

Adjusting to motherhood? Join us for....

# Mother to Mother: A free support group for pregnancy and postpartum depression

**WHEN** ..... 10 a.m. – noon, every Friday except holidays

**WHERE** ..... Texas Children's Hospital  
Meyer Building  
Second floor, room MO2227  
1919 S. Braeswood Blvd.

**PARKING** ..... FREE in the Meyer Building Parking Garage #14. Tell the guard you are there for the support group and they will instruct you where to park.

**FACILITATOR** ..... Sherry J. Duson, M.A.

**CONTACT** ..... For more information, please call  
(832) 824-2410.



Sherry is a licensed therapist who has been working with mothers and families with new babies since 1999. Her own experiences as a mother led her to create more resources to help families thrive during this important and challenging life change. She has over 10 years of experience working with women with postpartum depression and anxiety as a counselor, educator and support group leader.



## DISCUSSIONS INCLUDE:

- Pregnancy and postpartum mood disorders including depression, anxiety and the baby blues
- Caring for yourself while caring for your baby
- Understanding how a new baby can bring changes in yourself and your family
- Managing stress



Babies, spouses, partners, family members and other support people are welcome to attend.

# The Well-Mom Checklist (a guide for self care)

The Well-Mom Checklist is an easy-to-use guide that helps promote emotional health in women who have recently given birth, as well as those who may be suffering from anxiety or postpartum depression. Mothers who may be experiencing changing moods can use this checklist as a daily reminder that taking care of themselves helps them better care for their babies.



Taking care of yourself each day is important. In thinking about today, have you:

- Eaten enough nutritious foods?
- Slept at least 5 hours, or taken a nap?
- Bathed or showered?
- Exercised for at least 10 minutes?
- Had at least 10 minutes of quiet time for reflection and renewal?
- Let yourself laugh?
- Let others help you?
- Kissed your baby and told him or her “I love you?”
- Talked to at least one adult about how you’re feeling, not just about how the baby is doing?
- Forgiven yourself for any mistakes?

Developed by Sherry Duson, M.A.

**If you have questions about the Well-Mom Checklist or how you may be adjusting to new motherhood, please call (832) 824-2410.**

