

## WOMEN'S POSTPARTUM WELLNESS 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*
- 

### Group meets two Fridays of every month in Scripps Ranch, San Diego

• **Time: 5:30-7:00pm**    • **Cost: \$25/group**  
(financial assistance is available to those that qualify)

**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 (858) 414-2523 for any questions or information.

Pre-registration is required prior to beginning group.

Individual therapy is also available.

**Michelle L. Hobby Ph.D.**

Licensed Clinical Psychologist  
Phone (858) 414-2523  
[www.DrMichelleHobby.com](http://www.DrMichelleHobby.com)