

# MOMS IN TRANSITION



**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

**Marine & Family West Bldg 202860 (Right next to Blinder Chapel)**

**Ten weekly meetings Tuesday, 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.”*

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