

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.**

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 in the NICU Classroom on the 4th Floor of HSHS St. John's Children's Hospital on Tuesdays from 12:30 to 1:30 on the following dates:

2018

August 14 and 28

September 11 and 25

October 9 and 23

November 6 and 20

December 4 and 18

2019

January 8 and 22

February 5 and 19

March 5 and 19

April 2, 16 and 30

May 7 and 21

June 4 and 18

July 2, 16 and 30

