



MILITARY MOMS ONLINE SUPPORT GROUP



Military families are more likely to experience depression and anxiety during pregnancy and postpartum. Join us for a **FREE** weekly chat with moms who understand. All active duty, veteran and dependent moms welcome.
www.postpartum.net/get-help/psi-online-support-meetings

JOIN US on the 2nd and 4th WEDNESDAY:

1:30 PM Hawaii (HST)	4:30 PM Mountain (MST)
2:30 PM Alaska (AKST)	5:30 PM Central (CST)
3:30 PM Pacific (PST)	6:30 PM Eastern (EST)

PSI provides direct peer support to families, trains professionals, and provides a bridge to connect them.

