



Postpartum Depression Support Group

Are you having feelings of depression and/or anxiety after having your baby? 1-in-8 women suffer depression or anxiety symptoms during pregnancy and up to two years postpartum.

You are not alone! Help is available.

Our Postpartum Depression Support Group meets one Monday a month at 6:00 p.m. in St. Joseph Regional Medical Center Conference Room D.

The dates of the 2016 meetings are:

2/1, 3/14, 4/11, 5/2, 6/13, 7/11, 8/1, 9/5, 10/3, 11/7, & 12/5.

Please call St. Joseph Family Beginnings at (208) 799-5430 for program details and to have your questions answered.

*You are so much stronger,
than you think.*



ST. JOSEPH
Family Beginnings

Together in Health.