

# Pathways: A Support Group for Postpartum Moms

In this six-week series, women going through the early stages of having a new baby will gather in Greenbrae to share their experiences and support one another, as well as learn ways to help ease the challenges that you may experience during this time. This group is open to everyone, whether this is your first child or fifth!

## In This Group, Moms Will:

- Learn about postpartum mood issues, from “baby blues” to worry, irritability, sadness, anxiety, and other emotional challenges
- Examine identity shifts from pre- to post-baby life
- Explore changes in marital/partner relationships when a new baby arrives
- Develop relaxation and self-care tools
- Cultivate healthy, realistic expectations for yourself
- Explore childcare and/or return to work concerns

## Frequently Asked Questions

### Can I bring my baby?

Yes. While not required, pre-crawling babies are welcome to join.

### Do I need to attend all 6 sessions?

While we understand that you may not be able to attend all 6 sessions, we encourage you to attend as many as possible to derive the greatest benefit from the group. Missed sessions will not be reimbursed.

### Is this a therapy group?

No. This is a support group and is not designed to replace therapeutic treatment, when needed.

## Series Facilitators

Katharine Hatch, PhD  
or Gina Borelli Moore, MFT

## 2026 Dates

Group meets weekly for six weeks.

### Gina

Mondays 1/5,  
1/12, 1/26, 2/2,  
2/9, 2/23

### Katie

Tuesdays 4/14,  
4/21, 4/28, 5/5,  
5/12, 5/19

Mondays 10/19,  
10/26, 11/2,  
11/9, 11/16,  
11/30

Tuesdays 8/11,  
8/18, 8/25, 9/1,  
9/8, 9/15

## Location

Group meets in-person in Greenbrae. Location details will be provided following registration.

## Cost

\$150 per series of six sessions

## Questions and Registration

To register, visit  
[MyMarinHealth.org/pathways](https://MyMarinHealth.org/pathways)

For additional information, contact  
[gina@ginaborellimoore.com](mailto:gina@ginaborellimoore.com) or  
[drkhatch@gmail.com](mailto:drkhatch@gmail.com).