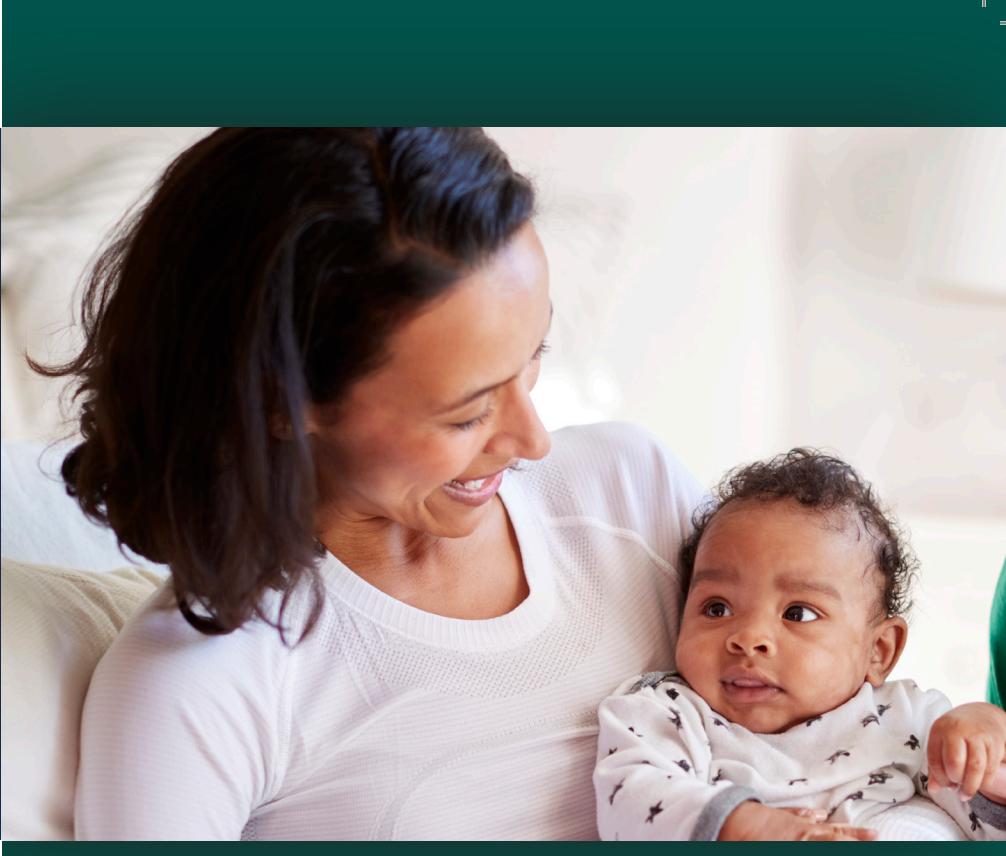


Self-care is the best health care



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
- Developing realistic expectations for postpartum adjustment
- Practicing caring for yourself and developing a support system
- Increasing awareness of thoughts, feelings and behavior
- Developing healthy thinking styles
- 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