

## If you struggle with these feelings:

- 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 and Liz, LSW  
in the NICU Classroom on the 4th Floor of  
the Women and Children's Hospital.**

**Wednesdays – 1:30 p.m. in 2018:**

**January 10 and 24  
February 7 and 21  
March 7 and 21  
April 4 and 18  
May 2 and 16 and 30  
June 13 and 27**

**July 11 and 25  
August 8 and 22  
September 5 and 19  
October 3 and 17 and 31  
November 14 and 28  
December 12**





# *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](http://www.parenthelpline.org)

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