


You don't have to do this alone. 

# Postpartum Support Group

Connection. Understanding. Support.  
*For the journey of new motherhood.*



All postpartum moms are welcome.  
Babies are welcome.

**REGISTRATION IS REQUIRED.**



**NOW ENROLLING**

*for June 3 – July 8 Session*

**SPOTS ARE LIMITED!**



**WHEN:**

Wednesdays at 11:00 AM  
June 3 – July 8



**WHERE:**



9033 Glades Rd, Ste B  
Boca Raton, FL 33434  
United States



**COST:**

\$45 per group

*Inquire to see if insurance coverage is available.*

## GROUP TOPICS INCLUDE:

- ♥ Emotional Adjustments
- ♥ Identity & Self-Compassion
- ♥ Managing Anxiety & Overwhelm
- ♥ Baby Blues vs. PPD/PPA
- ♥ Building a Support System
- ♥ Communication & Relationships
- ♥ Self-Care That's Realistic
- ♥ And more!



A safe space to share, learn, and feel supported  
with other moms who get it.

*You matter, too.* 



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Scan the QR code or complete the form using the link below:

<https://forms.gle/U31UehHvMiNcvn676>



**FACILITATED BY:**

*Christine Ross*

Licensed Mental Health Counselor  
Certified in Mind-Body Medicine




**CONTACT US:**

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Registration Questions  
561-406-0636  
Billing Questions



**CRossroads**  
MENTAL HEALTH & WELLNESS

 *Together, we can navigate this season—one step at a time.*