



Anchored in Hope Postpartum Therapy Group

The Anchored in Hope Postpartum Group provides therapy, education and support for moms who are struggling with sleep issues, feeling overwhelmed, feeling isolated or alone, having increased anxiety, feeling guilt, sadness or irritability during the postpartum period. In a safe and supportive environment, women learn and share strategies for enhancing their sense of well-being and problem-solving abilities.

Some of the issues we will explore are:

- Lack of sleep
- Feeling overwhelmed
- Appetite changes
- Concerns about returning to work
- Feeling “out of sorts” emotionally
- Feeling isolated or alone
- Increased anxiety/scary thoughts
- Difficulty relaxing
- Difficulty finding balance at home
- Feelings of guilt or sadness
- Motherhood expectations and social media impact

The group meets weekly for eight consecutive sessions, with various starting dates throughout the year. Registration is required. Please visit pinerest.org/anchor or call the clinic for exact dates.

When

For exact dates and times please visit pinerest.org/anchor

Location

Pine Rest Portage Clinic
1350 W. Centre Avenue
Portage, MI 49024

Cost

\$56 per session
Most insurance accepted
Ask if you qualify for financial assistance

Registration

Call 269.910.7327 and press 0
to speak with a group facilitator



pinerest.org/anchor