

MOMS IN TRANSITION (MIT)



A Unique Free SUPPORT GROUP for
NEW and EXPECTANT MOMS (Active duty or dependent spouse)

Prevent and Heal from Postpartum Depression and Anxiety

- LEARN AND PRACTICE NEW WAYS TO NURTURE YOURSELF
- GAIN SUPPORT FROM OTHERS TO COPE WITH THE TRANSITION TO MOTHERHOOD – the good, the bad, the ugly
- MANAGE YOUR FEELINGS AND THOUGHTS TO FEEL BETTER

Ten weekly meetings **Mondays 1300-1430** (RSVP to get directions)

Call to join anytime! (760) 725-3884 Must RSVP.

What women in the group have shared.

"This is the first time that I don't feel alone. It's such a relief!"

"I learned I'm not the only one who feels this way."

"This is the only place I can talk about my problems and get support from others. Thank you!"

"MIT has given me the skills to help take care of myself so I can take care of my baby."

A collaboration between New Parent Support Program and Armed Services YMCA

Please call New Parent Support Program for any questions at (760) 725-3884

