

Do you know the #1 complication of pregnancy and childbirth?

Anxiety and Depression

THE
Guidance
CENTER

Not Just Baby Blues

A pregnancy and postpartum wellness group for women

Thursdays from 9:30-11:30 am

Starts Feb 4, 2016 @ Adult Outpatient Building (OPS)

Sign up through your case manager or

Facilitator: Alicia Griffing, M.S. 928-714-5271

Infants are welcome

