

Postpartum Wellness & Support Group

At Behavioral Health Dallas we understand that the postpartum period can come with great sweetness and joy, but also surprising difficulty. This support group is designed to help women at all stages of the postpartum period (from day one to one year postpartum) coping with a variety of challenges.

Group members will learn to identify signs and symptoms of the baby blues vs. postpartum mood concerns and how to address those “Is this normal?!” questions. Through group education and support, members will gain mastery of evidence-based strategies to manage postpartum concerns, build relationships with other supportive mothers, manage family stressors and enhance well-being. Sessions are facilitated by Postdoctoral Fellows and Maternal Mental Health Experts, Dr. Najjab and Dr. Vadiee. We hope that members will walk away from this group feeling more balanced, confident, and hopeful.

Support Group Meeting Times & Information

Date/Time:

Each Thursday
1:30pm – 3:00pm
See website for holidays or breaks

Location & Fee:

Groups will be held virtually
\$45.00 per session

Registration:

If you would like more information or are ready to register, please contact Dr. Margaret Vadiee by phone at 214-383-8145 ext. 107 or by email at vadiee@behavioralhealthdallas.com



Aysha Najjab, PhD
Margaret Vadiee, MA, PhD

FAQs:

- Is this group for me?

Many women are not sure if they are experiencing normal postpartum challenges, if it's “just hormones,” if it's the baby blues or postpartum depression. That's okay! This group will provide a safe and helpful place for women anywhere on their journey. If you or the facilitator are concerned that additional support is necessary, appropriate resources will be provided.

- What if I need to care for my child during the group?

We completely understand! In fact, you are welcome to have any children under 12 months with you.



Please check out our website
for additional information at
www.behavioralhealthdallas.com

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