

# POSTPARTUM

## Clinical Support Group



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**HELD TWICE MONTHLY ON THE 1<sup>ST</sup> AND 3<sup>RD</sup> TUESDAY  
AT 1130 AM**

**GROUP LOCATION: NAVAL MEDICAL CENTER, BUILDING 2,  
2ND FLOOR PEDIATRIC CLINIC CONFERENCE ROOM**

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**The Adult Mental Health and Maternal Infant Child Department  
invite you to join our Postpartum Support Group for women  
who have given birth in the past year.**

- **Clinical Topics Include: Self-Care, Depression, Anxiety,  
Fears, Communication, Negative and Intrusive thoughts.**

**\*Please ask your provider for a referral to Adult Mental Health with  
comment “Postpartum Support Group” to have a referral placed for the  
group. Co-Lead Contact: Rebecca McCullar, LCSW 757-953-3998**

**Group is held on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month at 1130 AM.**

**October 1<sup>st</sup> & 15<sup>th</sup>**

**November 5<sup>th</sup> & 19<sup>th</sup>**

**December 3<sup>rd</sup> & 17<sup>th</sup>**

**January 7<sup>th</sup> & 21<sup>st</sup>**

**February 4<sup>th</sup> & 18<sup>th</sup>**

**March 4<sup>th</sup> & 18<sup>th</sup>**

**April 1<sup>st</sup> & 15<sup>th</sup>**

**May 6<sup>th</sup> & 20<sup>th</sup>**