

Perinatal Therapy Group

Group Information:

Perinatal mood and anxiety disorders are the number one complication of childbirth, yet they are often overlooked or suffered in silence. Group psychotherapy has been shown to be effective in helping parents in the perinatal period (pregnancy and postpartum) to overcome and cope with the changes in mood and anxiety that so often accompany this life transition. Through the support of group therapists and peers, and the development of lifelong behavioral strategies, new and expecting parents can learn how to cope with discomfort and engage in meaningful life activities more fully.

Topics that will be covered include:

- Understanding mood and anxiety during pregnancy and postpartum
- Relaxation, mindfulness skills, and self-compassion
- Evaluating thoughts and increasing cognitive flexibility
- Distress tolerance and emotion regulation
- Accessing social support and managing relationships

Who is this group for?

Individuals who are pregnant up to one year postpartum who have concerns about their mood and anxiety.

When and Where:

This is a virtual group on Microsoft Teams.

Meets weekly for 8 weeks.

New groups begin every 5 weeks.

How to Join:

Talk to your health care provider about a referral to the group.

Referring Providers:

Send referrals via staff message to P ANW Connection Line Perinatal Mental Health #4002730.