



## Pregnancy and Postpartum Wellness Support Group

Are you confused with the range of feelings you are having? Do you wonder why you are not feeling better? You are not alone!

One in five women experience depression during pregnancy and/or after childbirth

*We invite you to join us in a unique education and support group as you find your way to wellness.*

*This group will help you:*

- *Practice and learn* skills that are proven to relieve symptoms of stress: fearfulness, fatigue, sadness, irritability, anxiety, and depression
- *Overcome* feeling overwhelmed, guilty, and excessive worries
- *Feel confident* in your decisions and choices you face
- *Communicate* effectively with your partner and loved ones
- *Build* community and connect with other women
- *Explore* topics of identity shift, relationship issues, body image issues, sexuality, and interacting with extended family.

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*Meets once a week for 6 sessions*

*\$45 per week*

*Plus: Initial Evaluation Session at Group rate*

*Los Gatos, California*

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*You can feel better ... Call today:  
(408) 264-0100*



**Dolat Bolandi**

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Licensed Marriage & Family Therapist

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408-264-0100

### **Dolat Bolandi**

is a compassionate professional with over a decade of experience working on women's health issues in a variety of settings. She specializes in prenatal, postpartum, and parenting issues.