

# Pregnancy Support Group

with Dr. Natasha J. Thomas



May 7 - Aug 20

Tuesdays at Noon

Fresh Start for the Mind

The Pregnancy Support Group is a 14-week closed group. It serves women with history of depression or anxiety who are at any stage of their first or subsequent pregnancies.

The aim of our group is to provide support for one another as we explore ways to maintain mental wellness while preparing for new or expanding motherhood. The group will include women in different stages of parenthood and pregnancy to enrich the experiences shared.

\*Space is limited. If you would like to enroll, email Dr. Thomas at [drthomas@freshstartmind.com](mailto:drthomas@freshstartmind.com). If you are not a current patient of Dr. Thomas, she will interview you to be sure the group will serve you well.