Are you looking to prevent the onset of anxiety and depression during or after pregnancy?

Do you need a place and support system to discuss your pregnancy and birthing journey?

Do you want specific skills you can apply during and after pregnancy to decrease your anxiety and depression?

*This group is for you!*

The group will have 4-5 patients who have been screened for similar presenting concerns. The group will be semi-structured within a cognitive-behavioral model (the most evidence-based treatment for anxiety in peri- and post-partum mothers). Discussions will be had on the education on the birthing process, hormonal fluctuation during and after pregnancy, developing resiliency with mental health concerns pre and post pregnancy, how to restructure your thoughts to be more helpful, and how to face your fears as a mother. Dedicated time during session will allow for group dynamic development and an effective social support system.

The group will run from Feb 15th-April 5th, 2022, on the following Tuesdays from 4-5:30pm:

Feb 15th

Feb 22nd

March 1st

March 8th

March 15th

March 22nd

March 29th

April 5th

Cost is $125 per group.

Each patient must commit to all 8 sessions, as group dynamic emerges and needs to be maintained. Each patient must also have an intake with the practice prior to joining the group.

Email us at [admin@washingtonanxietycenter.com](mailto:admin@washingtonanxietycenter.com) if you are interested.

Dr. Kaplan, the psychologist running the group, has had over 15 years of experiencing treating women with peri- and postpartum anxiety and depression. Please see our homepage for her full bio.