

POSTPARTUM SUPPORT GROUPS

Talking with other women who have experienced postpartum depression and anxiety can be extremely helpful. Support groups offer the opportunity to validate experiences, share coping strategies, and gain support and encouragement.

The volunteers running peer support groups all have firsthand experience with postpartum depression and anxiety, either personally or with a family member. However, these volunteers are NOT medical professionals and therefore cannot give professional advice, diagnose, prescribe, or in any way treat postpartum mood disorders.

Support groups are an adjunct to — not a replacement for — medical treatment. Those with medical, mental, or personal issues are strongly urged to seek advice from physicians and/or mental health professionals.

Groups are open to women during pregnancy or first year postpartum.

Groups are FREE, drop-in, and ongoing; no need to register.

No official diagnosis is required to attend.

Babies in arms are welcome.

Children's Hospital of The King's Daughters

601 Children's Lane, Norfolk
4th floor, Neonatology Conf Room
1st Tues each month, 12:30 pm (NICU moms)
3rd Wed each month, 6 pm (all moms)
757-668-7165
chkd@postpartumva.org

Sentara Leigh Hospital

Lafayette Conference Room, across from gift shop
830 Kempsville Road, Norfolk
1st & 3rd Tuesdays each month
6:30 – 8:00 pm
norfolk@postpartumva.org

Sentara Princess Anne Hospital

2025 Glenn Mitchell Drive, Virginia Beach
4th floor Classroom
2nd & 4th Tuesdays each month
6:30 – 8 pm
virginiabeachspah@postpartumva.org

Riverside Regional Medical Center

Medical Office Building
12200 Warwick Boulevard, Newport News
Neuroscience Conference Center (1st floor)
2nd and 4th Tuesdays each month (no meeting 12/24/19)
6:00 – 7:30 pm
riverside@postpartumva.org

Bon Secours Mary Immaculate Hospital

2 Bernardine Drive, Newport News
Campus Health Resource Building, Sister Fidelia Room
1st and 3rd Tuesdays each month
11:30 am – 1:00 pm
maryimmaculate@postpartumva.org

Lifestyle Health and Fitness Center

(on the Chesapeake Regional Medical Center campus)
800 Battlefield Blvd., North
First & Third Tuesdays each month
6:30-8:00 p.m.
chesapeake@postpartumva.org

Sentara Williamsburg Regional Medical Center

100 Sentara Circle, Williamsburg
Building 500 Room 101 across from Williamsburg OBGYN
2nd & 4th Tuesdays each month
5:45 – 7:00 pm
williamsburg@postpartumva.org

Child Development Center

150 Point O Woods Road, Williamsburg
1st & 3rd Thursdays each month
10:00 – 11:30 am
(757) 566-3300
williamsburgcdr@postpartumva.org