



Postpartum Mood & Anxiety Support

You're Not Alone: Support for New Parents

Bringing a new baby home is a life-changing experience. If you are feeling anxious, overwhelmed, or sad after childbirth, you are not alone. Postpartum Mood and Anxiety Disorders (PMADs) affect many new parents, but support is available. Join us for a supportive session to learn stress-reducing techniques and to find some guidance and encouragement in your new journey.

Do You Experience:

- Persistent worry or racing thoughts?
- Panic attacks or sudden feelings of dread?
- Unexplained sadness, irritability, or hopelessness?
- Trouble sleeping or relaxing?

When: First Thursday of the month

Time: 11:00 a.m. to 12:00 p.m.

Where: Health Education Center

Address: 1725 Western Avenue San Bernardino, CA 92411

Questions? (909) 806-1922

Please scan the QR code below to register.



POSTPARTUM SUPPORT
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Dignity Health®
Community Hospital of
San Bernardino



Prenatal Mood & Anxiety Support

You're Not Alone: Support for New Parents

Pregnancy is a time of change, but it can also bring unexpected feelings of anxiety and sadness. If you are feeling overwhelmed, worried, or down, you are not alone. Perinatal Mood and Anxiety Disorders (PMADs) can begin during pregnancy, but support is available. Join us for a supportive session to manage pregnancy-related anxiety and depression while connecting with others who understand.

Do You Experience:

- Persistent worry or racing thoughts?
- Panic attacks or sudden feelings of dread?
- Unexplained sadness, irritability, or hopelessness?
- Trouble sleeping or relaxing?

When: First Thursday of the month

Time: 10:00 a.m. to 11:00 a.m.

Where: Health Education Center

Address: 1725 Western Avenue San Bernardino, CA 92411

Questions? (909) 806-1922

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