

* VIRTUAL *

Perinatal Adjustment Group



The **VIRTUAL Perinatal Adjustment Group** provides basic interpersonal and cognitive skills to women that can help ease the transition to new motherhood roles during pregnancy and the postpartum period.

Wednesdays from 2-3 pm
on ZOOM. Link will be sent
via portal
**Infants and toddlers are
welcome to attend!**

Patients: Please discuss enrollment with your provider

Providers: Please send an inbasket message to Natalie Burns, LMSW with patient's name and MRN.