

WOMEN'S POSTPARTUM STRESS SUPPORT GROUP:

For women who are experiencing Postpartum Stress

(Anxiety, Depression, Sadness, Fearfulness, Helplessness,
Irritability/Stress, Poor Concentration, Guilt, Feelings of Inadequacy)

This group will provide a safe and supportive environment to:

- *Work toward understanding your postpartum distress*
 - *Gain skills to cope and feel better*
 - *Identify, process, and share your feelings/concerns*
 - *Receive support and feedback regarding your experience*
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Group meets Wednesdays in San Luis Obispo

• **Time: 5:30-7:00pm** • **Cost: \$40/group**

Group Leader: Michelle L. Hobby, Ph.D.

Michelle Hobby is a licensed Clinical psychologist who has been working in the mental health field since 1996. She has professional, educational, and personal experience with pregnancy, and the postpartum process.

Please call (805) 459-8117 for any questions or information.
Individual meeting is conducted prior to beginning group.
Individual therapy is also available.

Michelle L. Hobby Ph.D.

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