

Meet your group facilitators!



Tree of HOPE *Postpartum Support Group*

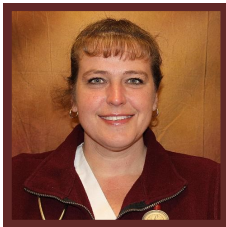
H.O.P.E. = Healthy Outlook on Postpartum Experiences



Amanda Brown, RN, Inland Birthing Center

I've worked as a nurse and childbirth educator at Inland Hospital for more than six years. I love supporting women as they become mothers. But, most importantly, I am a Warrior Mom to my three year old daughter.

As a mother who experienced a perinatal mood disorder, I am passionate about helping other moms who may be struggling. By offering our community a support group where they can feel heard, and supported, mothers and families will be able to find HOPE and comfort from others who have had similar experiences. Together, we can make a difference to families.



Courtney Cook, RN, Director of the Inland Birthing Center

I have lived in Central Maine for 19 years and have been employed at Inland Hospital for 17 of those years...first as an emergency department nurse, and now as the Birthing Center Director. I have seen that every patient experience during childbirth is unique...and we are honored that families choose Inland to share that special life moment with them.

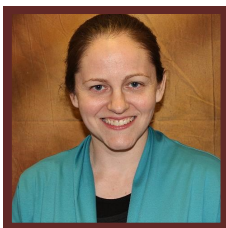
Our philosophy at Inland is to put you first in all we say and do. This new support group is an example of that...we are reaching out to help new moms and families through their labor of love and the challenging postpartum experiences (that are completely normal!)



Bridgette Gemelli, Community Health Navigator

I have lived in Waterville for 25 years with my two children and grandchildren. I have been Inland's Community Health Navigator for the past year and before that I helped people access behavioral healthcare services. I have been privileged to help hundreds of people address barriers to good health by linking them to the resources that make a difference in their lives.

Inland Hospital identified a special need that would benefit our patients, families and community. Tree of HOPE Postpartum Support Group was born out of a deep concern for helping women and families. I am proud to be involved as one of your group facilitators.



Crystal Richard, Director, Women's Health at Inland Hospital

I have worked at Inland for 10 years and love the family atmosphere that Inland Hospital provides. I live in the community with my husband and two children, ages seven and nine.

I have a passion for women's health and Inland Hospital does too! We recognize all that you do to support your family and now we want to help you *focus on you!*

Thank you for allowing us to support and empower you and help you know that you are not alone.



Inland Hospital is affiliated with Postpartum Support International (postpartum.net), an organization focused on increasing awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum.



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