



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

Apart But Not Alone: A Free, Virtual Well-Being Group for Pregnant and Postpartum Individuals During the COVID-19 Pandemic

This group will aim to provide a safe space for pregnant and postpartum individuals to connect and share their experiences at this unprecedented time. Members can share their feelings, obtain information, and receive support in a non-judgmental environment.



While the facilitators of this group are experienced mental health clinicians, this is not group therapy and does not aim to provide treatment for mental health conditions. This group should not replace medical care.

If you would like more information about perinatal mental health treatment, please ask your ob/gyn or pediatric clinician for referral information or call the University of Colorado Department of Psychiatry's Perinatal Mental Health Services using the contact information at the bottom of the page.



Sessions will be held every Thursday from January 14 through February 25, 2021

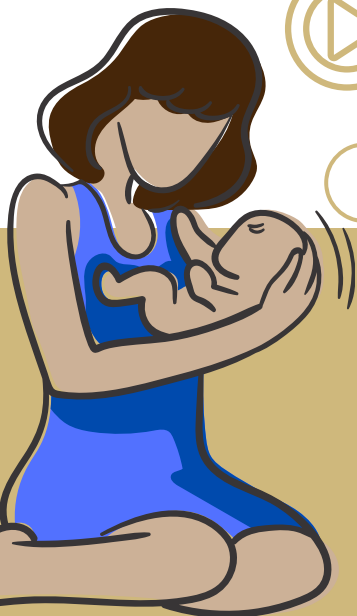


3:00pm - 4:00pm MT

Click here to visit the registration page

You can register for as many or as few sessions as you'd like.

There is no cost to attend.



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BRAIN HEALTH for all, for life.