

Mother Baby Group



Are you experiencing anxiety or "baby blues" since becoming pregnant or giving birth?

Having a baby can trigger a lot of emotions. Sadness, fear, and worry are very normal. If those heavy emotions are interfering with everyday activities, you may need help. It may be time to ask for help. You are not alone. One in five moms say this happens to them too.

Who will benefit from attending this group?

This group is good for new and expectant moms with anxiety or "baby blues." It includes group meetings 3-5 days a week, medication services, and one-on-one therapy. Babies up to one year old are welcome to join their moms. The group is in a warm, welcoming environment with reclining chairs for each mom and baby. It is also offered over video for moms who can't make it in the office.

What will moms learn from attending this group?

Moms will learn healthy coping skills for depression and anxiety. This will include how to manage difficult emotions, how to develop a strong bond with your baby, mindfulness skills, and more.

In Office or Telehealth

Request an appointment here:

Baxter | Eden Prairie | Otsego | St. Cloud



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