



YOU ARE NOT ALONE.

HEAL LIKE A MOTHER

FREE POSTPARTUM SUPPORT GROUP

DONATIONS ARE APPRECIATED (SUGGESTED DONATION \$5 PER GROUP)

MAY 3RD, 2019 (FRIDAYS, WEEKLY)

10:00 – 11:30 AM

358 MAIN STREET (ROUTE 6A)

YARMOUTH PORT, MA 02675

Becoming a mother presents with a lot of challenges and for many women this time can be very overwhelming and intense. We can feel sad, worried, irritable, restless, isolated, experience sleep disturbances beyond the expected sleep deprivation motherhood brings. We can feel angry and lose interest in the things we normally enjoy. We can be filled with doubt and be afraid. Experiencing these feelings is normal and you are not alone. It doesn't define who you are as a person or reflect on your ability to be a good mother. Whether you are a new mom or a mom well on her journey we welcome you to join us in a cozy, calming, open, honest and loving environment. Childcare will be offered upon request.

Support Group Facilitated by: Erin Soderstrom & Aimee Facchini

Erin Soderstrom is a trained GPS (Group Peer Support) Facilitator, Erin directly experienced and healed from Postpartum mood complications

Aimee Facchini is a LICSW, MSW Child & Family Therapist in Barnstable Village. GPS, CBT and DBT Trained.

PLEASE CONTACT: ERIN SODERSTROM @ 508-317-0467 OR
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