



Postpartum group

The postpartum group is a drop-in group designed to provide skills, education, and support for mothers struggling with postpartum depression and anxiety. The first half of the group will be dedicated to group guidelines, social support, and open communication with other group participants. The second half of the group will focus on learning different skills to manage postpartum depression and anxiety, as well as provide helpful tools for the transition to parenthood.

**Hartnell Professional Center
Behavioral Health Services
576 Hartnell Street, Suite 300, Monterey**

Facilitated by Dr. Sara Sorci Steele, PsyD

Admission: Your primary care or mental health care provider can fax a referral to (831) 625-4610. You may also self-refer by calling (831) 625-4600.

Program cost: Billing will go through insurance. Please inquire with your insurance provider about group therapy coverage. We accept Medicare. We do not accept Medi-Cal at this time.

Please call (831) 625-4600 for schedule