



# OUT OF THE BLUE

## Pregnancy and Postpartum Support Group

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Out of the Blue is a pregnancy and postpartum support group for moms who may be facing challenges during pregnancy, may be experiencing a perinatal mood disorder, or might be having a difficult time after child birth. The purpose of the group is to create a safe space where mothers can share their thoughts and feelings, discuss challenges, and receive support from other moms. The group is a great place to meet other new moms with babies the same age, make new friends, and obtain information on perinatal mood disorders. The group environment is safe, supportive, non-judgmental, and confidential.

### 2018 Meeting Dates

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month, 1:00-2:00pm

*Buchanan Auditorium/Mansfield Public Library*

54 Warrenville Road

Mansfield, CT 06250

August 22<sup>nd</sup>

(The first meeting happens to be the fourth Wednesday)

September 5<sup>th</sup> and 19<sup>th</sup>

October 3<sup>rd</sup> and 17<sup>th</sup>

November 7<sup>th</sup> and 21<sup>st</sup>

December 5<sup>th</sup> and 19<sup>th</sup>

This group is free. Babies are welcome. Drop-ins are welcome, and encouraged.

For more information, please contact:

[outofthebluect@gmail.com](mailto:outofthebluect@gmail.com) or 860-429-3338