| Find hope in the struggle of motherhood at  Beyond the baby blues  a postpartum therapy group  Meets Tuesdays from 6 – 7:30pm (for 8 weeks)  \*Most Insurances accepted. Lap babies welcome.  HEARTLAND CHRISTIAN COUNSELING  6200 AURORA AVE, SUITE 401E  URBANDALE, IA 50313  This group is for pregnant or postpartum moms struggling to adjust or **who may have a mood or anxiety disorder and are seeking help in understanding and overcoming it**. It is led by **Jill Thomas, LISW**, a therapist who specializes in perinatal mood disorders. It also includes the support and shared experiences of other moms struggling with **feeling down or overwhelmed, anxiety, sleep and feeding issues, guilt, feeling isolated or alone, or just not feeling like themselves.**  Some topics covered are: Postpartum Experiences, Improving Sleep, Coping Skills, Self-Care, Relationships/Boundaries, Building Support, Life Balance, and more. |
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| **FOR MORE INFORMATION & TO REGISTER, CALL (515)331-0303** |
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