

Coping With Motherhood



Life after childbirth.

Whether you're a first time mom or experienced with a growing family, this support group is designed for women who are finding motherhood difficult to adjust to.

The Coping with Motherhood group provides a supportive environment for women and offers the opportunity to talk, share and support other women who are challenged with everyday life stressors, adjusting to new roles and transitions, experiencing emotional changes and/or having challenges with breastfeeding. This group is led by a certified lactation specialist who can assist with breastfeeding questions and a clinical hospital social worker who specializes in perinatal depression.

Please contact us for additional information and/or questions. These sessions are open to all postpartum women who delivered up to one year ago. No reservation is required. Expect to learn a lot, be social and have a great discussion.

Refreshments will be provided and babies are welcome, but feel free to take a night off and come without them.

Location:

St. Joseph's Women's Hospital
Pavilion
Medical Office Building -
4th Floor Classrooms
3030 W. Dr. Martin Luther
King Jr. Blvd.
Tampa, FL 33607

When:

2nd Tuesday of every month
1-2:30pm

Contact:

Perinatal Support Services
(813) 872-3925

Breastfeeding Support Services
(813) 872-3932

Cost: Free

 **St. Joseph's
Women's Hospital**
BayCare Health System