

Support Group

FOR

PREGNANT & POSTPARTUM MOMS

who want more help with
stress, anxiety/ocd, and safety behaviors

When: First and Third Wednesday of each month at 9:30 am (first Wednesday) and 6:00 pm (third Wednesday). We begin Wednesday, June 7!

Where: Zoom

Cost: \$75/meeting. Expect meetings to run 1.5-2 hours.

Contact: Susannah Long, LMFT at susannahlongtherapy.com to request a consultation for admittance to group. We will arrange a quick phone call to make sure that the group will be appropriate for you. This is an **open** group, so you can join us at any time.