

ESCAPING THE FOG

Dads Mood and Anxiety Disorder Support Group

TIME AND DATE TBD | VIA ZOOM

 \gtrsim 1 in 7 moms experience a perinatal mood & anxiety disorder, but did \leq

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



FREE thanks to the Coordinated Family and Community Engagement (CFCE) Grant . Our organization does not discriminate on the basis of race, color, sex, gender identity, disability, religion, marital status, national origin, age, sexual orientation or any other class protected by federal, state or local law.



ESCAPING THE FOG

Dads Mood and Anxiety Disorder Support Group

TIME AND DATE TBD | VIA ZOOM

I in 7 moms experience a perinatal mood & anxiety disorder, but did

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



FREE thanks to the Coordinated Family and Community Engagement (CFCE) Grant . Our organization does not discriminate on the basis of race, color, sex, gender identity, disability, religion, marital status, national origin, age, sexual orientation or any other class protected by federal, state or local law.