Annapolis Postpartum Support Group
Support for moms during pregnancy & the first year after birth

Is having a baby different than you thought it would be?
During pregnancy, and the first year after birth, many women experience overwhelming fatigue - excessive worrying - sadness - depression - shame - withdrawal from family & friends - difficulty sleeping - severe mood swings - lack of joy - racing thoughts - anxiety - difficulty adjusting to motherhood

You are not alone!
Come as you are. When you can. As long as you need.

**WHEN**
1st & 3rd Tuesdays each month from 9:30-11:00am

**WHERE**
Heritage Baptist Church
1740 Forest Dr.
Annapolis, MD 21403

**WHO**
Moms in Annapolis area

**WHAT TO EXPECT**
Meetings are casual & small. A safe space to discuss stories, motherhood, relationships, & struggles new moms often face. Focus on acceptance, recovery & maintaining good self care habits. Connecting with other moms can be very helpful!

This is a peer to peer group led by a recovered mother who has received social support group training. The facilitator is not a counselor or therapist.

For questions or more information, contact Amanda at women@heritagebaptistannapolis.org

Babies in arms are welcome. Contact us if you need child care for older children. There is no fee to participate.