



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.