



Perinatal Mood Disorders Clinic
Postpartum Support Group

A free, virtual support group for moms with new babies

*Are you feeling overwhelmed? Stressed? Anxious? “Not good enough?” Angry or irritable? **You are not alone!***

Our Postpartum Support Group is a safe space for moms to share, learn, and grow with other women who are facing similar challenges.

Join us to explore the ups and downs of mothering a new baby – without judgment. Babies are welcome on-screen!

Every Thursday*

11 a.m. to 12 p.m.

Virtually, from the comfort of your home or office

For more information or to receive a Zoom link for the support group, email ssuther3@jh.edu.

*Note: You do not need to be a patient of Johns Hopkins Bayview to participate.***

*Group meets every Thursday, **except** holidays.

**This is a peer support group and informational resource organized and facilitated by staff of the Perinatal Mood Disorders Clinic.



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