

# YWCA Great Falls

## Perinatal Mood and Anxiety Support Group

The group is open to all pregnant and postpartum moms who are struggling with a perinatal mood or anxiety challenges.

When: Monday's @ 7pm pilot program starts January 20th, 2020  
Where: YWCA 220 2nd street north, Great Falls, MT 59401

- Are you feeling sad or depressed?
- Do you feel more irritable or angry with those around you?
- Are you having difficulty bonding with your baby?
- Do you feel anxious or Panicky?
- Are you having problems with eating or sleeping?
- Are you having upsetting thoughts that you can't get out of your head?
- Do you feel as if you are "out of control" or "going crazy"?
- Do you feel like you should have never become a mother?

-You are not alone -

Up to 20% of women will suffer from a PMAD.

Support groups create a safe environment for women to share and validate their experiences, learn from one another, receive encouragement, support and share healing strategies.

For more information, please contact the YWCA at 406-452-1315.

eliminating racism  
empowering women  
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hope