



YOU ARE
NOT ALONE

*1 in 7 Mothers
experience **depression** or **anxiety**
during **pregnancy** or **postpartum***

Moms Supporting Moms (PPD/PPA) Group Meeting & Playdate!

This group is welcome to all moms who are struggling with emotional wellness, specifically signs and symptoms of postpartum depression and/or postpartum anxiety.

Moms, babies, and young children are welcome! We meet in a preschool room.

Please contact Anna Kennedy akennedy@lohfoundation.org
or Amanda Katchur akatchur@mhalancaster.org with any questions!

2nd Wednesday each month beginning April 10, 2019

6:00 pm – 7:00 pm

Hamilton Park UCC - 1210 Maple Ave, Lancaster, PA 17603

Join us on Facebook! Search “Moms Supporting Moms” (closed group) Answer a few simple questions to join: <https://www.facebook.com/groups/965929276797196/>

