

# This is Not What I Expected

## Postpartum Adjustment Support Group



You've recently given birth to a beautiful baby. Your family and friends are overjoyed. It should be the happiest time of your life ... but what if it isn't?

What if, instead you feel:

- Anxious
- Overwhelmed
- Lonely
- Isolated
- Sad
- Not connected to your baby
- Not like yourself

### You Are Not Alone. Talking About it Helps!

These can be common signs of a postpartum mood disorder that sometimes can be experienced by either new parent. At EvergreenHealth, we offer a virtual support group where you can get together with other families and talk about how you are adjusting with a new baby. Led by a trained parenting educator, the group meetings are relaxed, comforting, hopeful and informational. You'll learn ways to cope and get the help you need. Families who attend the group often share that it brings them a great sense of relief to connect with other parents who are experiencing similar feelings.

### Who Attends the Group?

Parents can attend alone, with their babies, partners or other supportive friends or family members. Those who are currently pregnant and have experienced anxiety or depression currently or in the past, are also encouraged and welcome to attend.

### Drop-in group meets 1st and 3rd Tuesday of each month

7 – 9 pm

**Free** to all families in the community.  
Babies welcome

### Location

Held virtually on Microsoft Teams

### Registration and question

Registration is not required. For the Teams access code, or other questions, please email [parentbaby@evergreenhealth.com](mailto:parentbaby@evergreenhealth.com) or call 425-544-0050 Mon-Fri 8:30 am - 5 pm.

*The information provided in "This is Not What I Expected" is not intended to replace care by a provider, nor is it a therapy treatment group. The facilitator is trained to support parents with postpartum mood disorder and to provide information and support.*

### Scan QR code below for more class information

