

# POSTPARTUM SUPPORT GROUP

Every 2nd and 4th Tuesday | 6:30pm-8:00pm

Sponsored by Maternal Gynerations and led by Nikki Reeves, ICCE, ICBD, PMH-C



## MATERNAL GYNERATIONS

This Postpartum Support Group is designed to be a safe, non-judgmental place to work through your concerns and to provide peer support.

INSOMNIA

FREQUENT CRYING

FEELINGS OF DESPAIR

FEELINGS OF GUILT  
OR INADEQUACY

FIXATION ON THOUGHTS  
OR IMAGES

PANIC OR ANXIETY ATTACKS

THOUGHTS OF SUICIDE

RAGE OR ANGER

DIFFICULTY  
CONCENTRATING

If any of these symptoms describe how you are feeling - this group is for you! Feel free to jump in at any point, and bring your infant!



Nikki Reeves is a **SURVIVOR** of postpartum depression and anxiety. She is a mother of three young boys and her passion is supporting other moms. Please feel free to call or text Nikki with any questions you may have. (770) 910-0014

### UPCOMING DATES:

—OCTOBER 8—

TOPIC:  
Trauma/PTSD

LOCATION:  
Applebee's  
655 Duluth Hwy  
Lawrenceville, GA

—OCTOBER 22—

TOPIC:  
Motherhood Myths

LOCATION:  
Olde Towne Tavern  
835 Lawrenceville-  
Suwanee Rd  
Lawrenceville, GA

—NOVEMBER 5—

TOPIC:  
Therapy/Medication

LOCATION:  
Chili's  
947 Lawrenceville-  
Suwanee Rd  
Lawrenceville, GA

—NOVEMBER 19—

TOPIC:  
Sleep

LOCATION:  
ShoGun  
860 Duluth Hwy #1400  
Lawrenceville, GA

—NO PURCHASE NECESSARY—