

Postpartum Depression Support Group

You are not alone. Are you...



- » Feeling sad, anxious or depressed?
- » Having trouble sleeping or sleeping too much?
- » Frequently crying?
- » Finding it difficult or lacking interest in resuming regular daily activities?
- » Experiencing poor appetite or overeating?
- » Struggling with making decisions?

If you said **YES** to any of the above, please know that the support you need is available. The good news is that postpartum depression and anxiety get better with treatment and support. You will feel better!

When: **The second and fourth Tuesday of every month**
Time: **9:30 a.m. to 11:00 a.m.**
Location: Metro Health Hospital
5900 Byron Center Ave SW, Wyoming, MI 49519
www.metrohealth.net/locations/hospital
Cost: **FREE**

Participants may bring their baby, partner, family member, or friend. Registration is not required.

If you have any questions or concerns you can speak with someone confidentially at MomsBloom (616) 828-1021. Visit our website to learn more: www.momsbloom.org.

Other local support groups:

Postpartum Emotional Adjustment Support Group | Spectrum Health Healthier Communities
665 Seward Ave. NW, Suite 110 Grand Rapids (Free parking)
Evenings: Every 1st and 3rd Tuesday, 8:00 p.m.

For more information call: (616) 391-1771 or (616) 391-5000