

## Postpartum Support Group

### Mission Statement:

Our mission is to create a safe space for mothers to gather, share and support one another through deep listening and compassion.

### Philosophy:

We intend to provide an open-minded platform where various opinions, emotions, and viewpoints can be expressed in a non-judgmental environment. We ask that you respect each other's different parenting styles and unique ways of expressing yourselves.

### Objectives:

- To share your parenting experiences, thoughts and feelings with the group in order to gain better insight into your own problems and struggles. By your willingness to be vulnerable and share you may help someone else through a similar problem or predicament.
- To bond with one another and form new lasting friendships as a result of going through this special transition in life together.
- To maintain confidentiality in the group by not sharing or gossiping outside the group about other member's private matters.
- To learn more about parenting babies and to discover the wealth of family resources that our community has to offer.
- To know that you are not alone at this stage of your life. Other people are experiencing the same highs and lows that you are.
- This group is not an appropriate replacement for traditional therapy, but can support you on your journey. If you are struggling on a deeper level and could benefit from some one-on-one therapy, please speak with Beka or Joy and we can give you some referrals to trusted providers that would love to help you feel better!
- To start and end each meeting on time to the best of our ability.
- To relax, enjoy each other's company and have fun!!

WE'RE SO GLAD YOU'RE HERE!!

### Leader contact info:

Please feel free to contact us with any questions, ideas or concerns:

Beka Blythe, StillWaters Birth Services 970-749-4497 [forloveandbabes@gmail.com](mailto:forloveandbabes@gmail.com)

Joy Frazer, Joy of Life Family Medicine 970-946-1345 [drjoynd@gmail.com](mailto:drjoynd@gmail.com)

