



# Perinatal Mental Health

Coalition



The Tucson Perinatal Mental Health Coalition invites anyone in the perinatal and postpartum period to attend our weekly virtual peer support group. Our group strives to create an emotionally safe space where group members can share experiences, be encouraged and foster connection with others. Whether you are newly navigating postpartum symptoms or have been managing them for a while, *you are not alone*.

## Group Benefits:



### Connect With Peers

Meet others who are currently experiencing similar mental health challenges.



### Consistent Contact

Meet with group members weekly, see familiar faces and create connections.



### Resources

Led by a knowledgeable local board member, offering guidance and access to local resources and referrals for additional support when necessary.

## FOLLOW US ON INSTAGRAM:




@TUCSONPOSTPARTUM

For group information and virtual link contact group facilitator:

Stefanie Prince, LMSW

 <https://www.tucsonpostpartum.com/meet-our-board>

 Text only # 602-661-3196

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