

Gathered Resources Of Women (GROW) presents
**Postpartum Support Group:
This Is Harder Than I Thought**

A MotherWoman Postpartum Support Group

**MONTHLY, 2ND & 4TH FRIDAYS
6:30PM-8:30PM**

COMMUNITY ROOM, 48 ELIZABETH STREET, PITTSFIELD



For more information:

413-822-6043

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A free, safe, confidential drop-in support group for mothers of infants and toddlers

- Feel heard, valued, understood, nurtured & energized.
- Discuss managing the stress & adjustment to motherhood on all levels: physical, emotional & relational.
- A welcoming place for women with baby blues, postpartum stress, anxiety & depression.
- Come to a group based on honesty, mutual respect, non-judgment & acceptance.
- Learn strategies for balancing baby-care with self-care & coping with the day-to-day challenges of mothering.
- Led by trained MotherWoman facilitators who are mothers and bring warmth, skill & experience to this work.
- Infants in arms welcome.

FREE SNACKS · FREE PARKING · NEAR BUS ROUTE