

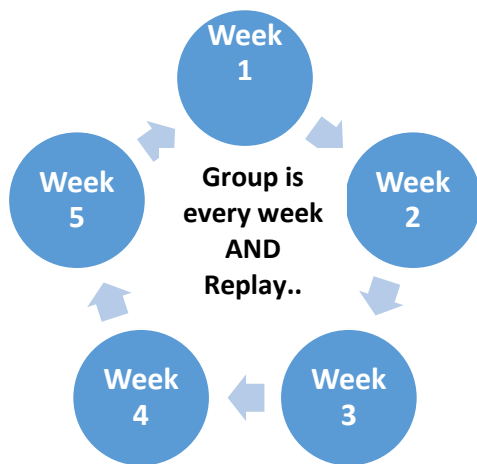
New Group  
Mid-week  
Beginning  
February 1<sup>st</sup>

**Doylestown Health Postpartum Mothers' Group**  
**We are about support and community.**  
**We are here for you.**

**Focusing on birth through 3 months, but all are welcome!**

**Every Wednesday, 1pm to 2pm**  
**We meet in-person: the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month**  
**All other Wednesday's are virtual meetings.**

**For more details contact: [mrosenblum@dh.org](mailto:mrosenblum@dh.org) or [mnord@dh.org](mailto:mnord@dh.org)**



**Week 1: Emotions of Giving Birth**  
**Week 2: Emotional Health**  
**Week 3: Physical Changes and Challenges**  
**Week 4: Self-care and Coping Strategies**  
**Week 5: Relationships**

**Don't forget our Saturday sessions**  
**Open discussions**  
**Every Saturday Virtual 10-11am**  
**1<sup>st</sup> and 3<sup>rd</sup> Saturday In-person: 1130am to 1230pm**