

# The Wylie Center

## MATERNAL WELLNESS GROUP

Have you felt any of the following during or after pregnancy: stressed, sad, hopeless, helpless, anxious, and depressed?

Good news: **You are not alone.**

Topics include:

- Coping Skills
- Relaxation techniques: meditation, deep breathing, etc.
- Managing anxiety and depression
- Discussion of difficult feelings and experiences

You will have the opportunity to ask questions and receive the extra support and resources you need to address the daily challenges of motherhood. Infants in arms or carriers welcome.

**START DATE: January 9, 2017**  
**TIME: Mondays, 9:30 AM – 11:00 AM**  
**WHERE: IEHP Community Resource Center**  
**805 W 2<sup>nd</sup> Street**  
**San Bernardino, CA 92410**

To attend, please contact Christina Gomez at 951.683.5193 ASAP as Space is limited.

