



# Postpartum Support Group

New babies are hard work! And they change everything. Many women do not feel like themselves after their babies are born. They can feel:

- Stressed
- Alone
- Sad
- Angry
- Irritable
- Worried
- Overwhelmed
- Sleepless
- Foggy-minded
- Guilty

If this sounds like you, please join us to talk about the challenges (and joys!) of welcoming a new baby. The Postpartum Support Group has free drop-in meetings every Wednesday. Babies are welcome.

**Wednesdays, 1:30 – 3:00 p.m.**

Lactation Resource Center at Sinai Hospital  
2401 W. Belvedere Avenue  
Baltimore, MD 21215



**For more information, call Sara Daly,  
LCSW-C at 410-601-7832.**