

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

TVP Behavioral Health Groups

New Mom Support Group

This group, led by Dr. Alina Boelman, focuses on supporting new moms 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**

**For new moms of
babies up to age 2!**

Good for moms who:

- are struggling w/ postpartum depression or anxiety
- are looking for support from other new moms
- are feeling overwhelmed at the best things to do for their baby
- have questions regarding child development
- are adjusting to life as a new parent

Register at www.Tanqueverdepeds.com