promoting maternal emotional health skills.
- Understanding perinatal mood and anxiety disorders.
- Coping strategies.

**The Mommy Hour meets every
Wednesday, 10:30AM to 12:00PM
French Hospital Medical Center
Copeland Health Education Pavilion
2nd floor, Incubator Room**

Support Groups are complimentary. No registration required.

For more information please call 805.541.2229.