

# Self-care is the best health care



## Wellness Within Motherhood: Support for the Fourth Trimester

The group is offered virtually via MyChart. Participants are requested to have a secure connection and private space to attend.

### Who Should Attend

The group is for women in the third trimester of pregnancy through six months after the birth of baby.

### Schedule

This is a recurring group that begins the first week of each month and runs for four weeks from 12-1 p.m. It is offered various days of the week. Please call for specific details.

### Session Topics

- Understanding what are normal vs. concerning mood symptoms
- Increasing awareness of thoughts, feelings and behavior
- Developing realistic expectations for postpartum adjustment
- Developing healthy thinking styles
- Practicing caring for yourself and developing a support system
- Strengthening identity and values as a mother

This group is educational and skill-based. It is not intended to assess or diagnose individual mental health conditions. This is a closed group. If you do not start at the beginning of the month, you are asked to wait to begin attending the following month.

### Registration

Call **414-805-4781** or stop by the Froedtert Hospital OB/GYN Clinic front desk to register.

### Times:

Noon-1 p.m.

Four-week recurring group

### Location:

Offered virtually via  
MyChart Zoom platform

### Cost:

Billed to insurance

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