



# THE MOMMY WELLNESS NETWORK

Community Group Focused on Keeping Moms and Moms-to-be Healthy, Hopeful and Happy!

## Moms Supporting Moms

This group for moms encourages timely and appropriate conversations about motherhood and your feelings as a mom. Facilitated by a Chester County Hospital maternal mental health specialist and a labor and delivery nurse, this group provides moms an opportunity to meet other new moms, share ideas and experiences, and to be part of a caring network of support. We invite you to express your joys and fears of caring for your newborn and raising a family, while offering ideas for how to take care of your emotional health, too. Your children and mom-friends are all welcome.

### TOPICS WILL INCLUDE:

- How to ask for help.
- Feelings of anxiety/depression/guilt.
- Changes in sleep patterns and/or appetite.
- Open discussion.

*Many women experience some form of a mild mood change from birth to two weeks after delivery. If the mood change continues or worsens, reach out to your provider for help because it could be a postpartum mood disorder, which is treatable. If not treated, postpartum mood disorder could last up to one year. For medical emergencies, call 911.*

### MEETS:

Second Thursday of every month at 7:00PM

### LOCATION:

Chester County Hospital  
701 E. Marshall Street, West Chester

### FACILITATED BY:

Mitzy Liriano, BSN, MS  
Maternal Mental Health Specialist  
915.471.0621  
Lissette.Liriano@penmedicine.upenn.edu

**RSVP BY CALLING OR EMAILING THE WEDNESDAY PRIOR. CHECK IN AT THE INFORMATION DESK FOR ROOM NUMBER.**

## Breastfeeding Support Group

Come talk with other moms, share your breastfeeding experiences in a non-judgmental environment, and check your baby's weight on the scale we provide. Our board-certified lactation consultants will be there to give support and share information on:

- Basics of breastfeeding, positioning and latching.
- Troubleshooting breastfeeding difficulties.
- Breastfeeding multiples.
- Continuing breastfeeding as you return to work or school.

### MEETS:

First Saturday and third Monday of each month  
Saturday: 1:00 – 2:00 PM  
Monday: 11:00 AM – 12 NOON *(Except Holidays)*

### LOCATION:

Chester County Hospital  
701 E. Marshall Street, West Chester

**CALL TO CONFIRM ROOM LOCATION  
610.738.2300.**