

PREGNANCY AND POSTPARTUM SUPPORT GROUP

Pregnancy, birth and caring for a newborn takes a lot of hard work and can often come with a wide range of challenging emotions. Do you find yourself experiencing any of the following?

- Difficulty sleeping
- Anxiety/Irritability
- Loss of appetite
- Loss of interest in things that once brought you joy/fulfillment
- Feelings of being overwhelmed or scared about caring for baby

If you are experiencing any of the symptoms listed above, you are not alone. About 10% of pregnant or post partum women do and Kana'an Therapy and Behavioral Health Services is here to help.

Kana'an Therapy offers a support group for pregnant or postpartum women that are experiencing unexpected and challenging mood changes and emotions during this time. A therapist and a registered nurse, trained in perinatal mood and anxiety, will facilitate the meetings in a safe, caring and non-judgmental environment. You may attend as an individual or are welcome to bring your support person and/or baby with you.

The group is **FREE** and open to the community.

No registration is necessary.

If you have questions, call (269) 340-0665.

Group is held at:

Kana an Therapy and Behavioral Health Services
816 E. Michigan Ave., Suite 103
Paw Paw, MI 49079

**Kanaan Therapy**
& Behavioral Health Services LLC

269-815-8168

www.kanaantherapy.com

Group meetings are held:

- Every second and fourth Thursday of each month
- From 6:00 to 7:30 p.m.

2020 Schedule

February 13 and 27

March 12 and 26

April 9 and 23

May 14 and 28

June 11 and 25

July 9 and 23

August 13 and 27

September 10 and 24

October 15 and 29

November 12 and 19*

December 10 and 17*

*Indicates date change due to holidays

