Postpartum Support Group
One out of seven women experience some form of postpartum depression

This group is for mothers who may be experiencing depression, anxiety, irritability or any other mood disturbance in the first year following childbirth. It is a forum for discussion, fellowship, support and a safe space to share stories and help each other through the postpartum period.

The group is led by Hadas Liebermann, LCSW. There is no cost to attend.

For more information, please contact Hadas Liebermann, LCSW, at 845.871.4377 or email hlieberm@health-quest.org.

TTY/Accessibility: 800.421.1220

WHEN
First and Third Wednesday of each month

TIME
12–1pm

LOCATION
Northern Dutchess Hospital Cafeteria Conference Room 6511 Springbrook Avenue Rhinebeck