



# NMCP Perinatal Support Group

You are invited to join our Perinatal Support group for pregnant women who would like share their experiences in a supportive environment. Topics may include depression, anxiety, negative thoughts, and pregnancy/parenting fears.

Referrals can be placed to Adult Mental Health with Headline "Perinatal Support Group." Co-Lead Contact: Rebecca McCullar, LCSW (757) 953-3998

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1st and 3rd Tuesday mornings  
10:00 - 11:00 AM

Held in the Naval Medical Center  
Portsmouth, Pediatric Conference Room,  
Building 2, 2nd deck.

#### Group Meetings:

October 1st & 15th

November 5th & 19th

December 3rd & 17th

January 7th & 21st (2025)

February 4th & 18th

March 4th & 15th

April 1st & 15th

May 6th & 20th