

## Beyond the Baby Blues: Help and Hope for Postpartum Depression

Far too often new moms find that the time of a new baby is anything but the joyous experience they had dreamt of, but don't give up, there is hope. Research has identified powerful strategies to get past the baby blues & postpartum depression. Knowing that motherhood is a busy time, this brief webinar offers strategies for mom's struggling with postpartum depression or the baby blues to help make this stage of life more joyous.



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## My little Bundle of What-ifs: Calming Strategies for Postpartum Anxiety

Many capable and loving new moms find themselves haunted by fears, worrying - what if my baby gets sick? What if I'm doing a bad job? Postpartum anxiety is a thing. In the time it takes to just get started with a worry, the Learn to Live clinical team shares some of the most impactful strategies for finding calm during this time.

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