

# Out of the Blue

## **A support group for new mothers**

This group is open to women during pregnancy and up to two years post partum.

Motherhood is often a difficult transition,  
it is important to have support during this time.

Our support group is facilitated by Licensed  
Marriage and Family Therapist Brittany Edge, M.A.  
Ms. Edge is also the Western PA Postpartum Support  
International Area Coordinator.

### Our group offers:

- \*A safe place to talk about anxiety and depression during pregnancy and following childbirth*
- \*Resources for new mothers and their families*
- \*Education about common struggles for new mothers*
- \*Opportunity to connect with other women*
- \*Strategies for self care*

Our group meets monthly on the following days:

August 18<sup>th</sup> – September 22<sup>nd</sup>

November 17<sup>th</sup> – December 15<sup>th</sup>

Time: 11:30am to 1:00pm

All of the meetings are held at

316 South Maple Avenue in Greensburg, PA 15601



**To Sign Up! Contact BRITTANY EDGE, LMFT**

724-672-3635 or [familymatterscenterpa@gmail.com](mailto:familymatterscenterpa@gmail.com)