


Pregnancy & Postpartum *Therapy Group*

facilitated by
Lisa Lagala, MS, NCC, LPC, ACS, LCADC-i

A virtual therapy group focusing on
managing mental health through
pregnancy and beyond 

Topics:

Navigating challenges through pregnancy and
the postpartum period, including anxiety,
depression, mood swings, family difficulties,
postpartum depression, sleep difficulties, and
postpartum adjustment.

WHO

NJ residents at least 14 weeks
pregnant and or late / up to
1 yr postpartum

WHEN

Mondays | 7:30 PM

 **IN-NETWORK WITH
MOST INSURANCES**

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