

# Postpartum Support and Wellness Group

a new support group for Moms



Is parenthood not exactly what you expected? Are you having more difficulties than you thought you would? Are feeling sad, anxious, angry or irritable after the arrival of a new baby?

Come meet other Moms who are going through the same life changing process.

You will gain the inside scoop while learning about the emotional changes following birth. We will share coping strategies that *work* for managing these emotions and how to process the challenges a new baby brings.

This group is facilitated by Child Psychologists Dr. Nicole Chavez and Dr. Parie Baharian, experienced in supporting Moms in pregnancy, postpartum and beyond.

We meet Weekly in Newport Beach

For more information or to register, please visit:  
[www.postpartumrelief.org](http://www.postpartumrelief.org) or call 949-791-7289