



Dealing with Feelings

Are you feeling sad - empty?

Are you not doing what used to make you happy?

Do you feel different – not like yourself?

Are you having trouble bonding with your baby?

Do you feel angry?

Do you cry without knowing why?

You are not alone!

We are here to help.

Call Parent Help Line at 544-5808 or 1-888-727-5889.

10 a.m. to 10 p.m., 7 days a week.

www.parenthelpline.org

Facebook: Parent Help Line at St. John's Children's Hospital

If you struggle with the feelings listed above:

- Call your doctor right way and explain how you feel.
- Ask family and friends for help at home.

Attend our *Dealing With Feelings* support group. This is not a therapy group. This is a safe place where you and other pregnant women and moms find support, comfort, encouragement and learn new coping skills. Babies are welcome.

Meet Beth, MA LCC

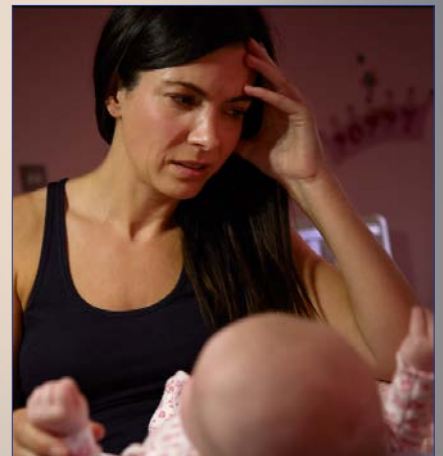
The group meets in the HSHS St. John's Women and Infants Clinic located at 400 North Ninth Street, directly across from HSHS St. John's Children's Hospital, in the first floor conference room, classroom 2 (1030B). No reservations or referrals are needed to attend.

2019

August 13, 27
September 10,24
October 8,22
November 5, 19
December 3, 17

2020

Jan 7, 21
Feb 4, 18
March 3, 17



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