



You're Invited

Tree of HOPE Postpartum Support Group

H.O.P.E. = Healthy Outlook on Postpartum Experiences

1 in 7 mothers feels sad and irritable during pregnancy or postpartum, and fathers can feel down and anxious too. You are not alone! Please join us at this informational meeting to launch Inland's new postpartum support group.

Tuesday, August 22 - 6:00-8:00 pm

*Medical Arts Building Conference Room - Attached to Inland's front entrance
180 Kennedy Memorial Drive, Waterville - Refreshments will be served.*

During this informational meeting, we will discuss:

- The demand for a postpartum depression group in Central Maine.
- Recognizing what postpartum depression looks and feels like.
- Your feedback about meeting time, days, location, and brainstorm topics of interest.
- The structure of the group.

*Please contact Bridgette Gemelli, Community Health Navigator at 861-6091
or bgemelli@emhs.org to let us know if you can join us. Thank you!*



Inland Hospital

EMHS MEMBER

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