

COPING WITH STRESS AND DIFFICULT EMOTIONS DURING PREGNANCY AND POSTPARTUM

**10-WEEK GROUPS
WEDNESDAYS AT 3 PM
STARTING MID-JANUARY 2023**

Join other women who are pregnant or have given birth in the last year for a virtual group through Mass General Brigham. In these groups, you will learn skills to help you cope with feeling stressed, anxious, or down.

You will have the opportunity to discuss ways to apply these skills in the context of motherhood/transitions to parenthood, coping with physical and emotional changes, and gaining social support from peers.

TO BE ELIGIBLE FOR THESE GROUPS, you must have a Mass General Brigham provider and be located in Massachusetts during the virtual group sessions.



WE ARE OFFERING TWO GROUPS:

- A group for pregnant women
- A group for women who have given birth in the last year

TO LEARN MORE ABOUT THE PREGNANCY GROUP

Contact Dr. Rachel Vanderkruik
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TO LEARN MORE ABOUT THE POSTPARTUM GROUP

Contact Dr. Rachel Millstein
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or Dr. Liz Waldron
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