

# POSTPARTUM

## Clinical Support Group



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**HELD TWICE MONTHLY ON THE 1<sup>ST</sup> AND 3<sup>RD</sup> TUESDAY  
AT 1000 & 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.**

**Groups are held on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday each month at 1000 &  
1130 AM.**

**April 2<sup>nd</sup> & 16<sup>th</sup>**

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

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

**July 2<sup>nd</sup> & 16<sup>th</sup>**

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

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

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

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