

BEYOND THE BLUES

(A Postpartum Support Group)

Fourth Trimester & Beyond welcomes mothers who are struggling with a Perinatal Mood & Anxiety Disorder to a safe, confidential, non-judgmental space to learn and process together. We will discuss coping skills, reducing stressors, realistic expectations, and create a parenting community with support.

Group INFO



- 8-weekly sessions for group participants beginning on JAN. 27, 2020 (Mondays) from 12:30-2PM. [*New participants will begin every 8 weeks.]
- Most insurances accepted (with co-pay). [*Contact us if you have any questions about your insurance.]
- Babies are welcome!
- Located at the Tulane Doctors Specialty Clinic: 4000 Bienville St., Nola, 70119
- For new clients or providers looking to refer, please contact us at (504) 988-0301 for more information regarding enrollment.