

Spectrum Health Healthier Communities

# Postpartum Emotional Adjustment Support Group

“This isn’t what I expected ...”



## Are you experiencing any of the following?

- Feeling anxious/irritable/frustrated; “little things set you off”
- Frequent crying and feeling sad
- Loss of appetite
- Difficulty resuming your usual activities, or loss of interest in them
- Difficulty sleeping or staying asleep

If you are experiencing any of the above symptoms, please know that you are not alone. Spectrum Health offers a **Postpartum Emotional Adjustment Support Group** for new mothers who are experiencing difficulty adjusting to parenthood. A registered nurse facilitates the support group. No registration is necessary—just come and join us. Babies and/or support persons are welcome!

## Where & When:

**Spectrum Health Healthier Communities**

**665 Seward Ave. N.W., Suite 110, Grand Rapids (free parking on-site)**

Every Tuesday at 7:30 p.m.

For more information call (616) 391-1771 or (616) 391-5000.

**Fee:** No charge.

**For schedule changes around major holidays or during inclement weather, please call (616) 391-5000.**

Occasionally, a massage therapist joins the group to provide relaxing massages to mothers and shares information on infant massage.

# Healthier Communities

665 Seward Ave. N.W., Suite 110 Grand Rapids, MI 49504 (616) 391-5000



## Coming from the north or south:

- Take U.S. 131 to exit #87 Leonard St. Go west on Leonard St. to Seward Ave.
- Go left (south) on Seward until Fifth St. The John Widdicomb Building at 665 Seward Ave. NW is on the southwest corner of Seward Ave. and Fifth St. The parking lot and entrance are at the back of the building.
- Turn right (west) on Fifth St. to enter the parking lot. Convenient patient or visitor drop-off is located between the parking lot and building entrance.
- Enter the building from the Fifth St. parking lot. There is no entrance on the Seward Ave. side of the building.

## Coming from the east or west:

- Take I-196 to exit #77C Ottawa Ave. Turn right (west) on Michigan St. The street name will change to Bridge St. when you cross over the Grand River.
- Turn right (north) on Seward Ave. The John Widdicomb Building at 665 Seward Ave. NW is on the southwest corner of Fifth St. and Seward Ave. The parking lot and entrance are at the back of the building.
- Turn left (west) on Fifth St. Turn left to enter the parking lot. Convenient patient or visitor drop-off is located between the parking lot and building entrance.
- Enter the building from the Fifth St. parking lot. There is no entrance on the Seward Ave. side of the building.