



Who Knew I'd Be Blue?

10-Week Support Group for Pregnant and Postpartum Moms



Facilitated by Drs. Nicole Brown & Lizeth Lopez

Wednesdays 10am-11:15am

(310) 855-3276

\$40 per session

Topics Include

- Anxiety & Postpartum Depression
- Role Transitions
- Finding Your Lost Self
- Couple Communication & Intimacy
- Self-Care & Relaxation



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www.learningdynamicsinc.org