



## *Out of the Blue: Perinatal Mood and Anxiety Support Group*

*Join us and connect with other parents in a supportive, judgement free environment where you can focus on your well-being and learn more about these very common disorders. This group is free, there is no commitment, and babies are welcome!*

**When/Where:** Tuesdays from 1:00pm-2:00pm  
**Duffy Health Center- Moms Do Care Office**  
**900 East-West Dennis Rd, South Dennis**

Second Tuesday of the Month from 11:30am-12:30pm  
**Cape Cod Hospital, Lorusso Conference Center**

Thursdays from 10:00am-11:00am  
**St. Barnabas Episcopal Church**  
**103 Main St, Falmouth**

If you are interested contact facilitator **Maribel Bitter, LICSW, PMH-C**  
**[mbitter@duffyhealthcenter.org](mailto:mbitter@duffyhealthcenter.org)**  
**(774) 487-7934**

Art: Love Wins- Claudia McKinney