## POSTPARTUM ADJUSTMENT GROUP

## Are you struggling with the following?

- Lack of sleep
- Feeding issues
- Feeling overwhelmed
- Worried about returning to work
- Loss of appetite
- Feeling "out of sorts"
- Emotional
- Feeling isolated or alone
- Increased anxiety
- Difficulty finding a balance at home
- Feelings of guilt or sadness
- Lack of concentration



The Pine Rest Des Moines Clinic Postpartum Adjustment Group can help. Held free of charge, the group will meet the second and fourth Thursdays of every month from 3:00 p.m. – 4:30 p.m. beginning September 12, 2013. The group is facilitated by Tara Kelly, a licensed therapist and certified in treating perinatal mood disorders.

For registration or questions please call (515) 331-0303.



Pine Rest Des Moines Clinic