



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

## Apart But Not Alone: A Virtual Well-Being Group for Pregnant Women During the COVID-19 Pandemic

This group will aim to provide a safe space for pregnant women 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 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.



**Thursdays**



**3:00pm - 4:00pm MT**



**Sessions begin May 14, 2020  
and will run for 8 weeks**

## Click here to visit the registration page

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



**303-724-1646**



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**BRAIN HEALTH** for all, for life.