

VIRTUAL POSTPARTUM ADJUSTMENT SUPPORT GROUP



If you are experiencing any of the issues below, our Postpartum Adjustment Group is perfect for you:

- sleep deprivation
- overwhelmed
- not feeling like yourself
- feeling isolated
- anxious
- dealing with feeding challenges (breast or bottle)
- worried about returning to work
- balancing being a mom and being a partner
- trying to “do it all”
- loss of appetite
- tearful, irritable
- feeling guilty or sad
- decreased concentration

Free virtual postpartum adjustment support groups

We offer multiple weekly support group options. The schedule is listed on the registration website, classes.beaumont.org

Once you have registered for a group you will be emailed a Teams invite the day of or day before the scheduled meeting time.

To register, visit classes.beaumont.org

- groups are open to all parents that have given birth in the past year
- registration is required
- look under the category of pregnancy and newborn classes or search for Virtual Postpartum Adjustment Support



Please join us for support, to share your story or just listen. **We are here to help.**



FOR MORE INFORMATION, **CALL 248-551-4232**

OR EMAIL: parentingeducationandsupport@beaumont.org

All participants will receive a free book.

Congratulations on the birth of your baby. As the parent of a newborn, you may have many questions in the coming weeks. For any medical questions or concerns, always consult with your and your baby's health care provider. Below are additional resources that may be helpful.

Online classes, virtual classes and virtual support groups offered by Beaumont

Registration is required at classes.beaumont.org

Click on Catalog in the upper left, then Category and choose Pregnancy and Newborn Care

- [Welcome to Parenthood](#)
- [Breast Milk Support Group](#)
- [Postpartum Adjustment Support Group](#)
- [Understanding Your Newborn](#)
- [New Parent Prep Course](#)
- [Understanding Breastfeeding](#)
- [Parent Connection Groups](#)

INFANT CARE AND DEVELOPMENT

- beaumont.org/services/womens-services/maternity/after-pregnancy
- healthychildren.org (the parenting section of the American Academy of Pediatrics)
- zerotothree.org/parenting
- cdc.gov/parents/infants

BREASTFEEDING SUPPORT SERVICES

- beaumont.org/services/womens-services/maternity/after-pregnancy
- LaLeche League: lalli.org
- kellymom.com

POSTPARTUM ADJUSTMENT INFORMATION AND SUPPORT

Beaumont Parenting Education and Support 248-551-4232

Email: parentingeducationandsupport@beaumont.org

Beaumont Virtual Postpartum Adjustment Support Group classes.beaumont.org

Postpartum Support International Virtual Support postpartum.net

Offers specialized online support groups for: Mood support, Dads, Spanish-speakers, South-Asian moms, Black moms, NICU parents, Birth moms, Military moms, Queer Parents, Pregnancy and Infant Loss, Fertility Challenges, Termination for Medical Reasons and Postpartum Psychosis.

Postpartum Support International HelpLine 800-944-4773

Postpartum Dads postpartummen.com | postpartumdads.org



FOR MORE INFORMATION, VISIT beaumont.org/maternity