

**1st & 3rd Tuesdays  
of each month- 10  
am**

**TVP Behavioral Health Groups**

# **New Parent Support Group**

This group, led by Dr. Alina Boelman, focuses on supporting new parents through the transition that happens after baby is born. We address the very practical issues like sleep training, when to start solids, etc while also diving into the complex social and emotional changes that can occur. We also address any questions, and support each other through the crazy maze of parenthood. The 1st Tuesday of the month focuses on Mental Health concerns. The 3rd Tuesday of the month focuses on medical issues or things you want to ask your pediatrician! Currently this group is hosted virtually through zoom.

**Jan 3rd  
Jan 17th  
Feb 7th  
Feb 21st  
March 7th  
March 21st  
April 4th  
April 18th  
May 2nd  
May 16th  
June 6th  
June 20th**

**New parents of babies up  
to age 2!**

## **Good for parents who:**

- **Are struggling w/ postpartum depression or anxiety**
- **Looking for support from other new parents**
- **Feeling overwhelmed at the best things to do for their baby**
- **Questions regarding child development**
- **Adjusting to life as a new parent**

**Register at [www.Tanqueverdepeds.com](http://www.Tanqueverdepeds.com)**