

# Mother's Circle of Hope

## Coping With Depression or Anxiety During Pregnancy or After the Birth of Your Baby?

*You are not alone  
You are not to blame  
You will be well with help*

Good Samaritan Hospital Medical Center is proud to offer to the local community a support group for women experiencing depression or anxiety related to pregnancy and childbearing.



**FREE**  
**hospital-based perinatal mood disorder support group offered on the south shore in Suffolk County**

- Perinatal mood and anxiety disorder is the leading medical complication related to childbearing
- 10% of women may experience depression or anxiety during pregnancy and up to 20% within the first 12 months after having a baby
- This free, 8-week support group meets once a week to provide emotional support and information to women in the community

Please call (631) 376-HOPE or e-mail [circleofhope@chsli.org](mailto:circleofhope@chsli.org), if you would like to register or learn more about the **Mother's Circle of Hope support group**



1000 Montauk Highway  
West Islip, NY 11795  
[www.good-samaritan-hospital.org](http://www.good-samaritan-hospital.org)

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