

## Mother's Heart Support Group



Mother's Heart Support Group is a resource for women who are pregnant or post-partum (up to one year) who are feeling depressed or anxious. Support/family members are welcome.

- Facilitated by a licensed maternal mental health counselor
- Lap children are welcome
- Support person is welcome even if the pregnant/delivered woman is not able to attend the group
- Free to any woman who has a family member with a Sutter Sacramento physician

**When:**

1st and 3rd Wednesday of every month  
5:30 p.m. – 7 p.m.

**Where:**

Sutter Women's and Children's Center  
2825 Capitol Avenue, 1st floor lobby,  
Sacramento (signs will direct you to the  
meeting room)

**Please contact Sutter Parent  
Education at 916-887-4037 for  
more information.**

