

Adjusting to Motherhood: A Therapy Group for Moms



Have you experienced emotional changes and challenges since becoming a mother?

Do you want to meet and connect with other moms who can relate?

The adjustment to life with a new baby can be overwhelming, but engaging with other moms can provide a needed space for support and connection during the challenging early years of motherhood.

Our group aims to help you:

- Connect with other moms for support in the transition to motherhood
- Explore common challenges of the postpartum period, including adjusting to your new role, relationship changes, and self-care
- Learn about postpartum emotional health, including postpartum depression and anxiety
- Develop strategies to reduce stress, irritability, and worry and improve your mood
- Enhance your postpartum experience and increase your confidence as a mother

Location: The Women's Center of South Shore Medical Center (Conference Room)
51 Performance Dr., Weymouth, MA

Participants are welcome to bring babies up to 12 months old to group meetings. This group is led by a psychologist trained in postpartum mental health and may be covered by your insurance.

Contact Dr. Nelson at 781-551-0999 x431 for details



Alexandra Nelson, Ph.D. holds a B.A. from Vassar College and a doctorate in Clinical Psychology from Drexel University. She completed an Internship in Clinical Psychology and Behavioral Medicine at the University of North Carolina School of Medicine before receiving postdoctoral training and certification in Primary Care Behavioral Health at the Bedford VA Medical Center and UMass Medical Center. Dr. Nelson specializes in treating psychological aspects of women's health, including perinatal and postpartum mood and anxiety disorders, as well as coping with infertility, pregnancy loss, and chronic medical stress.