



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

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:

August 5th & 19th
September 2nd & 16th
October 7th & 21st
November 4th & 18th

December 2nd & 16th
January (2026) 6th & 20th
February 3rd & 17th
March 3rd & 17th