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## Postpartum Emotional Recovery Circle

**Are you a new mother who is just not feeling like yourself anymore? You are not alone. Many new moms experience:**

- Feeling sad, hopeless, helpless, worthless or overwhelmed
- Being unable to eat or sleep, or eating or sleeping too much
- Having difficulty concentrating or making decisions, confusion or irritability
- Crying for no apparent reason
- Lack of interest in, or difficulty caring for the baby
- Constant worry or fear, or a sense of impending doom
- Upsetting thoughts or physical symptoms

If you are experiencing several of these symptoms for at least two weeks during the first year postpartum, you may have **Postpartum Depression or Anxiety**, which are the most common complications of childbirth.

**This support group will be an opportunity to:**

- Connect and share support with other moms experiencing postpartum emotional difficulties to reduce feelings of isolation and hopelessness;
- Learn about what causes postpartum disorders, how they are treated, and what you can do to get better; and
- Practice coping strategies to help you get through the postpartum period, as well as improving your bond with your baby as you recover.

The Postpartum Emotional Recovery Circle will be facilitated by Meri Levy, MFT. Meri is certified in the treatment of Perinatal Mood and Anxiety Disorders, and is also a Volunteer Support Coordinator with Postpartum Support International. She has both personal and professional experience with postpartum depression and anxiety and has many years of experience running support groups for new mothers.

**Day/Time:** Saturdays from 10 to 11:30am

**Cost:** \$40 per session

**To Register:** Call 925-385-8848 or email [meri@merilevymft.com](mailto:meri@merilevymft.com)

\* Meri Levy, Licensed Marriage and Family Therapist #82213