

Having a baby changes everything



If you are coping with any of the issues below, our Postpartum Adjustment Group is perfect for you:

- sleep deprived
- overwhelmed
- not feeling like yourself
- feeling isolated
- anxious
- dealing with feeding challenges (breast or bottle)
- worried about returning to work
- balancing being a mom and being a partner
- trying to “do it all”
- loss of appetite
- tearful, irritable
- feeling guilty or sad
- decreased concentration

Join us for the Postpartum Adjustment Group

Sponsored by the Beaumont Parenting Program

All participants will receive a free book and a guided imagery CD. Registration is not required.
For more information, call the Beaumont Parenting Program at 248-898-3230.

MONDAY
7 – 8:30 p.m.

Location: Beaumont Medical Center, Sterling Heights Family Medicine Center, 44250 Dequindre Road (across from Beaumont, Troy)
Enter at the Atrium Entrance. Take the elevators to the left up to the third floor. Enter glass doors to Troy Family Medicine. The classroom is to the left past the reception desk.

TUESDAY
10 – 11:30 a.m.

Location: PNC Building, 755 W. Big Beaver Road, Troy (between Livernois & Crooks)
Enter at flag poles. Second floor, Community Education Classroom, Suite 249
RN Lactation Support available at every meeting to assist with breastfeeding questions and challenges. No charge.

THURSDAY

Location: St. Joan of Arc Parish Center, 22412 Overlake Drive, St. Clair Shores (north of Eight Mile and east of Greater Mack)
This group is provided by Tree of Hope Foundation. For current dates and times, please go to treeofhopefoundation.org.

Please join us for support, to share your story or just listen. We are here to help!

Follow the conversation! “Like” the Beaumont Parenting Program on Facebook and subscribe to the Parenting Program blog at beaumontparenting.wordpress.com.

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