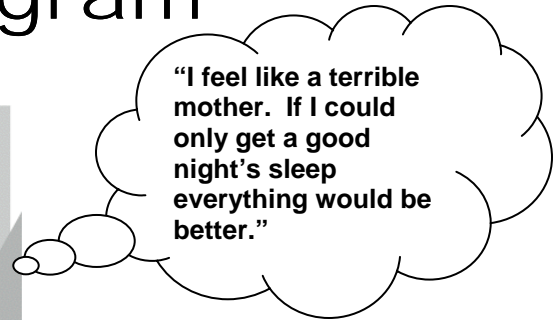
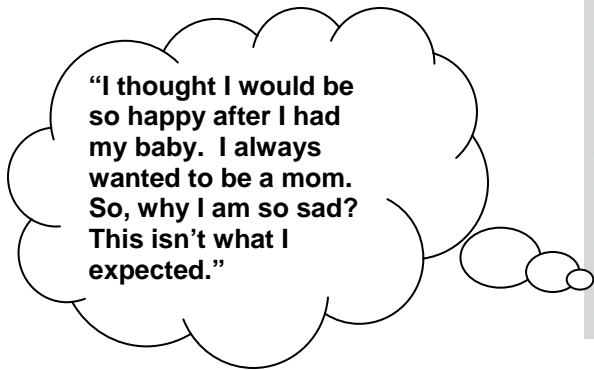




# Elliot Hospital

## Postpartum Emotional Support Program



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: Tuesdays 10:30am – 12:00pm**

**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 663-3052 voicemail if the group is cancelled for the week

*Babies are welcome and sessions are free.*

Please contact Alison Palmer, RNC, MS, with any questions related to this group:

(603) 663-3052 or [palmer1@elliot-hs.org](mailto:palmer1@elliot-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.***