

Please note
new date
and time
starting
**Sept
13th**

Elliot Hospital

Postpartum Emotional Support Program

"I thought I would be so happy after I had my baby. I always wanted to be a mom. So, why I am so sad? This isn't what I expected."



"I feel like a terrible mother. If I could only get a good night's sleep everything would be better."

The Postpartum Emotional Support Group is intended to help support women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after the birth of their baby.

We will discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

WHEN: Mondays 10:30 AM – 12:00 PM

WHERE: Elliot Childcare Center Activity Room

450 Massabesic St., Manchester, NH – located on the Elliot Hospital campus

Parking is available in the circular driveway in front of the daycare center or in the parking lots.

A message will be left on the 663-8927 voicemail if the group is cancelled for the week

Babies are welcome and sessions are free.

Please contact Alison Palmer, RN, MS, WHNP-BC, with any questions:

(603) 663-8927 or palmer1@elliott-hs.org

This support group does not replace the necessary medical treatment and counseling by a trained therapist or medical professional. *If you have any thoughts of harming yourself or your baby, please call your healthcare provider immediately.*

You are not alone. You are not to blame. With help, you will be well.