

# Circle of Caring

## POSTPARTUM DEPRESSION SUPPORT GROUP

An 8 week support group designed to help new mothers cope with the symptoms of perinatal depression and anxiety



INTERESTED IN  
ATTENDING?

Scan the QR code  
& we'll be in touch!



### Topics Covered

- Support Systems
- Motherhood Fantasy vs. Reality
- Family Support
- Friendships
- Stress Management & More!

Questions?

Please email Marie, [mkeogh2@northwell.edu](mailto:mkeogh2@northwell.edu)  
or call (631) 894-5282