



ESCAPING THE FOG

Dads Mood and Anxiety Disorder Support Group

TIME AND DATE TBD | VIA ZOOM

1 in 7 moms experience a perinatal mood & anxiety disorder, but did you know at least 1 in 10 dads experience postpartum depression?

It's common for co-parents to experience symptoms of anxiety and depression while expecting and after the arrival of a newborn. You are not alone! Join Danny Rodrigues, LICSW, PMH-C to connect with other dads, ask questions and learn about resources available to you.



To learn more or join this group, email
Danny: CapeDadsGroups@gmail.com





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