



FIND HOPE IN THE STRUGGLE OF MOTHERHOOD AT  
**BEYOND THE BABY BLUES**  
A POSTPARTUM THERAPY GROUP

**MEETS TUESDAYS FROM 6 – 7:30PM (FOR 10 WEEKS)**

**\*MOST INSURANCES ACCEPTED. VIRTUAL OPTION. LAP BABIES WELCOME.**

HEARTLAND CHRISTIAN COUNSELING  
1701 48<sup>th</sup> St, Suite 120  
West Des Moines, IA 50266

This group is for pregnant or postpartum moms struggling to adjust or **who may have a mood or anxiety disorder and are seeking help in understanding and overcoming it.** It is led by **Jill Thomas, LISW**, a therapist who specializes in perinatal mood disorders. It also includes the support and shared experiences of other moms struggling with **feeling down or overwhelmed, anxiety, sleep and feeding issues, guilt, feeling isolated or alone, or just not feeling like themselves.**

Some topics covered are: Postpartum Experiences, Improving Sleep, Coping Skills, Self-Care, Relationships/Boundaries, Building Support, Life Balance, and more.

**FOR MORE INFORMATION & TO REGISTER, CALL (515)331-0303**