



Perinatal Mood & Anxiety Disorders Group

A weekly group for new moms/birth parents (0-18 months postpartum) experiencing symptoms of perinatal depression, anxiety and other related emotional distress. Babies are welcome too!

Every Monday @ 1pm-2pm



Are you struggling to function at home or work?

Is it hard to care for yourself or your baby?

Are you struggling to connect and bond with your baby?

YOU ARE NOT ALONE.



Where: Virtual group

Facilitator: Kate Fagan, LCSW, PMH-C, CEIM

To register, please scan the QR code above.

**Hartford
HealthCare** 

