

# Postpartum Support Group



**Saturdays from 10:00 AM – 11:00 AM**  
*Meetings held via Zoom*



This support group is a non-judgmental space designed to help you adjust to the complex and rewarding world of motherhood. You will have the opportunity to interact with other new mothers, discover you are not alone, and build a network of peers for continued support, facilitated by Melissa Wright, LMFT. Melissa is a licensed marriage and family therapist and professional member of Postpartum Support International, specializing in group therapy in the fields of postpartum mood and anxiety disorders, trauma, grief and loss, and infertility.

This group welcomes mothers to bring their babies with them, if desired. We ask that older children remain with a caregiver so as not to distract from the primary purpose of the group.

*This is free therapeutic support provided by The Women's Hospital at Saddleback Medical Center.*

  
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Saddleback Medical Center

**Visit [memorialcare.org/SBPostpartumSupport](https://www.memorialcare.org/SBPostpartumSupport) to register and receive a virtual meeting invitation with Zoom details.**