

# Perinatal Support Connections



## Every new baby is unique, and so is every parent.

Perinatal mood and anxiety disorders (PMADs), also known as postpartum depression, can affect anyone who is currently pregnant or has recently had a baby and who is experiencing:

- Feelings including anxious, guilty, alone, upset, sad, irritable or disconnected.
- Trouble sleeping, eating or bonding with your baby.

Early intervention is crucial to help individuals and their families for a healthy, long-lasting outcome.

We invite you to join our Perinatal Support Connections group, a welcoming and understanding community of parents who are currently navigating PMADs. This group is for perinatal parents who are either pregnant, recently given birth or are 2 or more

years postpartum. Parenting can be difficult and finding the right support is not always easy, but you are not alone. Help is available, and you will get better.

This group provides early intervention for PMADs through education, resources, referrals, group sharing, self-healing activities and creating relationships with one another.

**Classes are free and infants are welcome. No registration is needed!**

**Classes are typically held on the first and third Thursday of the month, from 12:30 to 2 p.m. at Samaritan Lebanon Community Hospital.**

**For a full class list or more information, call Gaby Esquivel at 541-405-9140 or visit [samhealth.org/Classes](http://samhealth.org/Classes).**

# 2025 support group schedule

Classes are held on Thursdays from 12:30 to 2 p.m. at Samaritan Lebanon Community Hospital in Conference Room 1 and 2.

## English classes

- Jan. 9
- Jan. 23
- Feb. 6
- Feb. 20
- March 6
- March 20
- April 3
- April 17
- May 1
- May 15
- June 5
- June 19
- July 3
- July 17
- Aug. 7
- Aug. 21
- Sept. 4
- Sept. 18
- Oct. 2
- Oct. 16
- Nov. 6
- Dec. 4 (class will be held in Conference Room E)

## Spanish classes

- Jan. 16
- Jan. 30
- Feb. 13
- Feb. 27
- March 13
- March 27
- April 10
- April 24
- May 8
- May 22
- June 12
- June 26
- July 10
- July 24
- Aug. 14
- Aug. 28
- Sept. 11
- Sept. 25
- Oct. 9
- Oct. 23
- Nov. 13
- Dec. 11