



Capital Area Postpartum Support

518.955.6770



YOU ARE NOT ALONE

YOU ARE NOT TO BLAME

YOU WILL BE WELL WITH HELP

For additional help, call the toll-free Postpartum Resource Center of New York's helpline with free and confidential *Moms on Call* and Family Telephone support at:

1-855-631-0001

POSTPARTUM SUPPORT GROUPS

Our peer support groups are for moms during their first year postpartum who are experiencing a Postpartum Mood Disorder or are struggling during the postpartum period. Our groups offer education, coping skills, and a safe environment for mothers to gather, share their stories, and help each other through their recovery process. The group is **FREE** but pre-registration is required to ensure there is enough space to accommodate the group. Babies in arms are welcome.

These groups are not meant to replace the care of your healthcare provider or therapist, but to work in tandem providing an additional component to recovery.



Albany

WHEN: First Wednesday of every month, 6:30–8:30 pm

LOCATION: LaMaison, 258 Hackett Blvd, Albany, NY 12208

CONTACT FOR PRE-REGISTRATION/RSVP: Suzanne Nelson, 518-955-6770 or suzanne@ShadesOfLightPS.org

Troy

WHEN: Second Saturday of every month, 9:00–11:00 am

Fourth Wednesday of every month, 5:30–7:30 pm

LOCATION: Three Sisters, 406 Fulton St., Suite 513, Troy, NY 12180

CONTACT FOR PRE-REGISTRATION/RSVP: Amy Breese, 518-469-8704 or abbreese@yahoo.com

Saratoga

WHEN: Third Thursday of every month, 6:30–8:30 pm

LOCATION: Saratoga Springs Library, 49 Henry Street, Saratoga Springs, NY 12866
Glasby Meeting Room (lowest level, ground floor)

CONTACT FOR PRE-REGISTRATION/RSVP: Suzanne Nelson, 518-955-6770 or suzanne@ShadesOfLightPS.org