



Have you recently had a baby?

Are you feeling sad or depressed?

Are you having panic attacks?

Are you feeling alone?

Are you afraid to talk about it?

We understand.

Come to the **Postpartum Depression Support Group of the Greater Ann Arbor Area**

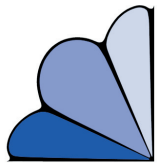
We offer twice-monthly support group meetings run by volunteer facilitators. Our four-part educational series covers:

- Symptoms of postpartum depression
- Self-care
- Support systems
- Myths of motherhood

Our **FREE** meetings are held on the first and third Mondays of every month
10:30 a.m. – noon
in space donated by the Lamaze Association of Ann Arbor
2855 Boardwalk, Ann Arbor, MI

Babies, children, partners, and family members are all welcome

For more information or to RSVP call 734-418-2683
or visit www.ppd-annarbor.org



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