\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*NEW GROUP ANNOUNCEMENT\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

The Baby Blues and/or Postpartum Depression and Anxiety Group

Join other **new or expectant** mothers in a group where you can get support and share similar experiences. You may be feeling overwhelmed, depressed, anxious, guilty, irritable or even numb at a time that is supposed to be “wonderful”.

*Support groups can greatly improve symptoms and reduce feelings of isolation. Meetings are* ***FREE*** *and are 1 hour/week for four weeks on an ongoing basis. Facilitated by a licensed clinical psychologist. Dr. Nancy Millian can be reached at 203-558-1170 (*[*nancymillian@hotmail.com*](mailto:nancymillian@hotmail.com)*) for more information.*