Pregnancy, birth, and caring for a new baby is hard work and can be emotionally challenging.

**Are you experiencing any of the following?**
- Difficulty sleeping or staying asleep
- Loss of appetite
- Feeling anxious/irritable/frustrated; “little things set you off”
- Frequent crying and feeling sad

If you are experiencing any of the above symptoms, please know that you are not alone. Spectrum Health offers a free support group for new mothers who are experiencing unexpected and challenging emotions in the early months of parenthood. A registered nurse and a trained therapist facilitate this safe and caring group. No registration is necessary—just come and join us. Babies and/or support persons are welcome.

**Where and When:**

**Spectrum Health Healthier Communities**
**John Widdicomb Building**
665 Seward Avenue NW, Suite 110, Grand Rapids (free parking on-site)
Every Tuesday from 7:30 p.m. to 9:30 p.m.

For more information call 616.391.1771 or 616.391.5000.

**Fee:** No charge.

For schedule changes around major holidays or during inclement weather, please call 616.391.5000.
Coming from the north or south:
- Take U.S. 131 to exit #87 Leonard Street Go west on Leonard Street to Seward Avenue.
- Go left (south) on Seward Avenue until Fifth Street The John Widdicomb Building at 665 Seward Avenue NW is on the southwest corner of Seward Avenue and Fifth Street The parking lot and entrance are at the back of the building.
- Turn right (west) on Fifth Street to enter the parking lot. Convenient patient or visitor drop-off is located between the parking lot and building entrance.
- Enter the building from the Fifth Street parking lot. There is no entrance on the Seward Avenue side of the building.

Coming from the east or west:
- Take I-196 to exit #77C Ottawa Avenue Turn right (west) on Michigan Street The street name will change to Bridge Street when you cross over the Grand River.
- Turn right (north) on Seward Avenue The John Widdicomb Building at 665 Seward Avenue NW is on the southwest corner of Fifth Street and Seward Avenue The parking lot and entrance are at the back of the building.
- Turn left (west) on Fifth Street Turn left to enter the parking lot. Convenient patient or visitor drop-off is located between the parking lot and building entrance.
- Enter the building from the Fifth Street parking lot. There is no entrance on the Seward Avenue side of the building.