omaha integrative care
mind • body wellness

Pregnancy & Postpartum Support Group

What is the pregnancy & post partum support group?

This is a bi-monthly support group that is held and in a safe and comfortable environment. This group is facilitated by a mental health therapist, with a specialization in pregnancy and post partum care. It is an opportunity for parents (and soon to be parents) to find support, fresh ideas and validation from other parents in similar situations. This group gives couples and individuals a place to connect, share or listen.

What are the benefits?

- Find validation in a group setting
- Be surrounded by parents looking for similar support
- A safe space to receive and provide feedback about sleep, feelings, relationships, and guilt

Who is this group for?

- Any parent with a child under 12 months old
- Anyone lacking a support system
- Parents wanting to find self-love and self-compassion
- Pregnant women experiencing anxiety and/or depression
- Parent suffering from: sadness, guilt, irritability, worry, loneliness or isolation

What can I expect?

In this group you can expect to:

- Learn more about symptoms of anxiety or depression before or after birth
- Communal feedback from women and parents in similar situations
- Experience integrative approaches to coping with these feelings
- Learn who, where and when to ask for support

When is it?

- Begins March 5th – every 2 weeks following
  - Omaha Integrative Care **MAIN**

What is the cost?

- Free

Get started with the next group:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email Stevie Jelden at s.jelden@omahaic.com.

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