

POSTPARTUM

Clinical Support Group



**HELD TWICE MONTHLY ON THE 1ST AND 3RD TUESDAY
AT 1130 AM**

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

**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 Behavioral Health (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 1st and 3rd Tuesday each month at 1130 AM.

**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**