



Support for the season no one prepared you for.

A **FREE** WEEKLY ONLINE SUPPORT GROUP FOR POSTPARTUM WOMEN

Becoming a mother can bring waves of anxiety, sadness, or overwhelm that no one warned you about – and you don't have to walk through them alone.

This weekly online group offers a warm, confidential space for women experiencing postpartum anxiety and depression to be heard, feel understood, and find support alongside others who truly get it.

Together, we'll share experiences, learn helpful tools for coping, and move from surviving to thriving.

FACILITATED BY
LINDSEY DASHER, APC

These experiences are far more common than they're talked about – and they're treatable.

Group Details:



September 21st - December 21st, 2026



Mondays- 1:00 pm



50-minute virtual sessions



Free to attend



Drop ins welcome;
join as often as you like.

Is this group for me?

This group is for women experiencing:

- Postpartum anxiety
- Postpartum depression
- Feeling overwhelmed & isolated
- Intrusive thoughts or constant worry
- Guilt, or feeling like you've "lost yourself"

Join Us:



Email Lindsey at
lindsey@refuelcounseling.com



If you've been wondering if anyone else feels this way- you are not alone.



This group is a support group and not a substitute for individual therapy or crisis care. If you are experiencing a mental health crisis please contact emergency services.