

# Support Group Descriptions

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**Perinatal Support Group:** This group is designed for moms who may need additional help with their transition to motherhood. Whether it be general concerns, Perinatal Mood and Anxiety Disorders. This group provides participants with resources, education, and support.

**NICU Support Group:** This support group is designed for those who currently have or have had a baby in the NICU. The NICU Support Group provides resources and a safe space for participants to discuss their experiences.

**Infertility Support Group:** This support group is designed for individuals experiencing infertility. The Infertility Support Group allows individuals to share their individual experiences with infertility.

**Grief and Loss Support Group:** This support group is designed for those who have experienced a pregnancy loss or infant loss within three months postpartum. The Grief and Loss Support Group is designed to provide a safe space for individuals to confront their grief and learn methods to cope with their loss.



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