

Baby Blues Connection



Are you pregnant?

**Did you recently
have a baby?**

One of every 5 women
experience prenatal
or postpartum
depression or anxiety.

**Many women do not seek help because
they are ashamed or feel their emotions are
“just part of being pregnant”
“just part of being a mom”.**

***Baby Blues Connection* offers free packets of information
that can help you determine what
perinatal mood disorders are.**

**We can provide you or your loved ones
with a caring and understanding ear on the phone.**

**You can also receive mom-to-mom support from
one of several group locations.**

**We can aid you in getting the help you need
to feel much better.**

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