



New Moms (and babies!) Support Group

A weekly group for moms* adjusting to parenthood and navigating postpartum depression and anxiety

Join our specialized 7-week support group designed for new moms and their babies. This group is designed to be non-judgemental space to share your experience, connect with other moms navigating similar challenges, and seek guidance from therapists who specialize in maternal mental health

We will explore topics essential to new motherhood, including:

- Identity Shifts and Relationships
- Sleep Deprivation and Feeding Concerns
- Managing Anxiety and Postpartum Mood Disorders
- Hormone shifts and Mental Health
- Adjustment back to or away from work
- Prioritizing Self-Care

When and Where

- *Group is for mothers with babies up to one year old
- Bring your baby! To reduce barriers to joining group, we encourage participants to bring their babies to the group.
- Tuesday mornings starting in June (7 weeks over the summer)
- North Shore Psychotherapy Skokie Office

To register contact: North Shore Psychotherapy at 847.686.1158 or admin@northshorepsychotherapy.com.

Meet Your Facilitators

The group will be facilitated by therapists, Whitney Kreiter, LCSW and Rebecca Dauber, LCSW. *Rebecca and Whitney are also both mothers to young children and will share from their experiences in navigating the transition to parenthood, blending professional expertise with genuine personal experience.*